



DR. SCHULZE DESCRIBES INTESTINAL FORMULA #1

A SHORT LESSON IN AUTO BODY MECHANICS

The human body is a metabolic car engine. We supply it fuel (food), it runs a pump (heart), an on board computer (brain), electrical system (nerves), oil filter (liver) and an exhaust system to eliminate waste (the colon). Every system, every organ, in fact every cell of the human body takes in fuel to run and eliminates waste material. The removal of the vast majority of this waste material is done by your colon.

I remember as a kid, as a prank, occasionally someone would stuff a potato up a car's exhaust pipe. When you tried to start the car, it would only run for a few seconds before it would sputter and die. The same happens to the human body if the waste channel is stopped; you die within a few days. But with most people it isn't stopped, just malfunctioning, sluggish and constricted, which causes our body to back-up and overflow with toxic and poisonous waste material, run badly and get diseased. With almost every American, this waste is slowly building up in the body, fat, muscles, organs, just about everywhere. The average American stores from 6 to 10 pounds of toxic fecal waste in their colon. This is NOT healthy. When the backed up poisons reach critical levels it can cause just about every disease known. Your weakest organs and cells get sick and even die. This is one of the most common causes of disease today in America.

HOW COULD SO MANY SEEMINGLY UNRELATED HEALTH PROBLEMS BE CAUSED BY CONSTIPATION?

I also remember as a kid my older brother got his first car, it was a 1950 Ford station wagon. Being more mechanically inclined, I did most of the work on it to get it running. I used to be able to open up the hood, sit on a front fender with my feet and legs actually dangling inside the engine compartment and work on the engine, change spark plugs, whatever. Get the picture? Big car, big hood, little engine, lots of room. Nowadays, I open up the hood of my 1998 Ford Expedition and I just shut it right back up. Every square inch under the hood is jam-packed with engine parts, power pumps, wires, hoses, pipes, filters. It is too complex, and even if I understood it, there is NO ROOM to work on it. NO SPACE!

What's my point? I used to think our anatomy was like my brother's 1950 Ford. You know, a lung up here, a kidney way down there, a bowel in the middle, with lots of room. Then one day in naturopathic school, I examined my first cadaver and WOW, what an enlightening experience. The human anatomy is not like my brother's 1950 Ford at all, it is like my 1998 Ford. Every square inch is packed with something and everything is touching something else. This body of ours must have had some incredible engineer. Everything has its place and THERE IS NO EXTRA ROOM! If one organ swells or gets bigger, then another organ – usually the one next to it – gets squeezed, compressed or crushed. Organs don't work so well when they are crushed, and the blood, lymphatic, nerve and general circulation gets interrupted. Every organ needs good circulation to get nutrition in and get waste out in order to be healthy. Squeezed and compressed organs get sick.

The entire colon is so big that it is connected to, touches, sits next to or is in the vicinity of every major organ in the human body except the brain. It also touches most of your major blood vessels and nerves. Constipation causes the colon to literally swell, expand and even herniate. And according to the leading medical books, it is happening to all of us. So when an area of the colon gets constipated and swells, it compresses and crushes the organ next to it. This could be the lungs, the heart, the liver and gallbladder, the pancreas, the kidneys and adrenals, the uterus, the prostate, again, almost every major organ in the body. This is simply why a constipated, swollen colon can cause an almost endless amount of seemingly unrelated diseases and problems. And I haven't even discussed toxic build-up in the colon that literally oozes into your blood and infects and poisons not just the nearby organs, but every organ and every cell in the body.

What's the bottom line? A sluggish, constipated, swollen bowel, retaining pounds of old fecal matter can either compress a nearby area causing disease, or emit infection and toxins which can affect and infect any area of the body. This explains why about 80% of my patients that came into my clinic healed their heart problems, blood pressure problems, breathing problems, blood sugar problems, hormone imbalance problems, fertility problems, liver problems, cholesterol problems, immune problems, urinary problems, adrenal and lack of energy problems, prostate problems, digestive problems, lower back problems, leg circulation and nerve problems. The list is almost endless. They healed themselves by cleaning out their colons before I ever did any specialized treatment for their problem. This explains why so many of my patients healed their almost infinite list of problems by doing my Intestinal Detoxification Program.

No matter how far removed the problem seems from the colon, no matter how ridiculous it may seem to do a bowel cleansing program instead of brain surgery, cleanse the bowel first and see what happens. If you're like my patients, you will be thrilled with the results.

Americans WIN, #1 Worldwide in Colon Cancer and Disease!

FACT: Every American will have Colon Disease!

According to the Merck Manual, one of the most respected medical texts in the world, colon degeneration and disease is on the rise. The incidence of diverticulosis, (herniated sacs protruding through the wall of the colon) has increased dramatically over the past 40 years in America. It states that in 1950, only 10% of American adults had this disease. In 1955, 15%. In 1972, 30%, In 1987, almost 50% and in the latest edition it states that "Every American will have diverticulosis if they live long enough."

FACT: Diverticulosis is directly caused by constipation, fecal impaction and pressure. These sacs are stuffed with trapped fecal sludge. They become infected and the rotting

feces erodes the surrounding mucousa and blood vessels. This begins bleeding, rupturing and infection, and serious disease

FACT: Colon Cancer actually KILLS 400% more people than AIDS. It also KILLS more men and women in America than Breast and Prostate Cancer.

FACT: This year in America 60,000 people will DIE from Colon-Rectal Cancer and an additional 125,000 new cases will be diagnosed.

FACT: Up to 50% of Americans have Polyps in their colon. A Polyp is just another name for a tumor. Most Polyps eventually mutate into malignant cancer tumors!

So while the top Medical Doctors are saying that Bowel Disease is more prevalent than ever, and killing more Americans than ever before, why don't I see more Bowel Detoxification Programs in all the new natural healing books being published? It appears that Natural Healers and these modern day hip medical doctor authors have politely swept it under the carpet and consider it dirty or not high tech. It's like they forgot we even have a bowel. They would rather discuss the latest enzyme fad to lose weight or debate how melatonin helps jet lag. But what about the foundation of health, having a clean colon? Has it become politically incorrect to discuss the bowel? While these so-called health authors ignore colon cleansing and won't discuss it, millions of Americans are literally rotting from the inside out.

WHY DOES Dr. SCHULZE TELL YOU THAT COLON CLEANSING SHOULD BE YOUR FIRST STEP?

For two very important reasons: First, what I said above, simply that over 80% of the patients that walked into my clinic, before I treated their illness directly, either were healed or their symptoms were greatly reduced just by doing my Intestinal Detoxification Program.

Secondly, the best way for anyone to regain their health and stay healthy is to periodically cleanse and detoxify the body of any accumulated waste. My patients who did a seasonal detoxification program on a regular basis, like my 5 Day Cleansing and Detoxification Program you will read about later, well they never got sick. Everyone wants to do a Detox. Everyone wants to repent their faulty lifestyle sins. But before anyone can do any type of Detoxification or Cleansing program, I don't care whose detox program it is, they must make sure that ALL of the elimination channels are open and the bowel is the first place to begin. There is a simple reason for this. When you do any detox program, the whole idea is to start programs, juice fasting, saunas, exercise, whatever, that will dissolve and purge accumulated waste, poisons and toxins out of your skin, fat, muscles, every cell of the body. All this waste that is removed, ALL OF IT, is deposited into your colon for final removal. If your colon is sluggish, constipated or blocked, then all of this dumped toxic waste will just sit there, IT CAN EVEN BE RE-ABSORBED BACK INTO YOUR BODY, YUCK! This can make you feel worse, not better, and this is the reason so many people feel horrible when doing a detoxification program and quit it after a few days. If you clean your colon first, any detoxification program should be fun and you should feel great during it and vibrant when you are finished. For these two reasons I started every patient in my clinic on Intestinal Formula #1, EVERY PATIENT!

WHAT Dr Schulze's CUSTOMERS SAY ABOUT INTESTINAL FORMULA #1

This formula is so popular, we literally have thousands of letters thanking Dr Schulze for it. People who have suffered their whole life with constipation, who have tried everything, every bowel cleanser and laxative on the market, and nothing worked for them until they tried Intestinal Formula #1. People who have had almost every illness known, recover just by cleansing their bowel. People who have had almost every type of bowel disease recover, all the way to Hollywood models and actresses who just thank Dr Schulze for their new flat stomachs and clearer skin.

Dr Schulze could tell you about the 67 year old man in San Diego who was contemplating suicide because the doctors cut nerves to his bowel during a gallbladder surgery and he had to live with the reality of taking an enema every day. Well not anymore. Or the 48 year old lady from Seattle who was out of work for 3 years with debilitating back pain. She saw every medical doctor, chiropractor and bodyworker in the phone book but with no help. All she could do was lie in bed and cry and tremble with pain. Not anymore! Or the family from New York whose 14 year old son was scheduled for colostomy surgery because of his extreme constipation, who is now having normal bowel movements and didn't have the surgery. Or the lady from Los Angeles who suffered from blinding migraines all of her life, and for 15 years went to every medical doctor, pain control clinic and every alternative doctor from acupuncture and biofeedback to chiropractic and hypnotherapy. Nothing worked – well nothing except Intestinal Formula #1, and it only took 3 days! The list of miracles this formula can create goes on and that is why Dr Schulze always said in his clinic, colon cleansing is the first step in any health program.

METABOLIC ACTION AND BOTANICAL CHEMISTRY

This stimulating tonic is cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic action (the muscular movement of the colon) and over time strengthens the muscles of the large intestine. It halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic improves digestion, relieves gas and cramps, increases the flow of bile which in turn cleans the gallbladder, bile ducts and liver, destroys *Candida albicans* overgrowth and promotes a healthy intestinal flora. It also destroys and expels intestinal parasites, increases gastro-intestinal circulation and is anti-bacterial, anti-viral and anti-fungal

Aloe, Senna and Cascara Sagrada all contain colon stimulating phytochemicals called anthraquinones. The particular one common to all 3 of these herbs is called emodin, often referred to as aloe-emodin and sometimes as 1,8-dihydroxy-anthracene or numerous other similar names. Herbs that contain these chemicals, when ingested, increase peristaltic waves; the muscular contractions or propulsive contractions of the colon muscle. This results in fecal matter being accelerated through the colon. This action over time, with proper diet and positive lifestyle can strengthen the colon muscle to where these herbs are no longer needed to achieve normal bowel movements. Barberry contains bitter alkaloids, one of which is berberine. This phytochemical stimulates the liver, the gallbladder and the production of bile, which makes it a laxative to the hepatic system. Garlic is anti-bacterial, anti-viral and anti-fungal. Often when constipation has occurred, infection is present. Garlic's numerous sulfur compounds destroy harmful pathogens on contact and also help increase intestinal microflora. Finally Capsicum and Ginger are both powerful stimulants to the colon. Cayenne will also correct intestinal bleeding and Ginger increases downward peristalsis, stimulating every aspect of your digestion and elimination.

BOTANICAL INGREDIENTS

Curacao and Cape Aloe leaf, Aloe barbadensis and Aloe capensis or ferox, Senna leaves and pods, Cassia angustifolia, Cascara Sagrada aged bark, Rhamnus purshiana, Barberry root bark, Berberis vulgaris, Ginger rhizome, Zingiber officinalis, Garlic bulb, Allium sativum, and Habanero peppers, Capsicum species.

Dosage for Patient Type A: The sluggish bowel type. This is about 98% of Americans, the ones who need help getting their bowel working more frequently. Start with only 1 capsule of this formula during or just after dinner. This formula works best when taken with food. The next 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 by the next day, or if the difference was not dramatic, then that evening increase your dosage to 2 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. There is no limit. Most people need only 2-3 capsules, but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let's be patient for a few days and increase by only 1 capsule each day. This formula can be taken for a week, a month or the rest of your life. Continue to use this formula until you are having one bowel movement each day for every meal you eat. Between 2 and 4 bowel movements a day is normal.

"WHAT THE HECK IS A NORMAL POOP ANYWAY?"

Normal Frequency- Dr Schulze's has literally traveled around the world in search of what a normal bowel movement and bowel habit should be like. Now how many people can say that? Dr Schulze has traveled from the remote jungles of Central America to India, China, almost everywhere to discover what is normal because he knew he wasn't going to find normal in New York, California and not even in Iowa. He wanted to see primitive people living in rural non-industrialized areas, living simple natural rural lives under very little stress, getting moderate amounts of exercise and eating simple natural diets of locally foraged food. These relaxed primitive people all seemed to have one bowel movement within 20 to 30 minutes after each major meal that they ate. They just squat, it rapidly comes out within a minute, and they are done. No library of magazines, no squeezing, straining, grunting, meditation or prayer, it just came out effortlessly. They seem to average between 2 and 4 bowel movements a day or 14 to 28 bowel movements a week compared to the average Americans bowel habit of 1 bowel movement every 3 to 5 days or 2 to 3 bowel movements a week. ***Dr Schulze figured this puts the Average American about 70,000 bowel movements short in their lifetime!***

Normal Consistency- The consistency of your bowel movements should be soft and unformed like peanut butter or soft serve frozen ice cream. Occasionally they can be a bit chunky depending on what you ate and how well you chewed it, but in any case they should NOT be formed and they should be light in color. Dr Schulze remembers as a kid his dad only went once a week on Sundays. He would take the entire Sunday paper in the bathroom and be in there for hours. When he came out the room smelled like someone died. Dr Schulze would then take my place at the throne after him and squeeze hard for his once a week bowel movement. Eventually he would blast out some small black balls as hard as granite. His dad would come into the bathroom to wipe him, but his fecal matter was so dry and hard there was nothing on the toilet paper. Dr Schulze remembers his dad remarking, "Now that's a good poop, no wiping, like it's wrapped in cellophane" and Dr Schulze would leave for a week thinking he did a good job.

Signs of Constipation- If you need a library in your bathroom, you know, like a stack of magazines on the hamper, then you are constipated. If you drink coffee, well if you stop, you will also probably stop having bowel movements too.

Dosage for Patient Type B: The active, overactive or irritated bowel type. This only applied to about 2% of Dr Schulze's patients. These are the exceptions to the rule, those with bowels that move too often, (more than 4 times a day.) This includes those with Colitis, Irritable Bowel Syndrome, Crohn's Disease, etc. If your bowels are irritated, inflamed, hot or working too frequently, skip Intestinal Formula #1 and go directly to Intestinal Formula #2.

Formula # 1 Price: \$18.00

Quantity: 90 Vegan, Vegetarian capsules at 500mg each

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The BeeWell Company LLC
PO Box 2785 Parcellville, Virginia 20134-2785 USA Phone: 540 668 6476 Fax: 540 668 6440 Email: sales@thebeewellcompany.com
www.thebeewellcompany.com