

Chris Wark (00:00.108)

you to tell your story and whatever you have so much experience, whatever comes out is great. Listen, I'm grateful to you, but I'll save that for the interview. Okay, here we go. All right. Hey everybody. Today is a really special day. I'm really excited for this interview because I'm interviewing a man who was

Dr Richard Schulze (00:05.169)

You have so much experience.

Chris Wark (00:29.71)

profoundly impactful in my life. His work was a lifeline to me in 2004, immediately after my cancer diagnosis. I don't know why I didn't reach out to interview him sooner, but I'm just so glad we're making it happen today. This is Dr. Richard Schultz. Now, he is a renowned natural healer, herbalist.

founder of the American Botanical Pharmacy. After being diagnosed with a severe heart condition at 16 years old, he defied the medical prognosis, healed his heart through lifestyle changes, herbal treatments, detoxification, and his journey led him to study under some of the world's top natural health experts, which we'll get into. And he has decades of clinical practice experience. He's treated thousands of patients, helped many people overcome diseases that were

deemed incurable and his methods and herbal formulas are known and used all over the world and he's helped people heal from all kinds of chronic diseases, cancer, heart disease, neurological conditions. He's taught at Cambridge and Oxford. He continues to share his knowledge through books and seminars and he's a legend. He's a pioneer in natural healing and has proved to so many that the body can heal.

And, but you have to make radical changes to your life. And, and so his mission I know is the same as mine is to empower people to take control of their health through natural methods. And he has an incredible legacy. And so Dr. Schultz, doc, it's, it's great to see you.

Dr Richard Schulze (02:13.319)

Great to see you, Chris, and I want to thank you for what you do, educating so many people and how to heal themselves without doctors, drugs, hospitals, and doing it naturally. So you're an awesome guy.

Chris Wark (02:29.122)

Thank you. And, you know, I would not be here. I don't think without you because, you know, when I was first diagnosed with cancer, had surgery, but then I found, George Malcomis who I know, you know, George and his raw food message, for healing. And then, subsequently my mom, through my mom told me about you. My mom, you know, had a, had a bunch of.

Books just had tons and tons of books about natural healing. And she said, you know, I think you really liked Dr. Schultz. So she gave me some cassette tapes and some books, and I ended up getting the incurables program. Look, I've still got it. There are no incurable diseases. Right. And then this book, I don't know if you still even sell some of these, but

Dr Richard Schulze (03:12.093)

Dr Richard Schulze (03:18.299)

think they're both out of print, but,

Chris Wark (03:21.442)

So, and I've got somewhere, I was trying to find them. I was actually ruffling through some boxes before our interviews. I was trying to, I was like, I know I've got some of his cassettes in here somewhere, you know? But I just appreciate you so much because, and I promise I want you to talk. I want you to talk the majority of our time together, but just to give credit where credit is due. I love how you had this no nonsense, tough talk.

And it was really what I needed to hear when I was sick and when I was desperate and really struggling with helplessness and hopelessness and despair. You, you kind of kicked my butt, man. You know, and I know that's that's what's that.

Dr Richard Schulze (04:07.107)

I'm so happy about that.

I'm very happy about that, that I was able to help you.

Chris Wark (04:13.718)

Yeah. Yeah. You gave me so much inspiration and encouragement, through your, books and tapes. And it really helped me just get my mind right and, decide.

Dr Richard Schulze (04:23.869)

Well, know, you know, so much of the healing takes place right here. Got to have our mind right.

Chris Wark (04:30.978)

Yeah. So I'd love for you to tell your story for people that don't know what you've been through, you know, how you

Dr Richard Schulze (04:36.509)

Well, I'll cut it down to a few minutes, but basically my dad died when I was 11 and my mom a few years after. They were both 55 and they died of massive heart attacks and they were both under the doctor's care. And so then I was diagnosed at 16 with having heart disease and you know,

The doctors, I watched my dad just wither away under the doctor's medicine and surgery and

the same with my mom. So I knew there was no reason or way that I was gonna do that. I was way too scared of doctors at that point. And so my great aunt was an herbalist. My brother and I called her a witch, but she would always mix up a concoction for us, usually herbs, and we would take it and we always got better.

So my aunt who was still alive in her late 80s, I asked her to mix me up some stuff and I slowly learned about herbal medicine. And of course that took me down the road of what I was putting in my mouth was killing me. The way I wasn't moving my body was killing me. And so over the period of three or four years, I changed everything. And you said that you got to be willing to change.

And I changed everything, the way I ate, the way I moved, the way I thought. I had a bad attitude. Both my parents died when I was a kid. I was pissed off. Okay. And so I had to change that attitude. And at the end of three or four years, when I changed everything, my heart was better. And I went back to the doctors and they said, your heart's fine. And so I learned the miracles that can be created through changing everything.

and following natural methods and natural healing and natural things like herbal medicine. And so I decided I needed more formal education. I studied immunology. went to UCLA and went through a number of courses there to learn more about anatomy and physiology. But the reality is, natural healing is very simple.

Dr Richard Schulze (07:01.085)

You don't have to be a rocket scientist. You don't have to be a biochemist. I always say stop doing what you're doing that created or caused your disease and start doing new things that are healthy and your body will figure it out. You don't have to have an IQ of 155. All you have to do is stop doing what's killing you and causing disease.

and start doing what will create powerful health. the first day in Immunology 101, you learn that the body is a self-repairing machine. Okay, well, it either is or it isn't. You and I know it is. And the same way you can make yourself sick, the opposite way you can make yourself better. So I went on to open a clinic. You know, I always say that I never cured anybody.

Chris Wark (07:54.062)

you

Dr Richard Schulze (07:59.077)

I'm not Jesus. I don't walk on water. I educated my patients in ways that they could turn around their life, get healthier. And it sounds too simple almost, but when you get healthy, disease goes away.

Chris Wark (08:16.694)

Yeah, you know, and I had never been told those things, right? I had a little bit of exposure

because my mom was, you know, loved the health food stores and stuff like that. So I had a little bit of exposure to the natural health world. But when I was diagnosed with cancer, yeah, my doctors didn't tell me, you know, you can heal, right? They didn't tell me you can heal. And most doctors still don't tell patients you can heal.

Dr Richard Schulze (08:41.969)

This is the main reason I'm in this business. My dad did not know there was an alternative to doctors, drugs, and hospitals. My mom didn't know that there was an alternative to doctors, drugs, and hospitals. So I set out on this path really as a crusade to let everybody know they have an option, they have an alternative. If you want to go to doctors, drugs, and hospitals, so be it.

But if you want an alternative, there are many out there. And that's what I do is talk about alternatives with people.

Chris Wark (09:18.796)

And it's sad though that they're considered alternatives, right? That this isn't the first line therapy that radical life change. And it used to be, didn't it?

Dr Richard Schulze (09:28.029)

It's cheaper, it's safer, it still is in many parts of Europe because it's cheaper. And so the government would prefer that you look at maybe eating better and exercising versus having open heart surgery because of socialized medicine, they don't want to pay for that. So it's the natural first step. But I never found anybody in my clinic and all the years I was in operation.

that didn't respond to it.

Chris Wark (10:00.822)

It's amazing. I want to read something from this book that you wrote, There Are New Incurable Diseases. I just love, mean, this is, you know, of the first pages of the book, but basically you said, it's never too late. I don't care how far gone you are. I don't care if your doctor told you there was no hope. It's never too late. You have nothing to lose and everything to gain. You just have to be ready and willing to change your life.

Dr Richard Schulze (10:29.787)

Yeah, you know, and that's probably one of the biggest disservice medical doctors do. Who the hell are they to tell people that they're going to die or when they're going to die? How many people do you know? And of course, I know thousands, probably tens of thousands that were given the death sentence and they're still alive today. Can I use the word bullshit?

Chris Wark (10:52.11)

Quite a few.

Yes, yes, you may.

Dr Richard Schulze (10:56.015)

Okay, bullshit. You know, to tell someone when they're going to die, or all that. The problem is, is doctors don't know the alternatives. If you if you look at any of the manuals of prognosis, like the Merck manual, they say you have this disease, you need to do this, and this isn't this and this is going to happen. What they're not taking in consideration is you changing.

What they imagine is you're the average American, the average American that's 1500 donuts a year, that's consuming 10, 3000 pound cows in their lifetime, that's drinking alcohol, that's on 10 prescription drugs, that doesn't exercise, has a bad attitude and a bad self image and looks in the mirror and hates himself. That's what they're counting on you being. And if they say that you have this cancer and you're gonna die in six months,

And you're that person, you're probably going to die, but they have no education whatsoever. And what will happen to you if you decide to, here's the dirty word, change. They have no idea.

Chris Wark (12:08.6)

Change is hard. Change is hard, right? And why do you think, you know, my audience, people that know me, that have followed me for a while, maybe they've read my books or, you know, are part of our community. You know, what, what the things that they hear me say are things that I learned from people like you, right? About this incredible, about the incredible benefits that you can produce in your body and in your life if you're willing to change.

Dr Richard Schulze (12:35.185)

This healing machine, it just needs us to get out of the way sometimes and allow that healing to happen. It's like an airplane flying at 200 miles an hour, but there's a 300 mile headwind. You're going backwards. You got to get that headwind above 200 miles an hour and move forward. you know, here's something that always makes me laugh, Chris. People...

have so many excuses and so much fear. Nobody has fear when they're partying. Nobody has fear when they're opening a six pack, they drink it all and they're opening their next beer, their seventh beer. They're not thinking, well, you know, it's packed in sixes, maybe six is the maximum dose. No one ever thinks about it when they eat a bag of junk food and they open it up and eat the whole bag and then they're like, hey, let's open another bag. No one ever

worries when they're partying hardy or doing a disservice to themselves or creating disease. But then I go to give them a large dose of aconacein, they go, well, I heard that'll burn out my immune system. my God. They weren't worried or concerned at all when they were killing themselves, but everybody has their foot on the brake ready to stop when they're healing themselves. And probably the biggest difference in my clinic is I tried to kill them.

with natural healing. I raised the doses of herbs to 10, 20 times what most people were taking

where other herbalists were afraid to go. I tried to drown them in juices, in superfoods.

It always amazes me how everybody's scared of the things that are going to help them and heal them, but they never have that thought when they're taking drugs, drinking alcohol, eating junk food and all that. They have no fear at all. Their fear is in the wrong place.

Chris Wark (14:38.508)

The idea that I had when I was trying to heal, which was, need to overdose on nutrition that was inspired by you. Right. I just thought I'm going to flood my body with so much good stuff. Something good is bound to happen. If I can just, just keep hammering.

Dr Richard Schulze (14:54.845)

I tried to kill my patients with wheatgrass and you know how many died? None of them. Okay. My patients died because they didn't do enough, Chris. They didn't do enough. Okay. So I put the pedal to the metal, turned the volume all the way up, started making herbal medicine that was 10 to 20 times stronger than what was available out there. And then I had my patients take five to 10 times the doses of that.

Chris Wark (15:00.781)

Yeah.

Dr Richard Schulze (15:23.929)

You know what the worst thing that ever happened? They would throw up once in a while. Okay. Versus the other side, you're going to die if you don't do enough. So I tried to poison and kill my patients with natural healing, with carrot juice, with wheatgrass juice, with eating vegetables, with drinking water, drinking herbal tea, taking herbal medicines. They didn't die. They just got well.

When they died is when they didn't do enough.

Chris Wark (15:57.954)

Yeah. And there's a, you know, there's an interesting, we kind of laugh about this in my community. And I know you understand this, but, cause you, sort of alluded to it a moment ago, but, you know, when patients start drinking carrot juice and they go and talk to their oncologist, you know, well, what do you think about carrot juice? no, too much. That's too much vitamin A, you know, don't, don't drink too much carrot juice. That's bad for your liver, but chemo is fine.

Dr Richard Schulze (16:22.619)

Yeah, yeah, exactly. And if you look up chemo on Wikipedia, it shows a lady sitting in a chair smiling, getting chemo. I've never seen anybody smile getting chemo, ever. I've seen it kill so many people. In fact, you know as well as I know that in America, people aren't dying from cancer, they're dying from the chemotherapy.

Chris Wark (16:44.738)

The drugs are harsh. The side effects are brutal. I don't know how much you know about my story, but I didn't have any personal experience with cancer when I was diagnosed. I'd never seen anyone close to me go through treatment, but I'd seen people in my periphery. I had seen chemo patients in the world.

You know, I mean, I'll never forget the first time I saw an advanced chemo patient and I like being a little kid and like tugging on my mom and being like, what's wrong with him? You know, cause he, his person looked so, you know, I don't want to say scary, but I was just deeply disturbed by their physical condition. Right. Cause I knew this, this person is the sickest I've ever seen. I've never even seen a person with no hair and yellow skin and emaciated and like, what is happening to this person?

Dr Richard Schulze (17:41.645)

I've gone into doctors offices who do chemo and talk to them. the first thing I say is you need to get new people in your waiting room because those people aren't going to sell your chemo. They look like they've been tortured. They're dying. All the things that you just said. I told that to the doctors. I go, you got to get some models in here and fake it. Because if people see that, why would they want to go see you?

Chris Wark (18:07.128)

You know, what I was really, what was really wonderful. And this is interesting. I know you've observed, you have observed this, I imagine. But in 2004, I, the internet was not helpful. There was no YouTube. There were no videos online. I had, I literally was just going from book to book. And I am so thankful because the first book I read was George Malcomis. He was talking about raw food and juicing, right? And you know, radical life change.

Then I found very soon after George, I found you and you were talking about raw foods and juicing and radical life change. And then I found Dr. Lorraine Day, raw foods, juicing, radical life change. Then I found Anne From, a cancer battle plan, raw food, juicing, radical life. So I just, the same message, just, I just kept.

Dr Richard Schulze (18:52.071)

Yeah.

Chris Wark (19:02.978)

finding it over and over. And it was so encouraging to me that there was this unified message at that time for health and healing. And, but now online, there are so many opinions and they are wild. I mean, just all over the place. And I, one of the reasons that I am doing what I do is because I've seen how powerful the methods that you're talking about are. And

Dr Richard Schulze (19:09.425)

Yeah.

Dr Richard Schulze (19:17.01)

Yeah.

Chris Wark (19:30.094)

It just became important to me to continue to push that forward, to continue to share this information that has been validated by decades of incredible healing stories. Because people are so, they're more confused now than ever. When they get online looking for answers, they just find all kinds of crazy stuff.

Dr Richard Schulze (19:50.703)

You know, I do have a genius IQ, but my great teachers from Paavo Arola to I interned with Dr. Bernard Jensen, I apprenticed with Dr. John Christopher, the most famous herbalist of the last century, and spent 20 years with him. And the message I got from all of those was keep it simple. it's so anything that sounds too complicated,

I don't get involved in. If it has to plug in the wall, I don't get involved with it unless maybe it's a juice or a blender. But I'm looking at, I say the three keys to natural healing and healing yourself are simple. These would be simple. It's not rocket science. You got to be willing to change. If you're not willing to change, I can't help you. I never healed anybody. My patients healed themselves because they were willing to change.

If you're working at a toxic paint factory or plant, I'm sorry, you've got to quit your job. You've got to be willing to take this all away if you want to be well. And number three, responsibility. I'm not responsible for what's going on with you. I'm not responsible for you. You have to take responsibility and realize that you have to do the healing, you have to change and just keep it simple. That's been one of my rules, know.

I'll tell you one story. I've had so many patients that have had miracle healings because they were willing to do those three things and take responsibility and make the changes. But I had one woman that came to me, a model, and she developed cancer in the breast. And the doctor said, we can cut the breast off. The cancer won't spread. You're fine. She did that. It wasn't so great for her modeling career. Three or four years later, she got cancer in the other breast.

She cut that off and they said, you're healed now, go out and enjoy your life. She did never made any changes. And the next thing she had cancer of the cervix and uterus. And they said it had metastasized through her. And they said, no matter, even with chemo and radiation, you have two months to live. I found her and put her on the programs and she was one of the best at changing. would start, they go, you want to hear something horrible? She goes, no.

Dr Richard Schulze (22:17.659)

I don't want to hear it. She was great. She put her hand right in your face. Talk to the hand. Bye. She's still alive today. Okay. And they gave her two months and that was over 30 years ago, but

she changed everything in her life from what she drank to what she thought, to how she moved her body, everything. And one of my best patients, but I've had so many patients like that, that beat the medical odds.

because they were willing to take responsibility and change everything.

Chris Wark (22:53.708)

You know, that is the big challenge is convincing, I think convincing people that they have to change everything and that it's worthwhile. And, you know, I know you've seen the full range as have I, where someone on one end of the spectrum, that's the person that comes to you and they're like, I'm ready. Like the example you just gave, I'm ready and willing to change everything. Tell me what to do. I'll do it. Right? That's the ideal patient, right? Because you can really help somebody like that.

Dr Richard Schulze (23:22.425)

And often with them, the first thing you tell them, they're not willing to do. I'll do anything and I go, okay, let's start with some wheatgrass. They go, it's tasted horrible. can't get it down. You know, every excuse in the world.

Chris Wark (23:27.128)

haha

Chris Wark (23:38.52)

Well, I think that must have shaped your sort of tough talk demeanor that you adopted because I think people need to hear that. how do you, I guess what I'm getting at is there are people that really will do what you tell them to do, right? And I was one of those people, but there's also people that are, they're not willing to change at all and you can't help them. But there's a group in the middle, right? There's a group in the middle that needs some

They need some encouragement. They need some convincing, right? They just, how do you speak to those people? How do you deal with them and get them to buy in?

Dr Richard Schulze (24:15.581)

I got punched in my clinic a number of times. I happened to be a black belt in the martial arts, so it saved me. But I can't tell you how many patients just got so riled up they would hit me. Not because they hated me, but because of their frustration with medicine or medical doctors. You know, we talked about the mind.

I had a woman come to see me. I don't know if this is answering your question. I might be straying, but I had a woman come to see me. I remember her name Aziza and she had developed a rare nerve disorder, myasthenia gravis, where you slowly, there's no cure. Supposedly we hear this all the time. You hear it. I hear it from medicine. There's no cure. Of course we know the body.

knows how to cure you. I don't know how to cure you. Maybe you don't know how to cure them. But I know that if they follow the right program, they'll be well. But anyway, she was in the last stages. She couldn't swallow. She was choking on a saliva, couldn't breathe. It paralyzes all the nerves around your mouth and your throat and your trachea. And she was dying. her book, the story I heard was that she was in college.

And she was almost a semi-pro at tennis because this is what her parents wanted. They were from the old country in the Middle East. And I asked her, said, what do you want? And she said, I just want to go back to the Middle East. I hate tennis. I hate college. And I want to go back to the Middle East and find a husband and get married. And so her parents came in.

who had spent a lot of money on her college and a lot of money on her tennis. And they said, what do you think? I said, I think she needs to quit tennis, quit college, go back to the homeland and get married and have a baby. They freaked out. The father wanted to kill me. The mother was screaming. You have no idea. She's an ungrateful. Listen, I go, you want your daughter to be well or you want her to be a dead tennis pro college graduate? They finally did it.

Dr Richard Schulze (26:35.463)

They let her go back. Myasthenia Gravis went away. Didn't just retreat, just went away. Okay, this is the power of being happy, being blissed out. We don't even count that in medicine. To me, I always say to my son, I have a wonderful 30 year old son, and I always say to him, as long as you're happy, I'd be behind it 100%. We don't count happiness, bliss.

Love. Dr. Jinsha used to say that love was more alkalizing and more powerful for the immune system than any herb or food. Okay. But we don't count those emotions. We don't count what's going on up here anymore. And, you know, so that's the importance of looking at the whole picture like you and I have done for many years now, looking at the whole picture and

coming up with what it is that person needs to be happy. And that's an important

Chris Wark (27:37.528)

Well, I love that because there was some investigation that was done on your part, right? You asked her, you were trying to get to the root cause of her desire, you know? And I can see that how someone who is living the life that they did not choose, right? She was living a life that her parents chose for her and she was deeply unhappy in it.

Dr Richard Schulze (27:49.223)

Yeah.

Dr Richard Schulze (27:59.965)

If for her it was hell.

Chris Wark (28:03.572)

And obviously there was a tremendous amount of stress and anxiety and pressure to perform if you're a college athlete and all that. She clearly, her heart was to be a mother, right? She wanted to be a wife and a mother. She didn't want to be an academic. She didn't want to be an athletic star or whatever. I think there's people

Dr Richard Schulze (28:22.845)

But what she wanted never came into the formula. No one was ever asking her what she wanted to do. And she was too afraid to tell her parents, so she told me. I told her parents and then I saw why. The parents wanted me dead in my clinic.

Chris Wark (28:28.182)

Right. And I think there's

Chris Wark (28:41.45)

You know, and I imagine there's probably people who have that or are stuck in a similar scenario where they have said yes too many times, right? They've just constantly said yes to things that they didn't want to do. And now they're sort of trapped by all these obligations that they've said yes to. And now is the time to start saying no.

Dr Richard Schulze (28:51.633)

Yeah.

Dr Richard Schulze (28:55.857)

Yeah.

Dr Richard Schulze (29:04.764)

And you know that in our line of work, Chris, we got to talk about the things that nobody else wants to talk about. I got to talk about are they happy with their partner? This is a big one. How many people in America are living a life where they're not happy with the person that they're living with? I'm not getting into religion. I'm not getting into the laws. But all I can say is if you're not happy, you can't be healthy. And Louise, you know, Louise Hay,

I was such a fan of Louise Hay because I love, love, love so many of the things that she said that I use with my patients. The important thing like you, Chris, is we have a big toolbox of positive affirmations. We can turn anything around of natural healing tools, of herbs, whatever. And my patients will come in and I just start pulling out my tools, whether it was physical, emotional, spiritual, whatever. Can I tell another story?

Chris Wark (30:03.128)

Peace.

Dr Richard Schulze (30:03.729)

This is just interesting to me. But I had a guy come to see me. The relatives brought him and he couldn't come in my clinic. He sat in the waiting room. And so I went out there and his head was buried in his hands and they couldn't pull his hands away. And the only word he said was no. And three months earlier, he was a school teacher and a very brilliant school teacher. So.

What are we going to do? We start with the basics. And to me, one of the basics in my clinic was first, make sure that their bowel is working. The biggest elimination organ in the body, we got to get that bowel cleared out. And the second thing is nutrition in. And so that's what I did with so many of my patients. aside for a moment, I always say that just unblocking the bowel and getting super nutrition in,

About 80 % of my patients forgot what was wrong with them in the first place. Now the ones with degenerative diseases, we had to go further. But you know, if it was headaches or small things, most of it just went away. Cleansing out the bowel, getting the elimination channels open so the body can get rid of the poisons and getting super nutrition in. Anyway, that's what I did with him. And never saw him again. They canceled every appointment, but I talked to my pharmacist and she said there's still...

buying a tremendous amount of my intestinal herbs to flush out his bowel. They didn't even buy the nutrition. Then I got a call in about three months from his psychiatrist who said, what the hell are you doing to my patient? You're killing him. And I go, and they go, he goes, when he comes in the office, he can't even come to see me. has to go to the bathroom and he's what he does in there smells so bad.

Chris Wark (31:46.412)

Ha!

Dr Richard Schulze (31:56.175)

It goes into the elevator and goes down to other floors and I have other floors complaining in the office building. Well, I wasn't going to stop that. The long and short of it all is all he did was cleanse his bowel and in three more months he was back teaching school. These are the miracles that you see and that I see. I would think I would have to do a lot more. Usually you do.

but never underestimate the healing power of any of the one things that we have in our toolbox, bowel cleansing, nutrition, whatever. But I have so many wonderful stories and things that my patients taught me. And I'll just say on the side, the big difference between me and most of the herbalists in America is using American herbs to treat people is illegal in America. You can use Chinese herbs.

They grow on the other side of the planet and that's an oral medical doctor and you can be in practice, but using American herbs as a doctor? No. Okay. It is not legal in America. There's no licensing for it. And that's why, you know, I've been run out of town a few times also because my patients got well. And if you want to embarrass the medical profession, have patients that the

medical profession, I say they're dead in two months.

and have them live for 30 years. And my patients are a living testimony to the failure of modern medicine.

Chris Wark (33:33.366)

It is amazing how many holistic practitioners and doctors have been persecuted. know, again, like you run out of town and all this kind of stuff. And you would think, you know, there are so many sick people you would think, you know, this, this person really isn't a threat to the establishment. They can't treat everybody, but they're, they're so paranoid, right? There's, so much paranoia that, that health and nutrition is going to completely supplant pharmaceuticals.

Dr Richard Schulze (33:39.677)

my T-shirt. Yeah.

Dr Richard Schulze (33:51.069)

the general.

self-requested for reasons not... yeah.

Dr Richard Schulze (34:01.265)

Now, Dr. Christopher was in jail six times. And, you know, they were after him and they were after me. And they still are. I've had to take my Instagram down a number of times.

Chris Wark (34:05.387)

Wow.

Chris Wark (34:12.034)

Ha ha ha ha.

Well, I'm hopeful that we'll see some major progress in nutrition and yeah, in nutrition and natural healing and herbal medicine and there will be a resurgence because there's so much demand for it. And most people living now, at least adults, have seen conventional medicine fail. It's failed them, it's failed their loved ones.

Dr Richard Schulze (34:22.525)

hope you guys happy right now.

Chris Wark (34:43.948)

They know numerous people who are on lifetime prescription drugs because they didn't get well. They're just medicating just to get through the day.

Dr Richard Schulze (34:54.511)

I always say, Chris, it's not healthcare, it's disease maintenance. This is what pharmaceutical industry is. Nobody's cured from diabetes taking insulin. In fact, your pancreas just gets weaker and weaker and weaker because it detects the insulin in your bloodstream. So why should it produce any? So modern medicine is disease maintenance. What we're talking about is healthcare.

Chris Wark (35:24.866)

Healing, right. Healthcare should be oriented toward healing and everyone knows, I mean, I think everyone knows that it's right now it's not taught in med school, but maybe that could change. know, if the stranglehold that the pharmaceutical industry has on medical education is removed, loosened, or removed, cut, then that could open up a massive amount of research.

and clinical practice using nutrition and lifestyle. Now they call it lifestyle medicine, right? That's the sort of the newish phrase for using nutrition and exercise and stress reduction and all the things we're talking about to help people get well. And right now, there are more doctors who describe themselves as plant-based physicians than ever before. So that's really encouraging.

Dr Richard Schulze (36:03.442)

Yeah.

Dr Richard Schulze (36:20.497)

Yeah. Yeah. You know, that's probably one of the biggest differences with me and many other people in my profession is most of them wrote books because they didn't want to practice and they didn't have what I have to be able to confront my patients on their bullshit. And maybe five percent of what I know I learned

from Dr. Jensen and Dr. Christopher, and 95 % I learned from my patients. Having patients taught me what works and what doesn't work. And that's the bottom line. I was practicing natural healing and my patients educated me. And I kept refining it and refining it. And that's why having patients is so important in this business. And unfortunately, most herbalists you meet write books

know a lot about anatomy and physiology and herbal medicine, but unless you have those patients like you have had so many people, you learn what works and what doesn't work.

Chris Wark (37:33.742)

Yeah, and I think you start to understand that person's beliefs and their attitude and the fact that they, many of them are harboring bitterness and resentment and unforgiveness and anger. Those are not things that doctors are talking about with their patients, but when you invest time, and I'm not a doctor, I'm not a practitioner, I'm just a survivor and a patient advocate, but when I've invested a lot of time,

with cancer patients to help support them. it just, when you just start talking to someone about

their life, very quickly, those things, they just start to come out. You start to see, okay, right? There's more to this person's situation than just a physical malady, right?

Dr Richard Schulze (38:25.905)

Yeah, I only took five or six patients on a day and I would spend an hour and a half with them. And that's one of the things that doctors don't do, medical doctors, they don't spend enough time with you to really learn who you are. I had to learn who they were in order to give them the coaching they needed and what they needed to change. And you and I know that

with many people, because you were just talking about it, getting them to change their food program, getting them to eliminate a few bad habits is not that difficult. But getting them to change up here, the way they've been programming, we had to brainwash them. We had to wash their brains of all the negative things that they learned from teachers and parents and

religious dogma, the media, all that stuff. Look at what just went on with COVID, a flu, okay? And they made such a big deal about it. I know you know this, but the man who designed the test for COVID said he did not design it for COVID. And he said, if you use it for COVID, everybody will test positive. What did they do? Everybody tested positive. And then they kept putting it on the news every night, 500,000, a million, two million.

Chris Wark (39:25.356)

media culture.

Dr Richard Schulze (39:54.823)

Got everybody scared. And whenever people are scared, they'll do anything. They'll give up their freedom.

Chris Wark (40:02.078)

I'm glad you, I'm glad you brought that up because it's true. There was a, a massive fear mongering campaign. and you're talking about Carrie Mullis who invented the PCR test, which was a test that he said, this is not a diagnostic test. is not meant to diagnose any illness and Carrie, mysteriously passed away right before the pandemic, which is, you know, odd, but,

For the conspiracy theorists, you can go down that rabbit hole. then it was announced that the PCR test is going to be used to determine if someone was positive or negative. And the truth about that test for anyone that doesn't know is it can detect a fragment of anything. can find, according to Kerry, you can find anything in any person with a PCR test. It doesn't mean they're sick, right? Yeah. And then the fear mongering campaign. I mean, that was just one, as you know,

Dr Richard Schulze (40:56.605)

See, that's how you imagine if you sold a car, let's say Toyota's and you said, look, you don't have to buy a Toyota, but if you don't, you're going to die. Okay. This is what medicine does all

the time. Otherwise, who would want a six foot tube shoved up their rear end? Who would want to take boiled down poison and inject it into their veins and arteries? I mean, we wouldn't do these things, but we're so scared. We listen to medicine and medicine.

is all about fear. You know, well, you don't have to do this, but if you don't, you're gonna die.

Chris Wark (41:33.408)

Right. Fear is the big driver. And you know, I'm thankful for my cancer experience for a number of reasons. And I know you've seen this when patients, that cancer is so transformative in their life that they see it as a gift. They see it as a blessing. They can see beyond the suffering and the fear and the pain, and they can see the incredible transformative value in it. But one of those lessons that I learned that became valuable to me later was

understanding fear mongering, understanding how the cancer industry was using fear as a weapon against me and against patients to coerce patients into compliance, into undergoing treatments that A, may have little success rate, B, might be incredibly harmful or life threatening, and that they knew almost nothing about. I'm saying the patient knows nothing about. That lesson

Dr Richard Schulze (42:11.728)

Absolutely.

Dr Richard Schulze (42:30.845)

Yeah.

Chris Wark (42:33.55)

I've carried with me for almost 20 years and then when the pandemic started, I was like, I recognize this playbook, right?

Dr Richard Schulze (42:43.503)

and I'm older than you, so I saw it with the swine flu, where they made 150 million doses of the vaccine, and the only people that died were the people that got the vaccine. I've seen it before. This has repeated itself. You know, I'll tell you a quick story. Maybe it's not so quick, but I'd like to say that in the 20s and 30s in America,

They did massive amounts of tonsillectomies. They would say, look, even though your one kid has swollen tonsils, we'll do all four for the same price. They gave budget programs, you know, all sorts of plans. They did a massive amount of tonsillectomies across America. Then in the 50s, we got a polio outbreak. The polio outbreak was bad and kids were dying. So Dr. Salk invented a vaccine.

And that vaccine in the 50s was clean. In the 70s, they looked at that same vaccine and found 149 other viruses, live viruses living within that vaccine. Just one of them is the SV40 virus,

which has been linked to cancer. And the cancer rates since then has gone up from 31 out of 30 to almost one out of two. But here's the worst part. Any modern immunology book will tell you

that the tonsils are extremely important in the maintenance of immunity. They are an immune aggregation like the Piers patches in the appendix, and they are the only organ, immune organ in the human body that can synthesize the antibody for poliomyelitis. So we started the whole thing by removing the tonsils in our body, which created

polio and we had no defense against that which created the salt vaccine which took the cancer rate up 60 times Only to discover now that we wouldn't have removed the tonsils none of that would have happened We can't think that we know better than God or nature and start ripping parts out of the human body Because we'll never know that much. We'll never know all these parts do

Dr Richard Schulze (45:09.293)

appendix also immune aggregation. How many people have appendectomies and tonsillectomies? Talk about an impairment in the immune system, but don't worry because you probably have a set of tonsils down so low the doctors couldn't get to them because you have three sets.

Chris Wark (45:24.23)

I still have my tonsils, but I did have my appendix removed during my colon surgery, which wasn't necessary, but they went ahead and took it out while they were in there.

Dr Richard Schulze (45:32.849)

because they're considered a problematic organ. How dare anybody have an ego that great where they think they're smarter than God? Think about it.

Chris Wark (45:45.826)

Yeah. And we know now it was long, long believed that the appendix didn't do anything. And now we know it's an incubator, right?

Dr Richard Schulze (45:51.421)

Yeah, but that's a new book. In fact, I will photograph these pages and text them to you out of the latest book on immunology that say, considering this information, the argument is against tonsillectomy from this point forward. And they're still doing 500 to 700,000 tonsillectomies in America this year because they're not reading the latest material.

Chris Wark (46:16.846)

Mm.

Chris Wark (46:20.258)

Yeah, it's the wheels of the medical industry turn very slowly. And I get it, you know, there's a lot

of money. There's a lot of profit generated by surgeries and treatments and it's hard to, it's hard to replace that money, right? It's hard to replace that money with, you know, I say this all the time. There's no money in broccoli or green tea or curcumin or carrot juice or exercise or forgiveness or fasting. There's no money in any of that, right?

Dr Richard Schulze (46:45.341)

Yeah. Well, you know how powerful garlic is as a broad spectrum antibiotic, as an antiviral, as an antifungal, but there's no money in it. You can stomp a hole in your backyard, put a clove of garlic in and you're going to have all the free garlic you want. So who's going to invest \$150 million in testing garlic?

Chris Wark (46:55.128)

Please talk about it.

Dr Richard Schulze (47:14.193)

to see if it's effective. But we know that because from throughout history, it's been used as a powerful antibiotic, antiviral, antifungal. There's no money in it.

Chris Wark (47:26.626)

Will you talk about peppers? Cause you were the first person in my re-education or just let's just say education on health and healing and holistic therapies to talk about peppers. And you were obsessed with peppers, hot peppers. And will you talk about that?

Dr Richard Schulze (47:45.917)

Yeah, you know, Dr. Christopher was what we call a Thomsonian herbalist after the man Samuel Thompson from New England. And Samuel Thompson was not a very educated man. He used two herbs, cayenne or hot peppers to stimulate the body and lobelia as an antispasmodic to relax the body. That's all he knew. and thousands of people got well under his treatment.

So amongst the Thompsonian crew of herbalists, cayenne and lobelia are very important herbs. What cayenne does, it's the only herb I know that you can put in your mouth and your face turns red. That's blood. And what cayenne does is it goes to your heart and it drives your circulation throughout your body. And there's one thing I know from all my years in practice is that wherever you have disease,

You have some kind of blockage. Something is blocked there. Maybe the nerve impulse is going there are blocked. Maybe the lymphatic system is blocked. Maybe the blood circulation is blocked. But when any one of those things are blocked, that area is going to die. Cayenne takes blood and oxygen to that area. It wakes it back up. So I used it as a turbo jet, as a turbo.

For any herbs that I made for most, like a lot of people use Ginkgo for their brain. Great. Okay. Ginkgo sends more blood and oxygen to your brain. And a lot of problems are caused by the brain not getting enough circulation. But I mix Ginkgo with habanero peppers. Okay. And now

we're talking about both of them driving up into the brain much more.

than if you just took Ginkgo or Cayenne or habaneros on their own. So I used habanero pepper a lot as a circulation boost. And it really gets everything going better. One of the problems we have a lot is lack of circulation. Because nowadays we foods that are congestive and clogging. We don't move our bodies.

Dr Richard Schulze (50:09.189)

our lymphatic system doesn't move because you have to move to get your lymphatic system working because it doesn't have a pump and heart disease is so prevalent. I've had people, numerous people in my clinic and that I've met in public that just followed my advice with habanero and cured their heart disease. It's an amazingly powerful herb, but just adding a little bit to your daily life, spice it up a little bit.

I have it in my bowel formula because it also gets the bowel working really nicely. And to me, if that's the biggest elimination organ in the body, that's a place we got to look at. And I'm shocked, you know, that the health books in most towns in America say that it's normal to have a bowel movement every three to four days. That's what we're our kids. Okay.

Chris Wark (51:03.266)

Wow.

Dr Richard Schulze (51:06.737)

two or three bowel movements a week. At the same time, primitive people around the world are having two to three bowel movements a day, moving their body, eating raw food, and being happy and blessed up. Okay, that puts Americans about 60 to 70,000 bowel movements short in their lifetime. And then we wonder why Americans have the highest incidence of colon-ranital cancer in the world.

Okay, this is something we got to look at. We're full of shit. We're full of shit, Chris.

Chris Wark (51:41.742)

It's true. You were one of the first people I ever heard talk about disease begins in the gut. I mean, I had never heard that principle until I started reading your books and listening to you. And I know you already mentioned this earlier in our interview, but I just want to acknowledge that, you know, now you hear that everywhere. All kinds of healthy influence, influential people are talking about, the gut health is so important and all this.

You were saying this decades before anyone else. And, and so just want to give you props for that.

Dr Richard Schulze (52:18.069)

thank you. You know, when I was a kid, I came from a German family and we had blood for

breakfast, lunch, dinner and dessert. That's all we ate was meat. Meat, eggs, dairy. And I had once poop a week every Saturday and I would have to sit on the toilet for about an hour and squeeze as hard as I can to get these granite balls out of me.

And my dad said that was really good because you don't need to wipe. It's like wrapped in plastic wrap. That was how I grew up. So one of the first things I learned early on is I had to start pooping. And it took me about a decade on using bowel herbs to get to where my bowel worked all the time. Now I can't even look at the bottle of bowel herbs and I have to go. My bowel naturally works on its own. But

Chris Wark (52:50.744)
Hahaha

Dr Richard Schulze (53:13.745)
That made a huge, huge difference in my health program, realizing I was full of toxic waste and it was storing in my body.

Chris Wark (53:26.752)
I'd love for you to talk a little bit more about Lobelia since you mentioned it earlier and any other herbs that are some of your favorites that maybe people don't know much about.

Dr Richard Schulze (53:35.229)
Lobelia, like many herbs, as you mentioned earlier, is on the, don't ever put that in your mouth list by medical doctors, probably more than any other herb. I saw that aloe. I saw recently someone said that you can use aloe, and a medical doctor responded and said, aloe can be dangerous in some people.

Chris Wark (53:58.422)
Right, right.

Dr Richard Schulze (53:59.023)
You know, that's their training. That's brainwashing. They're trained by the pharmaceutical industry. And so they're learned to say anything negative about a natural product or an herb because that's against taking drugs. And they're just brainwashed into it. And they get out of medical school, a hundred thousand or more in debt. They got to pay that debt off. How do they pay that debt off? Selling.

Chris Wark (54:01.486)
pharmaceuticals.

Dr Richard Schulze (54:27.569)
the products of the pharmaceutical industry. You know, I think it's for me.

Chris Wark (54:32.92)

So, Lobelia though, before we get too far away from it, I mean, what is it, what does it do?

Dr Richard Schulze (54:35.901)

Yeah, it's a powerful anti-spasmodic. If you use too much, it will make you vomit. That's the worst case scenario. So you have to take it in lower doses and work yourself up. It's also a bronchial dilator. It is the most amazing herb for someone with bronchitis or asthma or any type of COPD, anything where they're having a problem breathing. Lobelia relaxes.

It's an anti-spasmodic and dilates the bronchial tubes so you can breathe easy and also expectorate if that's what you need to do. But it also works on the muscles of the body. It's just a powerful relaxant, we could say, or anti-spasmodic. So, you know, nowadays we get people that are so stressed out.

I would get paid. My clinic was in Hollywood and Malibu. pretty much everybody in the movie and entertainment industry was a patient of mine at one point. And I used to get patients so wound up. I would I would get patients with insomnia. They couldn't sleep. I would they would get so wound up. I would say, let's go for a walk on the beach. I would take him for a walk on the beach. And being a fifth degree black belt martial arts helps a lot.

I would at some point take them with all their clothes and throw them in the ocean. And they would jump out and go, what the hell's wrong with you? And I go, I'm sorry, I got a little crazy. And I would go up to them and throw them back in the ocean. And then they come out and they go, you're an insane man. I go, sorry. I'd throw them in the ocean. And then I'd throw them in the sand and roll them in the sand and put seaweed on their head. And they'd eventually start crying. They were so stressed out.

Chris Wark (56:04.782)

Hahaha

Dr Richard Schulze (56:29.211)

And then I would give them a dose of labelia and send them home. And they would call me. They had insomnia, didn't sleep for days. They would call me and say, they almost fell asleep driving home. There were just two, you know, and there's something you've probably heard about, but we, walk around in sneakers or shoes on nylon carpets. We never get grounded. If I put my finger in a light socket and I'm in sneakers on a carpet, I'll get a shock.

But if I'm barefoot on the ground, I'll get welded. I will die. Because the electricity is grounding out. This is an electrical mechanism. Our heart, our brain, our nervous system, all run off of electrical impulses. And we never get a chance to have the electricity get out of our body. Barefoot walking, getting outside, getting in the water, getting in the ocean, getting in a lake.

rolling around in the grass. You know, the old German naturopaths learned the power of air

baths and sun baths and getting outside. We don't get outside anymore. And this is such an important tool in natural medicine too. So, I just needed to mention it.

Chris Wark (57:41.902)

What's wonderful. I've interviewed, yes, I've interviewed Clint Ober, who wrote the book earthing and he's a big advocate for grounding and, and that was, know, yeah, there's a, wonderful electron exchange, ion exchange when you're in contact with the earth. And, and it's, it, it, and the studies are fascinating. Like, you know, years ago, when people were talking about grounding, there was no science, right? It was just.

Dr Richard Schulze (57:49.959)

Yeah.

Dr Richard Schulze (57:59.047)

Yeah, you know why?

Chris Wark (58:09.878)

an observed phenomenon that people seem to be getting better when they were spending more time in nature. But now they actually have studied grounded patients and measured like inflammatory markers in their body and they see this measurable reduction in inflammation from ground.

Dr Richard Schulze (58:19.069)

Yeah.

Dr Richard Schulze (58:25.757)

You know, years ago I went to Hot Springs, Arkansas to see the water cures. I'm very big on hydrotherapy. It can change your attitude and your body and your circulation very quick. And I used it a lot in my clinic, but I went to this Hot Springs, Arkansas. They used to have Bath House Row. So I went there and as I went up the stairs, there were all these sick people sitting in wheelchairs with their heads down drooling.

And I thought, wow, this is like a sanitarium. I go, is this a sanitarium or can I take the water care? And they said, yeah, you can take the water care too. So I did it. And they put me in hot water and cold water and then held me up against a wall and hit me with a cold fire hose and then put me in hot baths and put cold packs on part of my body. And then put me on a table and put cold packs on and hot water and made me drink the hot water.

that was coming out of the ground. And then at the end, they put me in a wheelchair and wheeled me out on the porch where I sat there with a drool coming out of my mouth, hanging down, realizing there's nothing wrong with these people on the porch. They just went through the water cure. And I could see my car across the street, but it took me a half hour or longer to get my keys out of my pocket to walk over there. I was paralyzed. And this is the power of

hydrotherapy and grounding.

and all these things that we don't look at anymore. Every mental institution in the past always had hydrotherapy. They don't do it anymore. They use drugs.

Chris Wark (01:00:05.71)

Another fun fact gang, the very first person I ever heard talk about and teach hydrotherapy, hot and cold showers was Dr. Richard Schultz. Yeah. I mean, if there's a chapter in, in there are no incurable diseases, uh, where he talks, he teaches hydrotherapy. started doing hot and cold showers, you know, when in 2004, 21 years ago, you know, when I, when I, you know, I read about it and learned from Dr. Schultz and, and was like,

Dr Richard Schulze (01:00:15.389)

Hey!

Chris Wark (01:00:33.26)

Wow, this, this sounds amazing. I think that this seems like it's beneficial. I should do this too. You know, so.

Dr Richard Schulze (01:00:38.829)

I learned as a kid, I grew up in a martial arts dojo. And one of my Japanese teachers said when I injured myself, he would do the hot and the cold. Ice packs and hot towels are just going to shower. And the way I like to do it is you turn the hot and cold water on together and turn the hot up as high as you can stand it.

And you'll see that area gets red. Why red? Because the blood is going to the surface. Then turn the hot water all the way off and let it run just cold. Now you'll see that area get white. Why? Because the blood is going deep in your body. Then the hot up. So you're manipulating the hot on and off, leaving the cold on a bit. And you watch the area get red, blood to the surface, white, blood deep. And what you're doing is you're...

increasing the circulation dramatically in that area. But I always noticed that when I hurt myself, and I figured I'd be hurt for three weeks, in two days, it was gone. You can't underestimate the healing power of improving the circulation to an area. And if you need to your whole body, that's what it was for. And that's part of one of the things in the Incurables program.

is the hot and cold showers to increase the circulation to the whole body. And after a while, you get used to it.

Chris Wark (01:02:07.126)

Yeah, it is amazing. And now it's become a huge industry. mean, the sauna industry and the cold plunge industry, yeah, and the cryotherapy. Yeah. I mean, it took a while, but it has sort of hit critical mass now and there's a huge awareness.

Dr Richard Schulze (01:02:14.493)
in the cryo industry.

Dr Richard Schulze (01:02:23.183)
And that therapy goes back thousands of years to the Middle East who were huge, even in Mesopotamia on hydrotherapy, using hydrotherapy. So it's one of the most powerful tools we have. So imagine combining hydrotherapy with some cayenne, with cleaning out your bowel.

with eating super nutrient dense food and getting rid of the garbage food and doing detoxing in your body, detoxification and getting your thoughts to be sweet and loving and blissed out. Sounds like the most powerful program in the world to me.

Chris Wark (01:03:13.104)
Those are powerful methods.

Dr Richard Schulze (01:03:14.735)
And disease will leap out of your body. It'll run. And that's what we've seen.

Chris Wark (01:03:23.49)
Are there, I want to be mindful of your time and I know we're about out of time here, but are there any other herbs that you like talking about or that you think people should know more about that are out there?

Dr Richard Schulze (01:03:37.585)
Yeah, you know, a lot of the herbs, when I first started realizing that I was constipated, I took everything there was in the health food store, only to discover that Arnold Eritz InterClean was designed during the Civil War, long before junk food. There wasn't anything out there that would make my bowel move. And I see these things on television all the time about lactate and this and that, that are going to make your bowel, they're not going to do shit.

if you're constipated. America is really constipated. My average model patient had one bowel movement a month with their period. Okay, I had a woman that had three bowel movements during her pregnancy, one per trimester. I have constipation record breakers that you won't believe. A little digestive enzyme isn't going to do anything. So I like Cascara Sagrada, aloes,

Senna leaf and pod, which are three herbs I used in my intestinal formula to get people's bowels working. They're powerful enough today to get out what's in you from our modern lifestyle, meat-based diet, eating wallpaper paste, wheat products, and really plugging ourselves up. This other stuff isn't going to work. I never see it work. So I really like the bowel herbs. There's something

important. I love the new I call them herbs, nutritional herbs, nutritional foods, herbs and foods

that are the highest sources of vitamins and minerals. Every case cancer patient that came to me and their blood test was anemic. They were anemic and something they couldn't they couldn't assimilate nutrients. So I like the single celled foods like spirulina, blue green algae, chlorella, we're talking about getting powerful

nutrition, I camu camu berries, I like things that are the highest sources of nutrition in the world. I used to combine all those in a blender and make it for all my patients with cancer. But most of them, even though they were dying, wouldn't do it. You know how that is, Chris. So I eventually made some formulas with all that in it. But that's what I did. And the nutritional herbs.

Dr Richard Schulze (01:06:03.057)

The herbs to get the bowel working, the herbs to protect and flush the liver like melt thistle, and then the bitter herbs. We don't eat bitter anymore. If you took a lawn mower, if you went to a grocery, every grocery store and run around the world, you'd find an abundance of sweet and salty. If you took a lawn mower and run around the world, you'd find the majority of the flavor on the planet is bitter. We don't eat bitter. I live in Italy part-time. They eat a lot of bitter over there. Americans don't.

eat bitter. Bitter flushes the liver. I love gallbladder flushes and liver flushes. Get that liver, get the oil change and so much more.

Chris Wark (01:06:46.302)

There's a lot. I know you could talk for hours and hours and I want to give you credit for one more thing. You were the first person I ever heard really on a soapbox about organic supplements because at the time, again, this was 21 years ago when I first discovered you, it was very hard to find any organic supplement products on the market. You were one of the only producers

using organic herbs in your herbal formulas.

Dr Richard Schulze (01:07:15.485)

And it was very hard 30 years ago. There wasn't much organic, but I kept pushing the industry and I funded a lot of the farmers and bought them equipment and land and tractors. Because what good is it for you to do a liver flush that has herbs in it that are grown with pesticides and insecticide? It doesn't make any sense. We got to go organic. And I got hammered by the herbalist groups.

and the other herbal companies, what are we going to do about Dr. Schultz? And they wouldn't let me in those groups at all. They hated me because I pushed organic. But it doesn't make any sense to be taking herbs that are trying to heal you at the same time you're poisoning yourself. And still today, almost every organic herb is gassed with ethylene oxide, which is a carcinogen and a mutagen to kill the bacteria, which I don't do.

So to me organic is important and when you can't get it and find out if the company's disinfecting their herbs with get carcinogenic gas and then also wild harvested which I call which is just going out in nature and picking the herbs and I use only organic and wild harvested herbs in my formula whichever I can find is the best quality which means the most powerful.

And again, I talked about turning up the volume. That's what I do. That's what I did in my clinic. The national formula for most herbs is 10 % herbs in the vat, any size vat, and 90 % menstruum. I fill my vats to the top. Okay, when your loved one is dying, or when you're dying, do you really give a shit about wasting herbs? I don't. Herbs are not that expensive.

I want to fill that to the top with herbs and then stomp on it and add more. And what little then menstruum I can get in, water, vinegar, alcohol, whatever, only organic too. And I don't make as much product, but it's the strongest that you can possibly make. If someone's kid is dying, are they concerned about national formulary standards? You want the strongest stuff that you can get your hands on.

Dr Richard Schulze (01:09:38.597)

And then with that strongest stuff, I push the most powerful doses. And like I said, Chris, someone throws up a cleaner stomach for the next dose.

Chris Wark (01:09:49.518)

Well, I understand that too. mean, most natural formulas and herbs, natural remedies, herbs and nutrition, the dose really matters. You need a big dose, a little dose, it doesn't do much.

Dr Richard Schulze (01:10:05.371)

Yeah, they did a big dose of beer. They did a big dose of chips. They did a big dose of cigarettes. Okay, we got to eliminate those things and start doing the big doses of the things that are going to let your body and promote your body to heal itself.

Chris Wark (01:10:22.382)

That's great. Well, Dr. Schultz, are such a legend. You're such an inspiration to me. I I'm so thankful for you. I just want you to know how special you are to me, how important you are to me. hope one day we can meet in person and, uh, and, uh, share a, share a juice. Yeah.

Dr Richard Schulze (01:10:40.509)

I agree. You're welcome anytime. And I really want to thank you too, Chris, because you're out there on the front lines and you're doing exactly what I did. And what I still keep talking about is helping people, giving them common sense to change their lifestyle, to push into the adventure of natural healing and natural living.

shy away from the medicine and the drugs and the hospitals. And you're doing God's work, brother. So I really appreciate it.

Chris Wark (01:11:17.592)

Thank you. Just carrying the torch. Well, okay. So people, want to make sure that, know, you can get Dr. Schultz's products, books in curables program, herbal formulas, all that kind of stuff at herbdoc.com. Herbdoc. You're not really active on social media, are you?

Dr Richard Schulze (01:11:19.451)

Yeah, absolutely.

Dr Richard Schulze (01:11:43.261)

I have been in the past and that usually gets taken down by or I'm forced to take it down by three-lettered organizations that I think are losing a lot of power as we speak.

Chris Wark (01:11:58.03)

Let's hope so. Yeah.

Dr Richard Schulze (01:11:59.493)

So hopefully more and more, but usually, you know, I can't help from saying the truth and what I know, they don't want people hearing.

Chris Wark (01:12:09.398)

Right. Well, things seem to be changing and we're going to reach a lot of people with this interview. I'm excited to introduce you to a, new generation of folks that maybe are not aware of you and all the great work you've done for so long. so, Dr. Schultz, thanks again. I hope you have a great day. Thanks everybody for watching and, we will see you on the next one. Love you too. Okay. Let me hit stop here.

Dr Richard Schulze (01:12:24.605)

Thank you, Chris. Me too.

Dr Richard Schulze (01:12:29.883)

Love you, brother.