



The Healing Experiences **of Two Generations of Herbalists**

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Dr John Christopher, a naturopathic doctor had a student who had been attending his lectures on health for many years. Her husband suffered from severe gastric ulcers for years. His doctor advised him to cut off part of his stomach, but he was afraid of the surgery, so gastrectomy was never performed. He also did not accept his wife's suggestion of using natural remedies such as cayenne pepper. Every time he saw Dr Christopher on the street, he would shout across the street: "Who did you kill with cayenne pepper today?" Dr Christopher tried to avoid him. One day he came straight to Dr Christopher, his attitude had completely changed. He apologetically told Dr Christopher his story. One day after he came home from work, his wife was not at home. His gastric pain was so unbearable that he decided to end his life. He went to the medicine cabinet to find some drugs to kill himself. But his wife had thrown away all the western medicine, and left only a few bottles of herbal formulas and a big bottle of cayenne pepper. He thought that if he took one big spoonful of cayenne pepper, it should kill him. He took a big spoonful of cayenne pepper with hot water. He then went to bed and covered his head with a pillow to prevent his dying cries from alarming his neighbours. The next morning he was awakened by his wife. This was the first time in years that he was able to sleep until dawn. His stomach was completely free from pain. Usually his stomach pain would wake him up every half hour and he had to take his medicine. He continued to take the cayenne pepper three times a day and was never troubled by the ulcer again.



Dr Christopher recommended starting with 1/8 teaspoon (about 0.625 g) of cayenne pepper three times a day and slowly increasing the dosage to one teaspoon three times a day. Nature offers a lot of therapeutic herbs. If used correctly, these herbs can save lives and eliminate pain.

Dr Christopher has since passed away. One of his outstanding apprentices, Dr Richard Schulze, has healed many patients with “incurable” illnesses using herbs and natural remedies. Some of the patients who were not expected to live instead recovered in a very short time, especially those patients with terminal cancers. Dr Schulze requests that his patients put 100 percent of their energy in recovery and to spend 18 hours a day to work on themselves. It is only through this perseverance can the “hopeless” patients walk out from the shadow of death. Later, Dr Schulze focused his energy on teaching to empower individuals to be self-reliant and to work toward building their own health.

Many years ago, after Dr Schulze closed his clinic, he openly shared his experience in a five-hour interview. He believes that many of Dr Christopher’s herbal formulas are not as effective as before because many herbs sold in the United States are imported from other countries.

They are not grown organically or in the wild. For herbal medicine to be effective, the herbs must be grown in the wild or produced by natural farming methods. Another reason for poor efficacy is that modern Americans consume processed food and not natural wholefoods. Also, nowadays most people tend to sit the whole day and do not exercise.

The following is a summary of his recommendations base on his experience:

1. Allow the colon to resume its normal functions. Cleanse wastes from the pockets of the large intestine and restore intestine’s peristalsis.

Many people think that it is normal to defecate once a day. In fact, bowel movement should occur half an hour after a meal and the faeces is from the previous meal. When Dr Schulze first practiced medicine, he encountered some patients who defecated only once a month or even as little as six times a year. Once, an anxious mother called to say that her son was scheduled for a colon removal surgery in two days. He had constipation for many years and no bowel movements for several months. Dr Schulze had only two days to

come up with an effective cure. In this case, the usual herbs and methods would not be strong enough. Dr Schulze referred to a 19th century veterinary herbal reference book to check on the kinds of medicine used to heal horses or big animals. He mixed a combination of a few of those herbs and gave it to the boy. The next day, the mother called to say that her son defecated! The stool was more than two feet long with a diameter of two to three inches. The stool was so hard that it could not be flushed down the toilet. The father had to use a shovel to cut it into small pieces before it could be flushed away. The boy avoided a surgery that would have disabled him for life.

Prior to this case, Dr Schulze had heard from a mother telling him that her 16 year old daughter after having the colon removed had to carry a faecal bag with her all the time. She was very depressed and dejected after the surgery and refused to go to school. In order to make her happy, a party was arranged for her 16th birthday. Unfortunately in the midst of a slow dance with her new boyfriend, the faecal bag fell. The faecal matter splashed on both their clothes and the birthday party thus ended. The daughter ran into her room crying. The next day, the parents found she had killed herself by hanging.

After hearing the story, Dr Schulze was determined to save those with constipation to avoid colorectal surgery. After several adjustments to the formula, he came up with the bowel cleansing formula. Some people needed heavy dosages before being able to defecate. The record holder for the highest dosage was a Hawaiian resident. He took 46 tablets all at once before he was able to defecate. He

eliminated 56 lbs of stool! Another lady lost 200 lbs after taking the bowel cleansing formula for one year. Her weight dropped from 410 lbs to 180 lbs.

To have normal bowel movements, there are several things to note:

- A. Drink plenty of liquid like soup, juices, herbal teas, etc. Drink at least eight cups of liquid daily. Water is the best. Travelling, electromagnetic waves (EMF), high microwave frequency environment can easily cause constipation due to dehydration. At the same time, EMF and microwaves stress the body and stimulate the sympathetic nervous system. The digestive system and intestine's peristalsis are inhibited causing constipation.
- B. Eat more high fibre foods such as fruits, vegetables, nuts, seeds, whole grains, beans and so on. Food from animals such as meat, eggs, milk and fish do not contain fibre.
- C. Include foods that help with natural defecation, such as apples, bananas, figs and dates. A few days on raw food diet will quickly relieve constipation.
- D. Exercises such as walking, swimming, running, dancing, yoga promote intestinal peristalsis. Modern people sit for long period of time, causing them to be constipated easily.



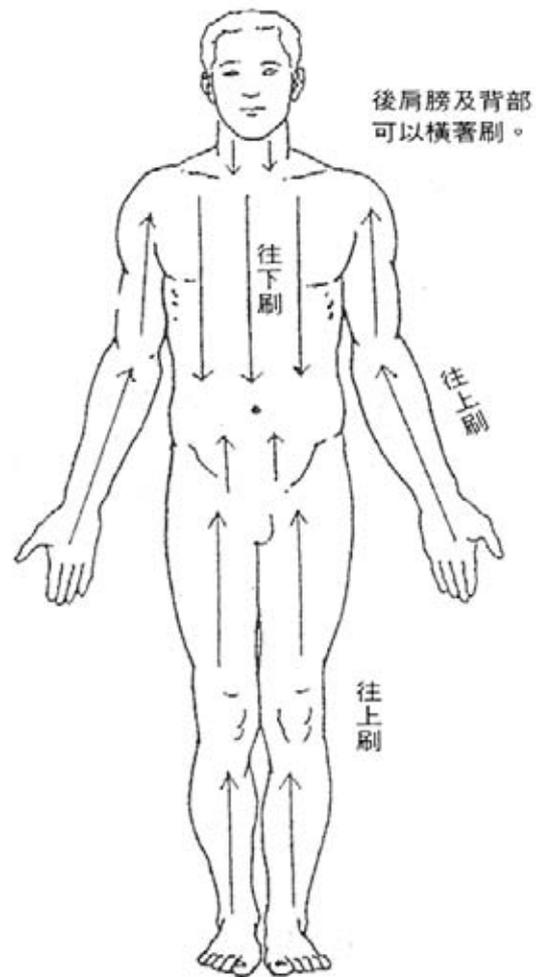
E. Happy positive emotions help normalise excretion. Release of negative emotions, such as fear, resentment and stress will allow the intestine to resume its peristalsis naturally.

Normal defecation should occur thirty minutes after a meal, and the faeces would contain the food wastes from the previous meal.

Try not to eat mucus-forming food, processed foods, white flour products, white sugar, colourings and chemical additives.

The length from the mouth to the anus is thirty feet long, the equivalent of the length of two cars. If the last five feet of the large intestine operates normally, it can cure most diseases. The large intestine absorbs moisture, vitamins and minerals from the digested food and expels the rest. The main healing principle of Dr Schulze is to clear the large intestine.

2. Allow the liver, kidney, skin and lungs to do the detoxification work. Do liver cleansing, exercise, and drink fruit juice. There was a case in which the breast cancer disappeared within ten days! Dry and wet brushing of the skin helps to flush the lymph fluid. The skin is the largest detoxification organ. It can discharge up to ten pounds of gaseous, liquid and solid substances. Dry brushing the skin first before a hot and cold shower (photos).



Brush towards the large intestine. Then shower with hot water for fifteen seconds, followed by a cold water shower for fifteen seconds. Repeat seven times, ending with a cold shower. Wear clothes made from natural materials.

To lighten the work of kidneys, apart from drinking water, soup, herbal tea and vegetable juices. Stop drinking coffee, wine and soft drinks. Water boiled with carrot leaves and corn silk is a diuretic and helps cleanse the kidneys. Drink 16 cups of vegetable juice daily, a cup per hour, or eat fresh fruits and vegetables.

3. For those who can take it, in addition to taking juices, fresh fruits, vegetables, organic vegetables, they could also eat cooked grains. If the choice of organic food is limited, it is alright to eat a single food.
4. Exercise to promote blood circulation. Walking is a good form of exercise.
5. Hot and cold water treatment on whole or partial body, twice or thrice a day.
6. Self massage or get someone to massage the parts or organs that are sick. Rotate three kinds of oil for massage, from head to toes in a clockwise direction, towards the heart. Use castor oil for the first two days, olive oil for the next two days and then wheatgerm oil for the last two days. Rest on the seventh day. Repeat the process as needed. There were some who lost their hair from exposure to chemicals in hair products. After this three-oil massage, their hair grew back.
7. Clear blocked emotions. The Immune system reflects the mind. Usually, depression happens two years before sickness. Think positive loving thoughts.

Special advice:

Ensure a supply of cayenne pepper, white elm bark powder and aloe vera at home. These are very good herbs. Herbs taken in the liquid form are more potent than dried herbs. Purify each excretory organ such as kidneys and urinary tract. To clear the kidneys and bladder, drink herbal teas such as Juniper berries, uva ursi, carrot leaves, watermelon seeds and corn silk.

Herbs that cleanse the blood are beneficial to cancer patients. These herbs can also be used as a bath. Herbs such as red clover blossom and poke root (grown in North America) are very effective in treating cancer, particularly breast cancer. Chaparral (North America) is an antioxidant and it kills cancer. Red clover blossom is anti-cancer; it prevents cells from sticking together. Garlic has an effect on treating cancer. Garlic comprises 75 kinds of natural sulfur content, which, if placed on the skin, will burn cancer. When a bunch of garlic, apple cider vinegar, white elm bark powder and a bunch of fresh North American pokeweed root are blended in a juicer and applied on the cancer overnight, it will burn off the cancer. Aloe vera, white elm bark powder and comfrey are good topical herbal medicine. It is also good to take deep breaths. If there is a problem with the brain, more oxygen is needed; hot and cold shower on the head also helps. Cayenne pepper or red chilli powder can increase the blood circulation in the head and bring out a blush on the face.





Pancreatic cancer: Stop eating all sweet food, including saccharin. Use the general rule for “incurable” approach, such as hot and cold water therapy, digestive system detox and hormone balancing. Women are to take angelica and men are to take Siberian ginseng. Apply castor oil, take poke root, cayenne pepper, and the abovementioned herbs that purify the blood, for example, red clover flowers, dwarf oak forest and garlic, etc.

Ginseng. Apply castor oil, take poke root, cayenne pepper, and the above mentioned herbs that purify the blood, for example, red clover flowers, dwarf oak forest and garlic, etc.

Further information can be found on www.Christopherpublications.com and on Dr Richard Schulze’s website www.herbdoc.com

© For details on dry brush method please refer to the Lapis Lazuli Light Magazine (Chinese), November 1995 Issue. [For English version please visit http://www.lapislazulilight.com/Health_Tips/Index_BC_Dry_Brush.html].

Dry Brushing

- 1) Use a natural, NOT a synthetic, bristle brush (vegetable bristle). Choose a bath-type, long-handled brush.
 - The brush should be kept dry. Use of the brush for dry skin brushing only and not for bathing.
- 2) Brush at least once over every part of the body except the face. Use long sweeping strokes with pressure adjusted to your comfort level. Brush only in one direction towards lower abdomen and avoid back and forth motion or circular motion.
 - The upper body, e.g. neck and chest: brush downwards.
 - The lower body, e.g. feet, legs and buttock: brush upwards.
 - Arm: brush upwards, towards shoulders.
 - Shoulder and upper back: brush across.
- 3) Brush 1-2 times a day for 5 minutes each time.
 - It is common to have tingling sensation over tender part of the body in the first few days after brushing.
- 4) After 1-2 days of brushing, excessive toxins and waste in the lymphatic system will be eliminated in the stool.
 - Waste from the lymphatic system: jelly-like consistency, color varies from transparent to dark brown.
 - Waste deposited in the large intestine: adhesive accumulated dark faeces.

http://www.lapislazulilight.com/Health_Tips/Index_BC_Dry_Brush.html

The original Chinese article was published in the August 2016 issue of Lapis magazine and is accessible online <http://www.lapislazuli.org/tw/index.php?p=20160802.html>