

Nervous System Degeneration

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Multiple Sclerosis, Myasthenia Gravis, Muscular Dystrophy, Lou Gehrig's disease

Nerve disorders can be cured—but it takes total, dedicated to the natural programs to do it.

In this information sheet, you will read about people with various nervous system diseases who were cured. Doctors may say these people were in remission, but between you and me, they were cured.

There is no wonder substance, or “herb in a capsule” that will correct these disorders. And I can’t believe people are so ignorant as to believe that drugs can cure these diseases, or that they ever will.

Nervous disorders are total system breakdowns. To think you can cure them with a drug is as nuts as believing that some gasoline additive can “cure” a car whose motor is worn out. If you have one of these diseases, you need a complete overhaul, the whole Incurables Program. Do not be tempted to pick some herbs from this chapter and try them first. Do the whole program, or don’t waste everyone’s time.

That means the cold sheet treatment, the hot and cold showers, the juice fasting—all of it.

This Information sheet is drawn from a conversation Dr. Richard Schulze had with Sam Biser. It begins with a long discussion of the various factors that are specific to curing these diseases. Then, they discuss several cases in detail so that you can see how these principles are applied.

“Immune abnormalities are behind a lot of neurological breakdowns.”

DR SCHULZE: I’ll give you just a bit of background here. With all of these diseases, the cause is unknown. You can look in any medical book and it will say ‘cause unknown.’ The most recent medical books say “neuromuscular disease. Cause unknown.”

But—they all say “immune abnormalities are suggested and revealed.” In other words, they’re starting to look at multiple sclerosis, myasthenia gravis and what are called neuromuscular diseases as immune system diseases, and that’s important.

The Natural Healing Community has always treated these conditions as immune abnormalities. Medicine is just starting to say, “Yes, we’re noticing under multiple sclerosis, it’ll say “immune abnormality is suggested”.

This means they find increases of certain immune cells in the body—knowing that there’s an attack. They also go on to say that the infection is probably caused by a slow, latent virus.

So, nowadays, neuromuscular diseases are looked at more and more as immune system weakeners, also as probably viral, maybe even bacterial, and maybe even parasitical in nature. We know that the immune system isn’t working, and it’s being attacked. And that’s considered the new cause of neuromuscular diseases.

Also, the immune system may be attacking you. These are being called auto-immune diseases, such as multiple sclerosis and myasthenia gravis. Now muscular dystrophy; I think the only reason they won’t say this about muscular dystrophy is because there’s so much money being spent on research by the Muscular Dystrophy Foundation. So they say the same thing “cause unknown, no therapy”. They don’t talk immune system with muscular dystrophy that much yet. But, there’s a few people suggesting it.

Obviously, when anybody has any neuromuscular disease, multiple sclerosis, muscular dystrophy, myasthenia gravis or others, it is **the Incurables Program**. *That’s where everybody has to start.*

Two key herb formulas, and mistakes people make.

DR SCHULZE: Besides the Incurables Program, there are two key herb formulas. One is the nerve stimulator, which would be the oat seed, the celery seed, the skullcap, etc., *The Nerve Regeneration Formula*.

The **Nerve Regeneration Formula** is the nerve builder, the nerve stimulator. It wakes up the nervous system and sends an electrical charge down there. That's the main herbal formula for these conditions.

The second one is the immune stimulators, which we've always used as part of the Incurables Program. High doses of the immune stimulator, specifically Echinacea, because there's some attack going on.

A lot of people make a mistake here, and use what we might call the anti-spasmodic and nervine herbs; this is not the way to go.

In fact, the anti-spasmodic and nervine herbs could even make them worse. People with these diseases don't need to slow down or sedate, they need to wake up their nerves and move them. Valerian, passion flowers, hops, wood botany; your classic nervine herbs are **not indicated**.

We want the nerve repair, and stimulators, like Oats, or St. John's Wort, Skullcap, Celery Seed and Kola Nut. **These are the nervous system stimulators.**

A good dose for these conditions is one-to-two dropperfuls nine or ten times a day in the Incurables Program. This is triple the dose for a normal person which is one-to-two dropperfuls three times a day.

The point is to keep up a constant barrage of these herbs. To do this you will need to consume a one to two dropperfuls of the **Nerve Regeneration Formula** every hour or every other hour you are awake.

“Most herbalists don't even come near the high doses necessary to cure these diseases.”

Consuming seven ounces of this herbal formula each week can be very expensive. We suggest those doing the incurables program purchase the **Dry Kit** of the formula and set their own tinctures to save on the cost of their programs.

This is what we call a therapeutic 'incurable' dose. An excellent example would be using high doses of the Detox formula. The average person who has a little history of gallbladder issues will do just fine using 2 droppers full of the formula 5 times a day, which is less than a tablespoon for the whole day. Someone with a long-term chronic problem of liver issues may need to double or triple that dose, consuming an entire ounce of the Detox formula each day. This is a high-therapeutic dosage.

Then the third thing to consider is B vitamins.

With the condition called Myasthenia gravis, it is said the immune system is eating up the **acetylcholine** receptors. **Acetylcholine** is a B vitamin. It's called a neuro-transmitter, and is a B vitamin complex.

B Vitamins will absolutely reduce stress, provide more natural energy, and make the nerves work better.

The B vitamin diseases, like **Beriberi** and other B vitamin diseases are conditions of the nervous system in the brain, and are the result of running out of B vitamins.

The main thing that a person with any neuromuscular disease has to remember is that they can't afford to run out of B vitamins. In fact, they should have two or three times the normal amount of B vitamins in their system at all times, so their body can draw on whatever it needs.

Always use live food sources never pressed pills when supplementing any needed nutrient to the body. Dr. Jensen used rice-bran syrup; and old-time doctors used molasses, a high B vitamin liquid. These are good sources, but very sugary, which can be detrimental to the nervous system.

Nutritional Yeast is a single-cell plant, which means that it goes into your blood stream predigested. Spirulina is the highest source of natural vitamin B12 on the market. There's no higher source of B12, and the second highest is nutritional yeast; using both these foods has produced unbelievable changes in people with multiple sclerosis and muscular dystrophy. They both go into the body before they even hit the stomach. Single-cell plants don't have to be digested.

Improvements can happen quickly as the speech improves and muscle twitches clear. Never underestimate the nutritional aspect of any healing program. Adding a natural source of B vitamins lays the ground work for the healing miracle needed to clear these conditions. As the symptoms clear the life and body begin to heal.

Using Superfood three or four times a day will begin to clear many chronic, long term issues. People feel better because their bodies are being nourished, in some cases, maybe for the first time ever.

In many cases of Nervous System disorders the cranial and thoracic nerves are affected. These are the nerves that affect the digestion. With the digestion in a compromised condition the use of any pressed pills is a waste. Only easily absorbed juices and powdered Superfood's need be used.

Healing Results From Nutritional Yeast

In myasthenia gravis the immune system is eating up the acetylcholine. Nerves can't fire without acetylcholine, it is the nerve transmitter. Give high doses of Nutritional yeast to a person with myasthenia gravis, and the nerves are going to fire. Within a day, twenty four hours the body begins to respond.

Bowel Cleansing and Neuromuscular Disease

The key a lot of people forget is cleaning out the bowels. It is part of the Incurables; even so many people feel cleansing the bowels is too messy a crippled person. They tend to resist cleansing the bowels because they can't move quickly enough to get to the bathroom in time, every time. A suggestion might be to get a bedside commode which can be moved around providing easier access.

Those who work on their bowels see results. Bowel cleansing is a mandatory part of the program. Clearing the bowel is as much a part of the program as the nutritional supports needed to rebuild the body. If the waste cannot be removed the condition of the body will not support or hold a healthy state if it could be achieved.

These conditions seem to respond very well to bowel cleansing. After a week of good strong bowel cleansing using a whole bottle of the LBF #2 there is often marked improvement. People with various types of issues often respond to the bowel cleansing.

When the entire program is all put together, the nerve stimulators, the B vitamins and the bowel cleansing, along with Liver & Kidney flushing (the complete incurables program) the results are staggering. It is human nature to complain about how hard the program can be. Even so it is important to keep the pressure up and the program moving forward.

The Untold Story: Constipation and Nerve Diseases.

BISER: *So the whining determines the treatment?*

SCHULZE: Oh God, I hear this all the time from people with neuromuscular disease. "If I use the bowel cleansers, I might not make it to the bathroom." You know what happens? If they poop in their pants, who cares? Clean it. It'll give them something to do. It's part of the program. You've got to get this bowel cleaned out. And I'll

tell you something. I had a couple of people with cases of multiple sclerosis, who couldn't even walk. When they cleaned their bowels out for a week, my God, the stuff that came out of them was E-N-O-R-M-O-U-S.

A lot of these diseases, like multiple sclerosis, affect the pelvic girdle. In other words, these people don't walk well because the pelvis gets a little frozen. The nerves going to the pelvis are being eaten up. Well, my God, those are the nerves that are making the peristaltic action also; so these people become very constipated, and who's to say which comes first, the chicken or the egg? Which came first, the constipation or the neuromuscular disease.

In fact, the fecal matter can press on those nerves. You get that bowel cleaned out, and that alone improves them, I would say, 50-75% in a week.

BISER: *Now, when you say cleaned out for those kinds of people, you are talking 8 ounces of intestinal formula #2, or do you mean several?*

SCHULZE: Well, I would say for a start, working up to whatever their dosage is with intestinal #1. Then at least 8 ounces of the #2 formula in five days, or a pound in ten days.

BISER: *What about someone who is really dedicated. They don't want to screw around?*

SCHULZE: Oh, like last night, myself. I took my one evening dose. I took a couple of tablespoons, and my stomach hurt a little bit. I mean, I'm like you. But that's about it, I mean that's a lot. If a person will do at least a couple of ounces per day, it's a good dose.

Bodywork and neuromuscular disease

SCHULZE: One of the classic things for neuromuscular problems was Swedish massage. That was in the beginning. But everybody knew this. John Harvey Kellogg used massages and skin brushing for neuromuscular diseases; and all the clinics in Europe used bodywork and hydrotherapy to stimulate that nerve circulation.

BISER: *But over here, they don't even touch bodies?*

SCHULZE: Oh God, they just let you lie in bed. You know, I've been in health spas in Europe, where they put you in a steam room for all your pores to open, like a Turkish sauna, and then whip you with stinging nettles. You know, most people who have brushed with stinging nettles, it burs so much it'll make you cry. They open your pores and they whip you with stinging nettles.

BISER: *What, does it make you bleed?*

SCHULZE: No, but it feels like a burn over your whole body. It doesn't do any damage, but it would be kind of like going into a Turkish bath, and then going into a hot cayenne bath.

BISER: *Everybody here is kind of wimpish. They're thinking of potential lawsuits.*

SCHULZE: No, no. I'm not talking about having someone smear oil on your body. No, we're talking about someone purging the lymph, moving the blood. Imagine...we used to have the idea that a Swedish massage was a 300 pound lady, who would throw you on a table and beat the hell out of you. That was what a Swedish massage used to mean.

BISER: *Of course, today, what does a Swedish massage mean?*

SCHULZE: Today, a Swedish massage means putting oil on your body and rubbing it around. It's a treatment for nurturing the skin.

BISER: *What did it used to be?*

SCHULZE: It used to be like World Wrestling Federation. They'd throw you in the ring with the Incredible Hulk.

I mean, that's what you felt like. You felt good when it was done because they had stopped. That's what bodywork used to be.

They also skin-brushed. In Turkey, they'd put you on a marble slab, throw a bucket of hot water over you and scrub you with a brush that looked like it would take gum off a tile floor. I mean, they're not fooling around; they're taking the top of your skin off, but they're also moving your lymph and your blood. So, hydrotherapy and massage is a very necessary part of this.

BISER: *It looks a though we've abandoned all of the old-world views.*

SCHULZE: Oh God, yes. I've been to some of these clinics, and I've seen them dropping ice water from 30 feet above the room, and seen the pressure of that. I mean, they're not fooling around.

BISER: *It looks as if we've got wimpy treatments everywhere!*

SCHULZE: Oh, all across the board. You know, one of my good friends is an OB/GYN and he says that whenever he delivers, the first thought on his mind is, "Am I going to be sued?" So it's rampant, not only in medicine, but even among alternative practitioners.

All herbalists in our country focus on how to be good little boys and girls. The good body workers I know are all underground.

BISER: *But this is the kind of person who our readers have to seek out when they're that sick?*

SCHULZE: You know, it's not someone who comes and put an amethyst crystal near your ear, and puts some nicely scented oil on your body, and smears it around as a good emollient for your skin. This is relaxing, even beneficial, but not therapeutic.

We go through massage therapists like water. We're just: next, next, next, and try to find anyone who's even mildly acceptable. So, that's the next key. These people need to get their muscles working.

Excess stress and neuromuscular diseases

SCHULZE: And the final thing is, these people need to reduce their stress. This is probably one of the major factors in getting their diseases.

BISER: *But as soon as they hear this, they're going to say "I know that".*

SCHULZE: They can say they know that — but they don't know how to do it.

I think anybody with these diseases doesn't even know the meaning of relaxation. This is one thing we've seen across the board; they don't know how to relax. And they say, "Oh, I used to play golf." Golf is not relaxation. You don't know relaxation, Sam, and neither do I.

When I go on vacation, we go down to Costa Rica. We go down to the ocean. We're in the middle of nowhere and my wife pulls all her clothes off and lays in the sand for eight hours where the waves break. Can you do that? I can't do that. I can't do that for 15 minutes.

These neuromuscular people, they don't know the meaning of it. So when I say they're going to have to work on it for the rest of their lives, they really have to *work* on relaxation. In other words, doing nothing. Having some meditation, or some time when they absolutely chill out and stop.

BISER: *It's not a cliché, they really are stressed-out?*

SCHULZE: Oh, it's unbelievable. Even if they seem relaxed, you don't know what's going on inside, their inner dialogue. What's happening there? I've found that all my people with neuromuscular diseases are over stressed, just absolutely over stressed. They're the type of person who would usually try to do too much, take on too many commitments, that type of thing.

So, these are some of the things across the board...and a lot of people say, "Oh yeah, I know, I know, clean out the bowel." But yet, when you tell these people to clean out the bowel, they don't want to.

BISER: *What happens when you tell them they've got to calm down the stress?*

SCHULZE: When you say that to a person with a neuromuscular disease, it's like trying to describe the color purple to a blind person who's never seen. There's nothing there.

So, just telling them that won't do it. You have to give them specifics. You have to give them little projects to do, that type of thing, as I described on the videotapes.

Those are just some of the general things that I wanted to tell about. I know that these are all part of the Incurables, but I wanted to accentuate them with the neuromuscular diseases.

Dr. Schulze uses full-spectrum programs once practiced by Dr. Jensen and Dr. Christopher, but which are not done today.

SCHULZE: The biggest thing I learned from Dr. Christopher and Dr. Jensen is that their approach is what we could call full-spectrum. Everybody else I studied from, said "For this disease you do this, and for this disease you do this."

But with Dr. Jensen and Dr. Christopher, it was like a Claymore mine blew off. I mean, it wiped out everything. Everything from one end to the next.

You had tubes going in your butt, juices going in your mouth, skin brushing; and this is why it works. All these things people might say, "Well gosh, I've done that." But they've never done it all at once and in the dosages we suggest.

These programs work, without a doubt, but you know what you find? Halfway towards doing all of these things, and at the intensity, the person or the practitioner will wimp out.

And only the boldest practitioners and the gutsiest patients will take it the other 50%; and the next thing you know, they're well.

BISER: *At what point do they wimp out? What causes them to wimp out?*

SCHULZE: I would say most of them right at the beginning (laugh), before they have to do anything. I mean, it's horrifying, it's so quick. I find that one of the hard parts is bowel cleaning. Because some of these people have already lost feeling in their bowel.

Now, you think that would have been a sign because they go, "Well gosh, I don't know when I have to have a bowel movement, and I've almost had accidents." And so they go, "I don't want to do anything that's going to increase that." And that's their biggest gripe, and what you've got to do, you've got to get that bowel cleaned out.

A woman with myasthenia gravis is cured.

SCHULZE: When she came to me, she had noticed that her vision was blurring, her coordination was off, and she was starting to notice her facial muscles drooping, and she had a problem with swallowing.

She went to the medical doctors and after a couple of diagnoses, they finally diagnosed her with myasthenia gravis, which is basically a neuromuscular disease.

BISER: *And it gets hard to swallow?*

SCHULZE: Yes. In fact, what it is, it's a multiple sclerosis, but it only affects the face and the nerves for the eye. From the eye to the throat to the face. So, the person starts going blind.

They said she would eventually go blind. She was already seeing so double that she couldn't even walk. By the time I saw her, her vision had doubled, and the doctor had even made these special glasses for her that were supposed to correct that, and they didn't work.

BISER: *Would you say they could breathe? Do they choke to death?*

SCHULZE: She was having problems breathing, problems swallowing and her facial muscles were drooping. In other words, they just hang, so her face looked pretty distorted. And the doctors basically said she had an autoimmune neuromuscular disease, myasthenia gravis.

It was going to kill her. She was going to go blind and eventually choke or suffocate to death, but they could prolong it by taking out her thymus. And of course, your thymus is one of your main immune organs. It's where your T-cells are "educated" by the body.

At that point, the patient and her family were totally horrified. That's when they walked into my office. We did all the things that I talked to you about. I think in two days her father called me and said they had a miracle.

And one thing I find is that these diseases usually have an initial response that is quite dramatic. Because the body is really starving to death for the B vitamins, for the immune system to be stimulated, and for the nerve stimulators. In two days her vision had normalized, and they said, for all intents and purposes, most signs of the disease were gone.

They couldn't believe it, because the doctors had said again and again and again, "You're going to die. We'll take your thymus out, but you're going to go blind and choke to death or stop breathing." You know the classic medical nightmare.

She had some ups and downs after that.

They kept worrying about going back to the doctor, and they'd go back to the doctor and he said, "Oh, it's normal to have positive lapses", and he said, "This will go away, and you'll get worse". And as soon as he said that, it did! You know what I'm saying? He scared her into getting worse.

They would come back here, and I would get her better again, but the long and short of it is, it was an uphill climb, and I would say in a matter of three or four months, ending about last Christmas, she was cured.

BISER: *What did she say when she was cured? What did she tell you?*

SCHULZE: Just absolutely amazed, but really I had to talk to her. One thing I have to do with neuromuscular disorders is really counsel the people on not going back to their old way of life. Because I am convinced....you know what they'd call this in the old days?

BISER: *No.*

SCHULZE: A nervous breakdown. It's exactly what myasthenia gravis and all multiple sclerosis is. It's a nervous breakdown.

BISER: *I think that's what Richard Pryor got — a nervous breakdown.*

SCHULZE: That's right. Absolutely. It's too much stress. I have to tell these people they have to learn how to say the word "No." Cut their commitments down. These are the types of people that you'll call, "Can you help me out?" And they go, "Yeah", even though they don't have any time in their life; its overload I have to talk to these people about that, and reducing their stress. I mean, it's absolutely a gigantic factor.

But I have had many other cases of myasthenia gravis, and the worse thing, of course, a person can do, I mean imagine, is have a thymus-ectomy. The standard medical procedure for myasthenia gravis is to remove the thymus glands, which are a major component. Once the person has those glands removed, they no longer have the immune strength they used to. It's just a nightmare.

I've had numerous people come to me with myasthenia gravis who have recovered, but it's that classic old situation. You reverse what you've done to make yourself sick, and you get in your new programs and you get better.

Negative beliefs from doctors have killed many.

SCHULZE: When they tell someone, you know, "This is it," people believe them. And especially when the doctor says you have multiple sclerosis. All that does is make you weaker.

And, I've had many patients come to me who couldn't get beyond that doctor's death sentence.

BISER: *You mean, you couldn't get them better?*

SCHULZE: No. They just didn't believe they could get better. Every visit they'd go, "But I can't believe I can get better." And if you can't believe it, you won't. Nothing will happen, if you don't believe it.

BISER: *So, were they doing the program or just a little?*

SCHULZE: No, not really.

BISER: *Because they believed they couldn't.*

SCHULZE: They believed they couldn't. They believed it was a waste of time. So why would anybody have, say, the energy to do the Incurables, if they believed that it isn't going to work. Who's going to go with all that bother? I would say that some of my worst belief patients were ones with neuromuscular diseases.

On the other hand, there are the dedicated ones who got well. There are those who have walked in the doors, limping on one leg and waddling, and hardly able to get up the steps. I used to watch one guy park his car a half-hour early. And you know how short it is from the street to my clinic.

BISER: *It's nothing!*

SCHULZE: Half an hour, it took him. I'd see him park, and I'd see him straining and I didn't go out and help him. These people have to be ready to kick their own butt, if they want to get better. I would watch and it would take him a half hour to get to my door. And then another five minutes to get into the bathroom. That's the first thing he'd have to do is get to the bathroom.

But he believed. Because he was going to another healer who had helped him to a degree, and they said that I had helped people totally recover from multiple sclerosis. And he believed it, and he worked his butt off, and he

did everything that we said, and of course, the bowel movements were a problem. You can imagine, it takes people like ten minutes to get to the bathroom. They're afraid that if they clean out their bowels, they won't make it in time.

Who cares! This is the point that they have to get to and he got to that point. And he had a few accidents. OK, what's so bad about that?

BISER: *He had MS right?*

SCHULZE: Yes. You haven't lived till you've pooped in your pants a few times. My God, we're talking about getting healed from multiple sclerosis here. So you have a few bowel movements in your pants. If that's the worst case scenario, my God. So he did! He pooped in the bed a few times, and pooped in his pants a few times.

But the first thing that he started noticing was that his gait got better. He could walk up to the house.

Anybody who has muscular dystrophy or multiple sclerosis or myasthenia gravis, or any neuromuscular disease has to realize they've had a nervous breakdown. Literally, their nervous system has broken down. It's not transmitting. These are called diseases of neuromuscular transmission. OK. So they've had a nervous breakdown. The circuit breakers have popped up. They're not transmitting positive nerve force to their nervous system, so they need to reduce their stress.

But that doesn't mean not doing anything or not moving. They need to reduce their stress level dramatically but they also need to keep moving. They need to keep moving their body. Even though they walk funny, keep walking. Even though they can't see well, keep reading and focusing.

BISER: *Just don't compete, though.*

SCHULZE: Yes, exactly. There's a big difference there. A lot of my neuromuscular disease people got there because of too much competition. Whether it was in school or taking too many courses. You know, I've had people come to me because they are taking a year and a half's worth of college in a year, trying to graduate early. A lot of these people, across the board, have had tremendous family stress, job stress, and school stress put on them.

I see more and more college-age people with these diseases than ever before in history. And it's because, I think, college students today have more stress on them than ever. All students do! My God, they do testing in the first grade now.

We never had tests in the first grade. We tried not to poop on ourselves or throw up too much. Nowadays, they're having tests in the first grade, so, all the way across I think we're destroying the youth of our country because of so much stress and pressure.

And I think it's one of the reasons why we're having so many nervous breakdowns and neurological diseases than ever before.

BISER: *OK. What do you use more on these people, the nerve regenerator formula or the B&B tincture of Dr. Christopher?*

SCHULZE: The nerve stimulating formula. The B&B's kind of a strange formula. You know, I used a lot of it when Dr. Christopher was alive; but you know, he's been dead now for thirteen years, and I would say that the knowledge of nervine herbs has grown considerably.

And in the B&B he had black and blue cohosh, which are definitely anti-spasmodic herbs, and he had lobelia which is definitely anti-spasmodic herb, and then he had skullcap which is kind of a nerve stimulating herb. So it was a mixture going in both directions.

The B&B is still an OK formula, but I would put that in the anti-spasmodic category. So I look at that as a better formula for people with epilepsy.

When I look at people with multiple sclerosis, muscular dystrophy, myasthenia gravis, and neural transmission diseases, I look more at the nerve stimulators. I think these people would even do better with a cup of coffee, which is a great nerve stimulating herb.

Herbs with caffeine can help these diseases.

BISER: *Yes, my wife Sandy has found that if she has, like, a small cup once a day, overall, she's better.*

SCHULZE: Yes, it's a great tonic. It's kind of like Echinacea. You want to take a break from it. You don't want to be on it every day for the rest of your life. You want to take some weeks off, here and there.

But there's no doubt about it, it's a tonic. Cocaine is a tonic, used by the Indians. They chew the cocoa leaves. Kava Kava in the South Pacific, is a good tonic. These are herbs that stimulate our nervous system and they're good.

Especially important for Sandy is to use coffee along with the B vitamins. The worst case scenario is to have it stimulate your nervous system, but not have the food it needs. But if she's piling in the super food recipe and then has a cup of coffee every once in a while, that's a good nervous system stimulant routine. And there's nothing wrong with that at all. It's when people have ten cups a day that we get problems.

BISER: *Have you ever had the people on the nerve breakdowns have a little coffee?*

SCHULZE: No, but I have them use the caffeine herbs that are in the nerve stimulator formula.

BISER: *How are they using the nerve formula? In the ear?*

SCHULZE: No, just internally. Now, with myasthenia gravis, yes, then I do go on the face and in the ear. But with the others, muscular dystrophy, multiple sclerosis, just internally is fine.

BISER: *Do they do any compresses of nerve herbs?*

SCHULZE: No, not unless they have a real localized area, but many times the MD and MS people don't have an area that you can put your finger on and say, "It's right here."

You know, it's just an overall muscular problem, just over their whole body. Sometimes if it's localized around the hips, or the knees, or the shoulders, (it seems to be those three areas), then you can work specifically on those areas. If you can find a place you can put your finger on, then you can apply it.

BISER: *If you can find a place, what do you do with it?*

SCHULZE: Well, they can use the nerve stimulators right on the area.

BISER: *And if they didn't have one herb, they can use another?*

SCHULZE: Oh, absolutely. And the hot and cold applications right on that area. And then the bodywork.

BISER: *Does castor oil have any effect on these people?*

SCHULZE: I always use castor oil as an external fomentation. It's one of the greatest, so why not? Then bodywork too. These people really respond well to bodywork and exercise. They are two very important parts of the

program. With a lot of people, the minute that body starts shaking, they stop exercising, which is the worst thing they could do.

BISER: *So, this guy got better?*

SCHULZE: Oh, absolutely. Occasionally, he has a little, kind of a set-back. But I think it's more emotional than physical. But, he's done 10 kilometer races here in Los Angeles.

I'm going to say he is 48 or 49 years old. It started when he was about 40 years of age, and he never knew what was going on for about the first year, until he was diagnosed. He's doing great.

Muscular dystrophy

SCHULZE: The other disease in the group would be muscular dystrophy, which is again a progressive muscular disease. This one has less known about it than anything. There's no known cause, no known therapy, and they just lump people into this category.

I have had probably more people with muscular dystrophy come here than multiple sclerosis and myasthenia gravis put together. It's the biggest group.

If you have any senility these days, you get lumped into Alzheimer's disease. This is a big group of people. They're all very different. I would highly suggest that people, if they get diagnosed with this, to ignore the diagnosis. It's just that they're lumping everybody into this group of muscular disorders.

BISER: *And they just need the Incurables Program?*

SCHULZE: That's right. Absolutely. Because I've had so many different people with muscular dystrophy over the years.

BISER: *Were you able to cure them or just help them?*

SCHULZE: Well, you know, it goes away. They don't have any symptoms of the disease anymore.

I was teaching a course for a couple of days and there was a woman who came up there to get healed with muscular dystrophy. I had her walking better in 24 hours, because I told her what a bunch of shit it was. And she was feeling better and walking better.

Of course, we put massive herbs into her. And I'll tell you, every other therapist who had been up there was frightened to death by her. They wouldn't suggest anything. And she was the first one I latched onto. God, please give me the crippled. I want something I can sink my teeth into.

So, I started working with her right away, and she was doing some hot and cold showers, large doses of the nerve herbs and I gave her gigantic attitude adjustments, and the next day, she was walking better in class, already.

So many of these people become crippled in the mind that what they go through, because the doctors tell them they have a progressive muscular disorder, and that they're going to waste away.

BISER: *What's the largest dosage you've ever had to use of the nerve herbs?*

SCHULZE: I would say about an ounce a day, and ounce bottle a day. That's about five dropperfuls seven to nine times a day. And there's nothing wrong with doing that.

The only down-side to the nerve stimulators, is, of course, you get a little stimulated from them, ok? The only down-side to the antispasmodic herbs is that you can throw up.

So if you throw up on the antispasmodic herbs, mainly because of the lobelia, I'd just back off a little bit, or enjoy your vomit. (Laughs) And if you get overstimulated with the nerve-stimulating herbs, just stop taking them that late at night. You know, try and cut the dosage down after about 6 o'clock.

I may go through a period where I stop the stimulating herbs, and put them on some nervine herbs and antispasmodic herbs for a couple of weeks for them to get relaxed.

The sedative herbs just take the edge off and allow your system to expand, but the stimulating herbs tighten it back up again. You need that. It's like hot and cold showers. That's the way Samuel Thompson used lobelia and cayenne, because you can call cayenne a nerve stimulator in a way, and I put it in the nerve restorer, and then he used lobelia as the antispasmodic.

BISER: *Is lavender one of the sedative herbs?*

SCHULZE: Yes, and lobelia's a great one. Lobelia can almost be thrown in either formula. It is an antispasmodic, but it can almost be used with either the nerve sedatives or the nerve stimulators. There's no real side effects to these herbs. Like I said, vomiting with the lobelia, over stimulation with the other ones. Probably the biggest problem is that people just aren't taking enough.

All in all, many of my patients have been in remission for years. Twelve years and more.

BISER: *That's not the cycle where they go in and out of it?*

SCHULZE: Oh, the cycle where they go in and out of it may be a week, two weeks. On the long end, maybe a month. Then you're going to get hit again hard. It's usually like a two week to a 30 day thing.

BISER: *So doctors can't say your recoveries are a temporary cycle?*

SCHULZE: Yeah, well, they just say, "You're one of those lucky ones that you've gone into remission.

But you know, if you look at it from that standpoint, and I've mentioned this before with you, then I'm in remission with my heart disease. Doctors will never say to a cancer patient, "You're Cured."

BISER: *So you're in remission?*

SCHULZE: Yeah, exactly. I'm in remission, you're in remission, we're all in remission, according to the doctors.

I'll tell you; 3,4, or 6 months go by of their remission and they're absolutely blissed-out, and that brings power. The more time goes by, the more they throw the doctor's ideas away, and they grow right out of it.

“When the man with Parkinson's came in, his leg was tapping the floor so hard, it sounded like a jackhammer.”

SCHULZE: When he was in my office, I thought he was hammering something. I realized that it was the combination of his knee hitting the top of the desk and his foot bouncing on the floor. He was pretty uptight, but he couldn't stop, and his right hand was shaking.

BISER: *What did you do for the shaking?*

SCHULZE: I think the thing that we did different for him would be the nervine herbs; but we did a lot of hot and cold, which really helped.

I had him get a lot of body work down the spine, and on that arm, and on that leg to free up any muscles that could be tight. We all have tight muscles that pinch our nerves. We also did the herbs externally, also, we did a lot of the anti-spasmodic herbs like lobelia fomentation.

BISER: *You did lobelia fomentation?*

SCHULZE: On the leg, on the arm. We cooked a big pot of strong lobelia tea. I would say a quart pot — we probably had a handful of fresh lobelia. What we did is bring that pot to a boil, put the lobelia in, and shut it off, because you don't want to simmer lobelia. You just want to put it in boiling water and let it go.

BISER: *Did you soak towels in it?*

SCHULZE: Yes, we soaked towels in it and that give him great relief. He was actually having pain on the nerves. He also had herpes zoster shingles. That was quite painful, and the lobelia really helped with that. Then, we also started adding in black cohosh, skullcap, and we used these herbs internally too.

BISER: *Why black cohosh?*

SCHULZE: Black cohosh works very well internally for any type of nervous disease or spasm.

I've used black cohosh and I've seen epilepsy go away, where a person doesn't have any attacks due to brain injury or brain tumor.

With him, he felt relief even though, the next time he came, I didn't detect much of a difference. But he said there was a tremendous difference. He said he noticed a 50% difference. Maybe it was just when he was sitting in my office, you know, and I wasn't used to seeing someone banging their leg so much and moving their hands.

I would say with him it was about 30 days into it when I started noticing it. By the third time, I was noticing that he could breathe, relax, let his muscles relax, and there would be vibration. But it wasn't like smashing the floor and the desk in my office.

We had him on large doses of black and blue cohosh, blue vervain, skullcap, lobelia, skunk cabbage, wild yam, the B&B tincture, separate doses of lobelia, a lot of juices for him. He also did some deep bodywork on the spine.

BISER: *Did you put the fomentations along the spine?*

SCHULZE: He did them on this whole body. He really got into it. He was even taking baths in these herbs.

BISER: *Oh, so people can do that?*

SCHULZE: Absolutely. If you've got a lot of areas to cover. He would fill up a bathtub about halfway and put in some salts and things, and then toss in that while pot with the lobelia, cohosh roots — the whole thing right into the bathtub — and take an herbal tea soak.

BISER: *Blue vervain or just the cohosh?*

SCHULZE: We used them all. We used the whole B&B formula. The key four are black cohosh, the lobelia, wild yam and skunk cabbage.

They are real miracle workers. Blue vervain and the blue cohosh. I don't use blue cohosh that much, except for women. It's the old squaw root. It is a really good one right before they are going to have a baby. It does have a great history, but the black cohosh, the lobelia, are just wonderful for the spasms. And, of course, his thing was he was a horrible eater. This guy had horrible digestion — and constipation.

BISER: *You took care of all that?*

SCHULZE: You know, it's amazing. To get your system to function this badly, you must have had years of minor dysfunctions that were ignored. He had hemorrhoids from constipation. Instead of doing something about it, he had the hemorrhoid operation.

BISER: *Did he ever get cure?*

SCHULZE: Yes, absolutely. No doctor ever said, "you don't have it anymore," but he got to where he had no tremors at all. No tremors in his leg. No tremors in his arm. He was thrilled about it because he didn't want to retire, but he couldn't write anymore. When he tried to write, it looked like an electroencephalogram across the piece of paper.

BISER: *But he got to where he could write?*

SCHULZE: He got to where he could write, walk, and had no twitching.

BISER: *How long? Over a year?*

SCHULZE: I'm going to say in less than that. I'm going to say 6-8 months to where it was gone, but then occasionally, at night, he would be sitting in his chair and the tremors would come back.

It was up and down, but it was all going downward. I think in about 6 or 8 months he had no tremors at all. They would come back once a week, then once every 10 days.

I'm sure by the end of a year he wasn't having anything. He again had some relapses. Of course, it was when he had gone to someone's house for his birthday, or whatever, and eaten some horrible good and gotten a little constipated. I always see this.

One thing that's great is when your body gets this ill, you can get it better. But if you get too far off track, the same thing just comes back. But what's amazing about it is when the patient sees that.

BISER: *They get the point, huh?*

SCHULZE: They get the point really good.

A man cured of Lou Gehrig's Disease.

BISER: *This is one man you mentioned on the videotapes.*

SCHULZE: That's right. He couldn't speak when he first came to see me. That is what the person who brought him said. But I got him talking. It was like "awwwwwawww". He just didn't want to speak. And he was absolutely convinced that he was going to die.

I can't remember; for some reason, I think he was a dentist. But whether he was a dentist or a doctor, he practiced, I believe, at UCLA, so he knew that once you're diagnosed with ALS (amyotrophic lateral sclerosis), you get worse and you die. And he had it, I think, 3 years before I saw him.

BISER: *Why did he come to you if he knew he was going to die?*

SCHULZE: Relatives. Relatives pushed him to come. He didn't want to. He didn't believe in it. As many times along the treatment as he started getting better, he would say, "Well, it's just a temporary remission."

One day, I finally just threw him out of my office. I said, "You know what, you're getting better. Everybody around you knows you're getting better. Your symptoms are reduced. But, you know, you're such a non-believer." I said, "Get the hell out of my office."

And he said, "What are you talking about?" And I remember I grabbed him right by the back of the jacket, and threw him out my front door, and shut the door.

About 5 minutes later, I heard a knock on my door and I opened the door, and he said, "I want to come back." And I go, "Why? You don't believe you can be well." And he goes, "Well, no." And I said, "Get out," and I shut the door again.

We did this about 5 times until he finally said "Okay, okay." He came in and sat down. And I said, "Look, there's only so much the herbs and the foods and all this is going to do." I said, "If you don't believe that you can be well because of your stupid medical training, you're refusing to look at the symptoms that you have."

I said, "You're getting better. Your speech is better, your facial muscles are better, the strength in your arms is better, you're walking normally." And I said, "You're just refusing to look at this." He finally starts looking at it. His big thing was he couldn't abandon everything he spent a hundred thousand dollars and 10 years to learn. It was too much....

BISER: *So what resolution did you and he come to?*

SCHULZE: We came to a resolution that he could keep everything he's learned in medicine, except the fact that maybe you can get better from this one disease. I said, "You can believe everything else you want from medicine, but maybe there's one area where they're wrong." And so he said, "Okay, maybe you're right."

Quadriplegics & paraplegics: can they be cured with natural healing?

BISER: *Richard, have you ever had quadriplegics paralyzed from the neck down, or is that really hopeless?*

SCHULZE: Let me put it this way, we'll have to go back to what Dr. Christopher said. He said, "There's no incurable disease, just incurable people."

I don't meet them immediately. I meet them after years and years of being in this situation; and every doctor, every neurologist, every neurospecialist they've met has told them that they'll never move for the rest of their life.

And so that "food" is hard to go against. I mean, they've digested it and they've assimilated it, and it's like, even with people with multiple sclerosis or muscular dystrophy, or any of these where the doctors have said, "There's no cure, you're going to get worse and die...."

And so that "food" is hard to go against. I mean, they've digested it and they've assimilated it, it's like, even with people with multiple sclerosis or muscular dystrophy, or any of these where the doctors have said, "There's no cure, you're going to get worse and die...."

You know, quadriplegics and paraplegics have been given a heavy sentence of paralysis from the doctors, from the so called specialists, and they don't believe a cure is possible.

When you're moving a muscle, an arm, a leg, or a foot that is cut off from its nerve supply, you can't imagine how hard that is. It goes beyond thought.

You have to psych yourself up. I relate this to the martial arts, because I was the 1971 brick-breaking champion of New York State, and you can't put your fist through a dozen concrete blocks with just strength any more.

It has to come from somewhere much deeper. The Japanese call it "ki", the Chinese call it "chi", and the Indians "prana". You have to go inside and find this internal energy or God, but you can't just do it from fear.

BISER: *So, you've never had such a cast that's recovered?*

SCHULZE: Yes, I have, but it's rare, because those people have had so much bad programming. You know, I've seen even some quick results. I think I told you about this kid, I'm going to guess he was about twelve, in Utah. I

wheeled him in his wheelchair right into the stream, and we gave him big doses of the nerve restorer, and within 12 hours had a twitch in his leg.

BISER: *Was he a paraplegic?*

SCHULZE: Yes, a paraplegic, paralyzed from the mid-thoracic vertebrae down; no movement in his legs.

BISER: *So within 12 hours after nerve herbs and cold water...*

SCHULZE: Yes, and he had been paralyzed since he was about 2 months old and he was now 12. But, now, we're dealing with a kid. This kid looked at me and I said, "This can happen" and he believed it, but when you're dealing with a 30-40 year old, it's different.

BISER: *So even though you've never done it, you believe it can happen?*

SCHULZE: Oh absolutely, One of the greatest things about being a teacher is in my travels where I teach, people come to me to tell me what they've done. I'm going to say dozens of people recovered who were not supposed to walk again, usually with spinal injuries, who were paralyzed from, let's say, the navel down.

A man recovers from total paralysis from the neck down.

BISER: *Have you ever met anyone who recovered from paralysis from the neck down?*

SCHULZE: You know, there was a surfer in California. I don't have all the pieces to this story, but he drove his head right into the sand, broke his neck and was paralyzed.

He was a quadriplegic. He had some massive internal injuries, too, and I remember hearing on the street that he was up and about. And he said that he had basically broken his neck, but he believed he could be well and put himself back together.

BISER: *Did he use herbs?*

SCHULZE: Yes, but nothing like what we would talk about. He used mainly things internal. This was actually in Solana Beach, down in the north county of San Diego, and he was a big believer. I met him in a juice bar down there, and he was a big believer in juice therapy, but he had done nothing much beyond that. Oh, and a lot of bodywork.

BISER: *And his nerves in his neck regenerated?*

SCHULZE: Yes, and he got everything back. He was paralyzed. He limped. At first, he had nothing from the neck down, but then he worked himself into moving arms, moving legs, getting lots of bodywork, and I think he juice-fasted for something like half a year, and put himself totally back together. But that's quite rare. I don't mean it's rare to be able to do it, I just think it's rare to find someone.

BISER: *Anybody who can fight that hard?*

SCHULZE: Yes. But I'm going to say a couple of dozen, with paralysis from the mid navel down, who have brought it back. I think the biggest factor is that you really have to work at it.

I mean, I've had some injuries, and I couldn't move the area, and it doesn't matter how much you think and how much you want to, it's hard to imagine. It's like you're frozen. It's like a dream. And those people just need to put out 110%, and of course, you have every doctor saying it can't happen.

Advice from Dr. Schulze's teacher, Dr. John Christopher. For deafness and hearing loss....

Dr. Christopher used his B and B tincture in the ear, washing out the ear once a week with water mixed with some apple cider vinegar. He cured cases of total deafness by doing this.