

# Heart Disease

You can cleanse your clogged arteries without drugs, surgery or massive doses of vitamins.

You won't need anything but natural foods and herbs. Your circulatory system can be transformed in 30 days, but it takes hard healing work to make that happen. Here is how to do it...

"I healed people who a major heart clinic was too scared to work on. They were afraid these people would vapor-lock while on the treadmill."

**BISER:** *Richard, did you ever have people who should have had a heart bypass — and didn't because of you?*

**SCHULZE:** Oh, absolutely. I've had patients who a famous heart researcher threw out. He said they were too far gone. In fact, I've had numerous patients from a major heart center. One of the people who works at the center is a friend of mine, and she's a nurse there. ^|

People came in with severe artery blockage, and this was before the days of Dean Ornish. Dean Ornish is the first medical doctor to recently prove, via angiograms and CAT scans, that natural healing cleans out arteries. Dr. Christopher was talking about that back in the 30's.

A certain number of people would go to a famous heart clinic, and the clinic was afraid to put them on an exercise program and diet, because their arteries were so clogged — we'll say 80% or more clogged.

These clinics were afraid the patients would die on the treadmill. They didn't want to be sued.

And so, they would suggest they have coronary bypass surgery, and then come back. Well, this isn't what some of those people wanted to hear. This nurse used to refer them to me, unbeknownst to the clinic, for people who were willing...

You know, she'd do a little interview with them, and if they said, "Hey look, I'll do anything," then she'd send them to me. Of course, what we would do was the 30-day juice fast or raw food program. But definitely, for the rest of their life, vegetarianism.

This clinic still served chicken and fish in the cafeteria there. This clinic believed that chicken had less cholesterol than beef, and it doesn't. It has the exact same amount. Now, they were small portions, but the bottom line is, "Why screw around when you're ready to vapor-lock?" Why put any more fat into the body? Even Dean Ornish's program still includes dairy products. So, I had numerous patients from the heart clinics, and we'd go total vegetarian.

We'd get that cholesterol level down, as I said on the videotape.

**BISER:** *Weren't some of them so bad the doctor said, "We've got to do a transplant."*

**SCHULZE:** Yes, transplants and coronary bypass surgery.

**BISER:** *If they need a transplant, is it too gone for natural healing?*

**SCHULZE:** Absolutely not. If I was still in practice, I would love to have lots of patients awaiting transplants.

From what I've already seen, I know natural healing would save lives. I've saved numerous people whose arteries were so blocked that they had daily pain down their left arm.

It was just killing them from the angina and the pain in their heart. The angiograms showed massive artery blockage. And, of course, doctors believed in those days, and this was especially in the 80's, that there was no reversal of this. But we had reversal with everybody who followed the program.

**BISER:** *Everybody?*

**SCHULZE:** Yeah. You know, Dr. Christopher even used to say that alfalfa would clean the arteries. And, of course, nowadays they know that not only does alfalfa do it, but garlic does it, and so do many herbs and natural routines.

But even exercise alone has been shown to clean the arteries. It's just that Dr. Christopher was doing this program when Dean Ornish was in diapers, but nobody listened to it until Dean Ornish stated it — because he is an M.D. And now they still don't listen to it. Dean Ornish was shocked that the world wasn't going to sit up and take notice with what natural healers had been saying for 50 years.

**BISER:** *He couldn't believe they wouldn't listen?*

**SCHULZE:** That's right. I saw it when he presented it live to the American Heart Association. They turned him down flat.

He said, "I can't believe it. I've got a program here that's proven, that's reduced coronary plaque in the arteries, with angiograms and CAT scans to back it up." And they said, the average American was not going to adapt to a vegetarian food program.

They felt that the average American would opt for coronary bypass surgery. I couldn't believe it when they said that.

That's what stupid morons the American Heart Association thinks that Americans are.

They think we're so stupid, so constipated, and so stuck in our ways that we'd rather have a Skill saw cut through our sternum, cutting our veins out of our legs, stripping them out, cutting arteries out of our heart and replacing them. We would rather do that and be in Intensive Care for a week and a half and have a keloid scar from our throat down to our bellybutton.

If that isn't horrible enough, there's severe pain when you come out of the operation. They've cut your rib cage in half.

And, as Americans, we would rather do that, knowing that in ten years maximum we're going to be right back in the same place and knowing that every other artery in our body is still clogged. We'd rather do that than change our diet. I don't believe that.

My experience has been that the average American *would rather* change their diet and their ways. The American Heart Association has to be working hand-in-hand with the surgeons and medical doctors. They love each other.

## Heart poultices for clogged arteries.

BISER: *When patients had severe clogged arteries, what did you do?*

SCHULZE: We did the castor oil packs right over the center of the sternum.

The best place is about a steering-wheel size castor oil poultice right over the center of your chest.

There is a part where two lower ribs come to the center. There is a little piece of cartilage called the xiphoid process. You can start it about an inch below that and take it almost right up to above your breast. And put it in that whole area around the breast bone.

And then you can also work with fomentations in that area, of cayenne and ginger. Depending on the person's pilot light, you've got to be careful, because that is pretty fiery. What is even a little stronger is you can do the hot, really hot, water there in the shower, and then turn it down to the cold right over that area.

I've had people do all three of these, especially the cayenne and ginger fomentation; also the hot and cold and have it relieve their angina immediately at the same time that you are doing the cayenne.

"When I was ill with heart disease, I took five or six tablespoons of extra hot cayenne pepper a day."

BISER: *How much cayenne? What kind?*

SCHULZE: At least two capsules, that would be minimum but I like a level teaspoon. I prefer three to six teaspoons a day of cayenne pepper. The cayenne pepper, as I said earlier, should be at least 100,000 H.U. By comparison, the stuff in the healthfood stores is only 40,000 H.U. You take that internally, and then apply some cayenne and ginger fomentation.

BISER: *How much on the fomentation? How strong is it?*

**SCHULZE:** Into 2 quarts of water, you would put a couple of heaping tablespoons of cayenne pepper, and a couple of heaping tablespoons of fresh, grated ginger. That will do the trick.

**BISER:** *You said in some cases you even used mustard?*

**SCHULZE:** Yes, mustard is quite a famous plaster, but it's just not as available to a lot of people now. A lot of the mustard today is... it's very interesting, the American mustard you taste has very little to it. Come over to Europe, and the French and English mustard is very strong.

Our seeds are hybridized, so they are wimpy mustard. Mustard in World War I was used to kill people. It's a very strong plant.

**BISER:** *So, in other words, if they are going to get mustard, they need to get the strong stuff.*

**SCHULZE:** Yes. You want some good strong mustard.

**BISER:** *What does it do, provide heat to that area?*

**SCHULZE:** It's the same thing as the cayenne and the ginger. It's a counter-irritant. It goes into the pores, it warms; it burns and it brings blood; it moves the blood, especially if you have congestive heart failure.

**BISER:** *So this goes right in if they have clogged coronary arteries.*

**SCHULZE:** Absolutely, it goes right in.

**BISER:** *Would they do it once a day, twice a day... depends how bad?*

**SCHULZE:** Once or twice a day, depending on the severity. And it's really offered a lot of help to some of my patients. You can feel it right away, if you have angina. You take the cayenne internally and then put the poultice on. If you have angina pains, they will go right away.

**BISER:** *Do you remember any really bad heart cases where you used this?*

**SCHULZE:** Yes, I've had a lot of people who were pretty immobile, in wheelchairs. They couldn't do much — but anybody can take the fomentation. Anybody can take the castor oil pack. And then use the cayenne, internally. Then when they are up to it, they can go to the hot and cold.

**BISER:** *How bad were some of the cases? How bad were their hearts?*

**SCHULZE:** I've had people sent to me who were told they had eighty and ninety percent artery closure. And this was from their doctors.

They don't even do angioplasty with that much blockage because it's so much closure. If it were less, they would go in and either use the balloon device, or sometimes they escape with an

angioplasty. But when it's that bad, it's cardiac bypass surgery. Doctors don't even fool around with it anymore. They just cut out the coronary artery.

**BISER:** *If it's that bad, what is it like for the patient? What is their life like when it's that bad?*

**SCHULZE:** Usually they have a horrible lack of circulation in their extremities. Cold hands and feet, probably have varicose veins in various areas. They might have pain in their extremities from the lack of blood flow. Other symptoms were gangrene, lung and kidney failure, and being mentally delirious.

**BISER:** *But when it's 80-90% blockage, are they getting edema from a lack of blood flow?*

**SCHULZE:** Yes, they are. There is not enough blood going to the kidneys, so they usually have swelling. I had a lot of people like that with very swollen ankles — swollen from their calf down to their heel. There is no indentation. In other words, it looks as big as the calf all the way down.

**BISER:** *The only thing they give them medically is what? Digitalis?*

**SCHULZE:** Yes, usually they don't do much. It depends. If they have a regular heartbeat, they will give them beta blockers. Nowadays, they are giving beta blockers even for hypertension.

They will give some diuretics, hopefully that helps. But they, pretty much, schedule them for cutting, because even though it's been proven that in the coronary arteries the plaque reverses, and although doctors acknowledge that, they really don't believe that the patient's body is capable of doing it.

**BISER:** *Have you ever, in your career, talked to a cardiologist on the golf course or anywhere and told them what you were doing?*

**SCHULZE:** Absolutely. I'll put it this way: I had a patient in my office, I think I might have told you this, who had two heart attacks, and he was wealthy. He went to five top cardiologists in Los Angeles at Cedar Sinai, St. John's, UCLA and USC and Kaiser-Permanente.

He sat in my office and I said, "What did they tell you, any of them, about your diet?" And he looked at his wife, and she looked back at him and she goes, "They didn't say nothing." This is five top cardiac specialists. This guy has had two heart attacks, and he has severe artery blockage, and nobody suggested a dietary change.

I find this shocking. That just goes to show you how much into the cut-and-replace syndrome they are.

**BISER:** *Has any doctor ever told you, "This is nuts, what you are doing?" Or do they say, "It's good stuff, but we can't do it?"*

**SCHULZE:** No, they do acknowledge it. Almost every medical doctor in medical school learns about a contrast bath, which is the application of hot and cold to increase circulation — which reduces swelling and congestion.

And they are taught this, but it's the history of medicine. Even most orthopedic doctors around ten-fifteen years ago would suggest for all types of injuries, a contrast bath. But you never hear about it today.

Nowadays, it's like, "Why fool around when you can put Mr. Jones in the hospital for two weeks, throw him in intensive care, strip the veins out of his leg, cut his coronary arteries out and sew them in. And then he is back in action."

So those people are told to have new plumbing and go off and enjoy their lives all over again. Of course, they are not told that the best they are going to get is ten years, and also about all the other arteries that *are* clogged in their body that nothing was done about. These people are ready to explode.

When I tell this to cardiologists, I haven't had much of a scream as you would get, say, from an internist talking about diverticulitis or something. Cardiologists are usually pretty open to it and they go, "Well sure, if people would eat better..." They have no argument.

They even say today that most cardiologists don't have any argument that you can remove the plaque. About half of them I talk to are, like, "Oh yea, but that's an extreme situation."

What they consider extreme (dietary changes) is what we consider normal. What we consider extreme (cardiac by-pass surgery) — they think is no big deal.

**BISER:** *It seems like they just don't get it.*

**SCHULZE:** Absolutely. What is unfortunate is that they think the average American is an absolute wimp.

**BISER:** *They think we prefer to be diced up like Chinese food?*

**SCHULZE:** My feeling is, "Let's, at least, give the people the choice." Doctors say there is nothing that can be done.

They go, "Let's just cut them out." They don't say, "Well, if you went on a vegetarian food program for thirty days, your cholesterol level and blood pressure would normalize. It would take the pressure off the system, and then if you used some cayenne pepper and fomentations and began on an exercise program and became a loving person..."

I find that most cardiologists I talk to don't discount this anymore. Especially after Dr. Dean Ornish blew the lid off. So they can't say it's not true anymore. Especially after the American Heart Association won't put their little heart on a menu anymore next to anything that is animal products. It's just that they don't give the patient the option.

"Juice-fasting is excellent for people with clogged arteries."

**BISER:** *Have you ever had people with the heart disease so bad, the family didn't think they were going to make it?*

**SCHULZE:** Yes. I even had one man where the doctors didn't even want to do the by-pass surgery. They said that he had to get stronger before they would do the surgery. And he was a bit puzzled as to how he was supposed to do that.

And that is where this type of work is beneficial. The first thing, the absolute first aspect is, "Stop eating all animals."

You've got to thin your blood and reduce your cholesterol level. Juice-fasting is excellent for people with heart problems. It takes all the pressure off. Even a full stomach puts pressure on the heart. And you don't need pressure anymore. So juice-fasting is amazing. It's amazing what you will see in a heart patient two weeks after juice-fasting.

**BISER:** *What do you see?*

**SCHULZE:** Reduction of blood pressure, reductions of blood cholesterol levels, the blood is thinner and easier to pump, and they have more energy. You have a totally transformed person.

A fireman saved from congestive heart failure.

**BISER:** *As you mentioned on the videotapes, this fireman was near imminent death when he came to you.*

**SCHULZE:** Yes. And he took longer to recover. I'm going to say it was about a year before he was back up to full-on exercise. You know, he had been debilitated for some time. I think probably 10 years prior to my seeing him, he hadn't moved his body much.

He was a fireman, but he was very overweight. He lived on a diet of....just horrible food, junk food, white bread, refined flours, lots of meat. And he was, I'm going to say, 100 lbs. overweight. *And so* we got him on the juices, and he lost some weight there. I'd say that 50% of his turnaround came in the first month or two on juice-fasting and a lot of garlic, cayenne and hawthorn.

And then I think the other 50% came in the second six months with his aerobic exercise and his workouts. At first, we thinned his blood, cleaned his arteries, got him stabilized, and actually in really good shape.

But then, once he started being able to get up and move around without blood pressure episodes and all of that, and started exercising, that's when he started really building his strength up.

**BISER:** *But he was your typical congestive heart failure case?*

**SCHULZE:** Oh, God, yeah. He was dead. He had so much cholesterol in his body, too. It was coming out his eyes. I could see yellow—the snotty yellow hunks coming out the corner of his eyes. It was actually coming out his tear ducts — fat.

**BISER:** *That happens?*

**SCHULZE:** Oh, yeah, it was disgusting.

**BISER:** *But the medical label for him was congestive heart failure?*

**SCHULZE:** Yeah, congestive heart failure, although he had high blood pressure, high cholesterol level, all of that. His kidneys were not at 100% and probably never were.

So, the kidney-stimulating was helpful to thin his blood and to also get his kidneys working more. A lot of times, with congestive heart failure, you don't even have a heart that's that bad, but you have kidneys that aren't working.

You need tremendous quantities of fluids to thin the blood.

Most doctors use diuretics to get rid of fluid, but the patients actually need plenty more fluids to flush the body out. Starving the patient of fluids endangers the person.

**BISER:** *This is exactly what F. Batmanghelidj, M.D. says. He says that the body hoards water when it is dehydrated. To get rid of the edema, the patients need plenty of fresh water, with 1/4 to 1/2 teaspoon of natural salt for each 8 glasses of water drunk. Readers who need more information on this can get Dr. Batmanghelidj's book, "Your Body's Many Cries for Water, \$14.95 plus \$3 shipping, from Global Health Solutions, P.O. Box 3189, Falls Church, 22043- Get this book!*

"Today, the quality of hawthorn preparations stinks. The dosages are so small they're useless. I use five times as much as anyone else — just to start — but my patients lived."

**BISER:** *How much hawthorn did you eat when you had your own case?*

**SCHULZE:** A lot. I was having 6 cups of tea — a strong decoction every day. I used it in a tea form.

**BISER:** *What do you mean, decoction?*

**SCHULZE:** I boiled it. I'd let the berries sit in the water all night long, and then in the morning, bring it up to a good simmer for 15 minutes and make a real strong cup. Plus, I was eating the berries just like — I'd drink the tea, and then I'd just eat the berries, too.

**BISER:** *So, how much tea to how much water?*

**SCHULZE:** Generally, I was putting in about a quart of water and, oh, a good rounded handful of hawthorn berries, which is more than what anybody would tell you. They'll tell you a teaspoon — a rounded tablespoon maybe — to the pint.

**BISER:** *You just did a handful?*

**SCHULZE:** "Yeah, I did a handful. And then I would eat the berries too. I didn't strain it. I just ate the berries too. But I would suggest that people do that. Just eat the hawthorn berries.

Now you add daily doses of cayenne to that, and you add your hawthorn berries. Hawthorn berries I look at more as, like, they are strengthening to the heart and they are protecting to the heart. The cayenne is more to deal with the circulation. The hawthorn is more of a food for the heart — but it should not be underestimated.

**BISER:** *Everybody in America in the herbal movement talks about hawthorn, but I don't think they are using it like you.*

**SCHULZE:** No. I think they are playing with it. They don't use enough. They will use a few drops of the tincture. I think some of the hawthorn tinctures out there say to use fifteen drops three times a day. That type of thing.

**BISER:** *And you will do what?*

**SCHULZE:** When anybody has a problem, I think a minimum beginning point is eight dropperfuls which would be

**BISER:** *Eight times thirty*

**SCHULZE:** Yes, eight times thirty-thirty five. At least 250 drops a day, instead of this 15 drops 3 times a day.

**BISER:** *So they are doing 45-50 drops, and you are doing 250. And for you that is a start point. How high do you go up to in "life-or-death?"*

**SCHULZE:** If it's really bad, we could double that. We could go up to 500 drops a day.

The one thing good about hawthorn is that hawthorn is a food. Cayenne is a food. You can't overdose on hawthorn because there are chemicals in it that are like flavonoids; they are like vitamins, but they happen to protect the heart muscle from damage and cause the heart to be stronger.

**BISER:** *Not only are they using one-fifth the dosage that you do, but their tinctures are like water, and they use commercial berries.*

**SCHULZE:** Absolutely. You have to make your own strong tinctures, and

make them with organically grown or wildcrafted berries.

All you have to do is crack the berries in a food processor or blender, soak them overnight, put them in your blender with 80 to 100-proof vodka, blend all this into a mash, let stand in a covered jar for two

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The *Save Your Life* Collection

weeks to two months, harvest and squeeze out on the full moon, and you have heart medicine.

Anybody with a heart problem should just order 25 pounds of hawthorn berries and use them any way and every way they can. Make a good strong tea every day with their hawthorn berries, put them in their food, put them in their smoothie drinks, learn to know that plant well. You could plant a hawthorn tree in your garden.

"Hawthorn lets your heart survive on less blood and oxygen, so if you have a severe heart disease, you're not going to have a heart attack."

**BISER:** *That's a good idea.*

**SCHULZE:** Yes, they grow well in almost every climate.

**BISER:** *What species would it be to grow in the garden?*

**SCHULZE:** The classic hawthorn is called *Crataegus oxyacantha*.

**BISER:** *And they can get that plant and grow it?*

**SCHULZE:** Absolutely. It's all over the place. All over Europe, all over the United States. And then there are local types of hawthorn that have the same effect. If you think some of these juniper berries are bad, you should see the hawthorn berries out there.

I didn't even recognize them. The best way to describe it: Have you ever bought one of those peanuts, it's like a caramel sugar-coated peanut, it's a reddish brown with sugar on it? That is what the hawthorn berries look like that I see on the market.

A hawthorn berry should look like a holly berry, bright red and succulent and loaded with pectin. You don't even have to put pectin in it for jam. It just jams up on its own. That is what a hawthorn berry should be like. Get your hawthorn berries organically grown.

The berries grow on the western coast and all over. It's amazing, these herbs grow everywhere.

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Hawthorn binds to your heart cells and makes you require less oxygen and blood. So, if you have a condition, a heart condition like blocked coronary arteries, angina pectoris, whatever, get that hawthorn in and it will buy you time.

The way I like to think of it is that it buys time for a person who's a heart risk. It lets your heart survive on less blood and oxygen; so, if you have a severe heart disease, get that hawthorn in and while you become a vegetarian, use your other herbs and clean your blood, and you're not going to have a heart attack.

Secondly, if you do have a heart attack, all tests show that your heart cells repair themselves much quicker and are less damaged when you have hawthorn in your blood stream. So it's an amazing plant. It's like milk thistle for the liver, hawthorn for the heart. Protects and repairs.

One thing that's very interesting is that it grows in many areas of the world and we used to think you only used the berries, but modern science is telling us that the leaves and the flowers are also very potent in *f^*" the chemical properties that are heart protectors. **Hawthorn won't work if your diet is junk.**

**SCHULZE:** People go out and enjoy themselves. Then they're shocked when they have a heart attack on hawthorn. Well, these herbs are very powerful, but they're more powerful when you add to them a healthy life-style and environment.

The bottom line is: if you still keep smoking 3 packs of cigarettes a day, nothing might keep you alive. So the modern herbalist is very lazy, and they don't get you to do your other homework.

### **Hawthorn Syrup Recipe.**

Soak whole hawthorn berries in distilled water. Use approximately 2-1/2 pounds of berries. Fill distilled water up to one inch above the berries. Put this in blender or food processor to crack the berries, then soak for a day. If you have no blender or food processor, you can put the berries in a cheesecloth, and pound with a hammer until they are crushed.

Using medium heat, bring berries and water (do not change the water, use original soaking water) up to boiling — but do not let it boil hard. Just a slow simmer for 30 minutes on low heat. Then turn off stove and let them steep for 30 minutes.

Strain hawthorn berries, saving the precious fluid. Set this fluid aside and refrigerate when cooled.

Using a blender, crush the hawthorn berries a little at-a-time. Use water (distilled) with the berries in the blender — so that, when crushed, it makes a mushy consistency.

When you've done this to the whole batch, you should have a big potful of the "mushy" hawthorn mixture. Again, bring this up to boiling point — but, at no time let it come to a hard boil — just a simmer. Simmer on low heat for 30 minutes — then let it steep for 30 minutes.

Using the strainer, try to separate the solid pieces from the liquid (syrup). This is the hard part. It is often necessary to use a fine but strong cheesecloth bag to put this mixture in so that you can manually squeeze the juice from the solid matter. It is important to extract as much of the juice as you can from this hawthorn "mush" because this is the juice that actually makes the hawthorn syrup. I have been using an hydraulic press that comes with the Norwalk juicer. This does a fine job.

When you have all the juice extracted, combine with the strained water from the first simmering. Now measure the total volume of both batches. Let this simmer on low heat down to 1/4 of the original volume.

When mixture is down to 1/4 volume, measure again and determine the quantity of 1/4 of this volume. For example, if mixture amounts to 4 cups, then add 1/4 cup of that — one cup — of the following two ingredients: brandy and pure vegetable glycerine.

Generally speaking, the rule is, with a quart of hawthorn concentrate, you'd want to add eight ounces of vegetable glycerine. And then brandy about the same. The brandy should not be cheap brandy. It's your heart. Put in the best brandy you can afford. This is your final hawthorn syrup! Pack in sterilized bottles and refrigerate. This syrup should keep indefinitely. Use six to twelve tablespoons per day.

Many people use hawthorn syrup as a remedy in itself Richard Schulze only uses it as a base for a much more powerful heart tonic.

Dr. Christopher's remedy is the hawthorn berry syrup. That's very nice, but as you and I know, it's not strong enough for people in the nineties. The bottom line is, if you or I had a heart attack, we'd want a heck of a lot more than the hawthorn berry syrup. Here is Richard Schulze's heart concentrate formula...

8 ounces Hawthorn berry syrup (as above)

1 ounce Motherwort tincture

1 ounce Ginger root tincture

1 ounce Cactus grandifloras tincture

1 ounce Cayenne pepper tincture

All the herbs we talked about, except for the hawthorn berry syrup, are tincture form. The hawthorn berry is in a syrup form.

Fill half of a two-ounce bottle with the hawthorn berry syrup. Then mix the other tinctures separately. Finally, add the mixture of tinctures to the hawthorn berry syrup, and stir together.

Dosage: Use 1 teaspoon 3 to 8 times daily.