

Curing with Cayenne: The Untold Story

Sam Biser Interview of Dr Richard Schulze

Table of Contents

Introduction: Page 3

Chapter One: "If you master only one herb in your life, master cayenne pepper. It is more powerful than any other." Page 10

Chapter Two: Dr. Schulze's famous teacher, the late Dr. John Christopher, tells what he learned about curing with cayenne. Page 46

Chapter Three: What cayenne pepper has done for my reader — even before they heard of Dr. Schulze's new advice. Page 52

Chapter Four: How to use cayenne pepper in an emergency. Page 62

Chapter Five: Cayenne formulas for specific illnesses — from the clinic of Dr. Schulze. Page 74

Chapter Six: A dog tells the truth about cayenne pepper. Page 79

Chapter Seven: A loving family destroyed. The untold childhood tragedy of Dr. Richard Schulze. A lesson for all readers. Page 81

WARNING: The recommendations contained in this report may cause adverse reactions in some people.

This report contains unorthodox ideas and opinions which are NOT accepted by the consensus of medical opinion. Before following these medically unproven ideas, please check with your own medical doctor. If you feel you must self-medicate, proceed with extreme caution. Remember that any herb, food, or other natural method can produce dangerous allergic reactions in some people.

The information contained in this document is the expression of various *opinions* — not approved medical fact.

Most medical experts would strongly disagree with the opinions expressed by the individuals presented in this report.

Do not endanger yourself: It is essential that you consult a medical doctor before you self-diagnose or self-treat any condition. When misapplied, natural methods can cause as much harm as any other methods.

The publisher assumes no responsibility for the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your medical doctor.

This information is published to increase public awareness and to stimulate open debate on the topic of alternative medicine. The editor is not a doctor, nor is he qualified to advise anyone on how to treat the diseases discussed in this report. It is your responsibility to discuss these natural methods with *your* doctor *before* you try them.

Any of the natural methods mentioned in this report can backfire and harm a specific individual. That is why it is essential that you consult with your doctor first, *before* you try any natural method. Don't play games with your life. Do what your doctor says.

This report is published under the First Amendment of the U.S. Constitution, which grants the right to discuss openly and freely all matters of public concern, and to express various viewpoints — no matter how controversial or unaccepted they may be.

Published by The University of Natural Healing, Inc.
355 West Rio Road, Suite 201
Charlottesville, Virginia 22901
(804) 973-0262

(C) Copyright 1997, University of Natural Healing, Inc. All rights reserved. No part of this publication may be reproduced in any form or by any means (including electronic storage and retrieval or translation into a foreign language) without prior agreement and written consent from the University of Natural Healing, Inc., as governed by United States and international copyright laws.

Neither Sam Biser, Editor, nor the publisher, The University of Natural Healing, Inc. have any financial connection, direct or indirect, with any product or service mentioned in this publication.

Introduction

Congratulations! This is *better* than a birthday. Get ready for a new life, as you learn and apply what is in my book.

A hot cauldron of unknown information awaits you. Stay calm. On my lips are words of explanation, so that you may use the full powers of cayenne — the herb we all took for granted.

I used to think I knew everything important about cayenne pepper. Ashamed is how I now feel at how *little* I really knew.

My name is Sam Biser. I am the editor of the newsletter Herbal Therapy for Serious Illness, and the creator of this book. In a recent series of interviews, I talked with Dr. Richard Schulze, the world's leading expert on using cayenne pepper to cure diseases that baffle doctors and frighten herbalists.

Dr. Schulze has taught medical doctors at Oxford and Cambridge University in England, and herbal students all over Europe, on *how to heal with cayenne pepper*.

In seminars with doctors, he has spent two and a half days discussing nothing else but using cayenne pepper, in ways not a soul ever thought of. What he learned, no one but Schulze can tell you. No one!

Today, there's a Mississippi flood of "information" on herbs — from people who never cured a single patient in their lives.

Some of the most popular herbal authors *never* had a clinic, *never* had a patient, *never* cured a disease, yet you follow their advice. What they "learned" comes from library books they studied — not from real patients. Relying on these people to cure you is like flying in an airplane with a pilot who read manuals, but never actually flew a plane.

Dr. Schulze calls "big-name" herbalists ignorant wimps who *talk* big, but who *believe* in drugs, just like doctors. One of these herbal hot-shots wrote an herbal "masterpiece" that has 4 pages on cancer (no cures, just *talk*), but 30 pages on herbal hair care!

While people like this were recommending peppermint and other mild herbs for sniffles, indigestion and dandruff, Dr. Schulze was placing poultices on bloody tumors that he caused to disintegrate and rise to the surface of the breasts of his female patients.

While others had their names in neon lights for writing about the joy of herbal healing, he was "in the trenches," saving children from colostomy operations that were 2 days away, and showing others on transplant waiting lists how to regenerate the organs God gave them - and to this day, none of them ever needed new body parts.

I've been interviewing Dr. Schulze on cayenne for the last three years. There's *that* much to know, and I assembled it into this massive book

you are holding.

This new book holds as much new information as an Air Force C-130 transport plane does cargo.

I'm so excited about what this book can do! — if you were family, I'd drive over right now, pound on your door, and wake you out of bed. This book can do more in days than any vitamin or herb you ever took — because NONE of them ACCELERATE YOUR BLOOD FLOW like cayenne pepper. Once you learn *how* to use it, my God, it'll be like getting a transplant — of a whole new body.

As you read this book of mine, you'll see how medical herbalist Dr. Richard Schulze used cayenne pepper in different ways to cure 17 big diseases. You'll be standing in the gallery, in shocked silence, as a great teacher explains to you what *forms* of cayenne to use, how to *administer* them, how to *prepare* them, what *dosages* to get results and what *kinds of cases* to use them in.

What you'll learn about using cayenne is NOT in any other book — because Schulze himself discovered, tested, and perfected it at his former clinic for the critically-ill in southern California.

For example, Schulze improved a centuries-old formula for curing eye problems that contained bayberry bark and goldenseal. The problem with the original ancient formula was that it never worked. Dr. Schulze's teacher, the late Dr. John Christopher, added 1/8th part cayenne — and then *some* people were able to cure cataracts and glaucoma in months by putting this solution in their eyes.

But Dr. Schulze discovered that when he increased the amount of cayenne in the formula by 300 times, most people could start getting results in a single hour. I asked Dr. Schulze, "Wouldn't that burn the eye?" He said, "*No. Not at all. It cleanses and rebuilds damaged eye tissue.*"

Patients used this formula to repair detached *retinas*, heal *macular degeneration* — and avoid laser surgery.

Hundreds and hundreds of his patients also had *cataracts* dissolve, and *glaucoma* go away. People reduced their prescriptions and eventually tossed all their glasses in the trash. They didn't need them.

Even people who *didn't* have eye problems and used this formula noticed their vision was better. Schulze told me, "Everything looks brighter and crisper. It's like increasing the contrast on a TV set." This is just one of *many* big cayenne cures in my book.

In this book, Schulze explains how to use cayenne (with other herbs) as a compress over the heart for people facing serious heart surgery or transplants.

His patients all cancelled their dates with surgeons. (*Please... learn from Dr. Schulze,*

rather than lie 3/4ths dead in an emergency room with a defibrillator jolting your chest!)

As Schulze teaches, "The viscosity of almost everyone's blood is too thick. Instead of being like water, it's like molasses. Your heart pumps much harder to force that sludgy blood through your arteries."

Overworked hearts collapse (a heart attack), and overstressed arteries tend to blow out in the brain (a stroke), so the sooner you start using the cayenne formulas in this book, the safer your heart will be.

You'll learn how to cure a *heartbeat* that's fast, slow, or irregular.

Schulze says, "When your blood is too *thick*, the heart speeds up to overcome the "mud" it's trying to pump."

"Doctors then tranquilize your heart to slow it down. Idiots! Then, when you become depressed from being knocked-out, they put you in happy land with Prozac — except now you're impotent!"

In this book, you'll learn a cayenne formula that got Schulze's patients totally off blood thinners and beta-blockers within 30-40 days. One woman he treated had ankles as big around as an average person's thigh.

She was drowning in her own waste and fluids because her heart couldn't pump enough blood through her kidneys. She took doses of two different formulas, alternating every hour, and was out of danger in a few days, but took a year to recover.

Take vitamin E like jellybeans if you want, but for these heavy-duty HEART problems, learn *how* to use cayenne pepper.

The problem is, even if I dumped a pick-up truck full of Mexican hot peppers on your doorstep today, you don't know *what to do* with them: what herbs to combine them with, in what *proportions*. But you *will* — as soon as you read this book.

You can normalize blood pressure in three months with garlic, but when you add enough cayenne, it can happen in three *days*.

It's all in this book you now own. Cure *low* blood pressure too!

Bypass surgery only cleans out the arteries in your heart. Why not clean out the ones in your neck? In your legs! And in your brain! Beginning on page 17 of my book, learn the tricks of using cayenne from the only man who ever built a career on it.

In the book, Dr. Schulze teaches how he used cayenne to cure his own heart condition (defective valves), with high doses you'll never guess at, and methods of using cayenne you never thought of. He started with capsules from the healthfood store — just like everyone else. But they did nothing, and his heart was supposed to give out

before his teenage years were over.

Then he ate dinner at a local Chinese restaurant, and noticed an improvement in his heart rhythm from their mediocre hot sauce. It was better than the best healthfood products. That's what started him on the path toward being the world's leading expert on cayenne.

CAYENNE and CANCER: Know this information or be prepared to die.

One of Dr. Schulze's patients, a man in his 50s, was diagnosed with a rapidly advancing, malignant brain tumor.

With a tumor such as this, even with surgery, radiation and chemotherapy, the man would only have a 5% chance of survival. Dr. Schulze advised him what dosages it would take (given in my book), he did it, and after a month and a half of massive doses, the tumor was totally dissolved.

As Dr. Schulze told me, "Cayenne and other herbs increase the blood flow to the cancer. Cancer, like many other diseases, can be caused by a lack of circulation to the sick area. Cayenne by itself is not a cure for cancer, but I have seen miracles from *knowing* how to use cayenne to its FULL potential."

To save limbs in peril of amputation, use cayenne, marshmallow root and two other herbs in a special procedure to restore blood to the rotting tissue.

For diabetics with gangrene: Learn how to save feet and legs scheduled for amputation — even if the butchery surgery is set for next Monday morning.

I wouldn't be surprised if this procedure could help regenerate people who are paralyzed from spinal cord injuries.

Also in my book, learn two methods of using cayenne to cure *arthritis*. Dr. Schulze tried lots of herbs for arthritic inflammation, internally, and externally on the joints, but none worked better than cayenne. Learn about cayenne poultices used in England, but not in America. As for those pepper creams people sell, they are good for laughs.

The formula Schulze gives you for *muscle and joint pain* he originally created for himself— to stop the muscle pains and torn ligaments he got from kick-boxing competitions.

Nothing is stronger on this planet — except total anesthesia.

In this book, I also cover excessive exhaustion from poor elimination. Most of us worry about our kidneys *only* when we have an infection down there. But a wise nurse once told me, "Most people eventually die of kidney failure, but the kidneys never get

the credit."

Poor kidney function poisons the whole body, until over the years, it does you in. Learn a formula from Dr. Schulze that uses cayenne to blast out clogged kidney membranes. You may feel like peeing fire when the wastes come out, but why keep this stuff in and die real early?

Can't breathe from *clogged, infected sinuses or allergies*? This cayenne formula is like dynamite in opening, draining, and sterilizing infected nasal and sinus passages.

People said, "I would pay \$1,000 — just to have this one cayenne formula for unclogging the sinuses and breathing again."

One man I met in Seattle had a clogged nostril for 16 years. He couldn't breathe through it. Three of the top doctor "gods" in the field operated on him, but no success, until this formula given in my book. He could breathe in seconds and was in absolute tears of happiness. That is the power of cayenne used correctly.

A friend was scheduled to have all his upper teeth removed *immediately*. His teeth wobbled up and down, and blood dripped down his throat from the infected gums.

In my book, learn about the formula Dr. Schulze made for him. He instructed the man to put several dropperfuls into a water pik, and then use it to drive the solution deep into the gums.

Within a day, the man's gums were 50% better. Within a week, 90% cured. Gums firm, pain gone, dentist baffled!

Later in this book, learn how I also cured my dog's long-term gum infections by using the same formula. Also, my dog will tell you what dosage of strong cayenne turned him, an aging Scottish Terrier, into a new animal!

In these pages, learn how to use cayenne to stop the *bleeding of stomach and duodenal ulcers* immediately.

Get formulas for allergies, and icy cold hands and feet. Find out which of the four forms of cayenne can cure hemorrhoids — this is the ultimate cure.

Learn how to cure loss of sex drive (male and female) with the internal and external use of cayenne formulas. All sexual experiences from sexual excitement to orgasm involve blood flow. A man can't get an erection without blood flow. And without blood flow, a woman can't have an orgasm, which flushes a tremendous amount of blood into the walls of the vagina.

Cayenne, used correctly, turns the body on.

In my book, learn one formula for external use that comes from the two thousand year-old Hindu culture. (*Many women, after trying it, will not have sex without it*). Also, learn two internal methods of using cayenne, booked on by Dr. Schulze, which cause loving couples to be more excited about one another.

CAYENNE and FIRST AID: Don't leave home without it.

As you'll learn in my book, cayenne should be an herb which everyone should have in tincture form, in powder, and in oil form, in the kitchen, the bathroom, and in the trunk of your car, so you have it wherever you go.

You may not realize it, but when a person has a heart attack, calling "911" is not enough.

By the time the ambulance gets to you, minutes have passed and brain damage may already have occurred — even if you live! Doctors can save less than 5096 of the heart attack victims, in spite of all attempts at resuscitation.

Learn how Dr. Schulze saved one patient who had a heart attack in his car, in the driveway of Schulze's office. The man had turned grey, and appeared lifeless. Schulze knew what to do and what enormous dosage to use. The man turned red instantly, and later, emergency room doctors said they had never seen a person so far gone still survive — and with no brain damage at all.

Dr. Schulze used cayenne to save 31 patients who had strokes right in his waiting room. One elderly man had a stroke while Schulze was examining him. As Schulze was checking his eyes, he saw the man's blood vessels enlarge, then explode right in front of him.

Schulze knew what *form* of cayenne to use, and how much — and the man walked home. Now that you have my book, you'll know too.

Cayenne is even for infants who are in danger of dying from respiratory and cardiac collapse. Learn how to save them with cayenne used in the right way.

For small or large *wounds*, like a car accident, accidental or other knife wounds, gunshot wounds, nothing in the emergency room works like using cayenne properly.

One nurse, after seeing a knee torn open in a head-on collision, and then healed by morning with the formula Dr. Schulze gives in my book, said, "In all my years of hospital work, I have never seen a wound of this severity, or, in fact, any wound, heal so quickly and with so little trauma to the area." To ignore what's in this book is dangerous.

Finally, in this book, learn the most critical thing of all: DOSAGE for each disease. It makes the whole difference.

When it comes to cayenne, dose is *everything*.

You have never been taught this, but you *will* learn it from every section of my book.

As Dr. Schulze taught me, "The dose you need to relieve a sore throat is very different than the dose you need for intestinal bleeding, which is very different than the dose you need for a heart attack or a brain hemorrhage."

He explained, "If you take the dose that is proper for a sore throat, hoping that is going to stop Uncle Harry's heart attack, you're going to watch him turn blue and die. On the other hand, if you take the dose for a cerebral hemorrhage and use that for a sore throat, you may end up aggravating throat instead of feeling better. So, dosage with cayenne is *essential*."

This book includes *dosages* for all conditions, including full instructions on how to make each cayenne formula at home, where to buy herbs (the same herbs Schulze used for his patients), and everything a layman has to know to use cayenne to cure 17 big diseases. Includes information on using cayenne for your pets!

Also, learn why the best cayenne is from your grocery store — *not* the healthfood store. Learn how to prepare it so you can heal.

If you take no other herb, if you make no other change in your life, take cayenne. Learn *how* from Dr. Schulze, the King of Cayenne.

Big blood flow is everything — because healthy blood cures.

As Dr. Schulze told me, "When there is blockage, there is starvation, then stagnation, and finally disease. By learning how to use the most powerful herb in the world, you can cure diseases even the best natural healers have never cured."

Take cayenne wrong, and get only a tiny piece of its power.

But take cayenne right, as Professor Cayenne will show you in this book, and watch out, man! You may have a miracle by the end of this coming week.

You deserve a change. You have waited long enough.

Chapter One:

If you master only *one* herb in your life, master cayenne pepper. It is *more* powerful than any other.

"If you master only *one* herb in your life, master cayenne pepper. It is *more* powerful than any other."

— Dr. Richard Schulze, Medical Herbalist

If you are like most people who use herbs, you are a jack-of-all-trades, but a master of none.

You know a little bit about a lot of herbs. What you know comes from the labels of herb bottles, or from the advice of healthfood store herbalists who write lots of books, but who never had real patients themselves.

When bad disease hits, all your herbal tidbits won't save you, and you'll be heading down the medical route, just like everyone else. Herbs can cure serious, scary diseases, but not by taking a capsule here and there. You need to know dosages, what forms of the herb, how to apply them, in what combinations, and when.

If you want to become a powerful healer for yourself and your family, master one herb.. cayenne pepper. Knowing cayenne deeply will give you and your family more cures than dabbling in twenty herbs.

Learn cayenne deeply *before* you go on to anything else.

Life is like karate. If you smash a brick with your hand, you will accomplish nothing and bruise yourself. But if you mentally focus your energy, then you can achieve what seems impossible.

Focus. Don't scatter your energy. Being a good nutritional conversationalist won't save you from many of the diseases in this book. To cure yourself, you will need a *detailed* knowledge of cayenne.

Put the time in. Study this book. Practice now, so that when the emergencies come, you will act by reflex and not panic.

Students always ask Dr. Schulze, "What are the ten most important herbs to have in the home?" He tells them, "At the top of the list is cayenne pepper, because it will make the other nine work better."

I began by asking Dr. Schulze...

"If you take cayenne pepper in capsules, you may be wasting your time and never getting the cures I got with my patients."

BISER: *How can you say cayenne capsules are bad? I've heard from readers who*

took cayenne in capsules and got great results!

SCHULZE: Well, fine. But I had thousands of patients who did the same and who did not get well — until they took my cayenne orally. I had many patients come in, and I loved to test them.

BISER: *What does 'test' mean?*

SCHULZE: I used to do "herbal experiments" with their approval. I had hundreds of patients who would say, "Oh, I've been using cayenne pepper for years. I take this; I take that. I've been using it every day for 14 years."

So I would sit them down and would either give them some cayenne tincture or some cayenne powder directly in the mouth.

They would tell me that it was like they had never used cayenne pepper before. They would say, "I heard my ears pop; I felt a rush of blood to my head. I can feel tingling in my feet and toes." They would give me responses that they never had from taking cayenne pepper for 10, 12, 14, 15 years.

One thing really became evident to me in the clinic: There is only one way to take cayenne, and that is *right* in the mouth.

BISER: *When my readers say, "Hey, I don't need Schulze, I'm already taking cayenne," they were like your patients when they first walked in?*

SCHULZE: Yeah, and again, you are only getting a small part of the potential effect of cayenne pepper by taking it in the wrong way.

I would give these patients just real tiny amounts. These people might have been taking eight or ten capsules for ten years, and I would give them a drop or a pinch of cayenne.

BISER: *Not even your therapeutic dose?*

SCHULZE: Not even close. And I never had anybody that just didn't go "Holy —," and hold onto their ears or whatever — and notice a big difference.

What was going on is that much of cayenne's healing action occurs *right in your mouth*. As cayenne touches your tongue, the cayenne absorbs in seconds and nerve endings send signals throughout the body — sending waves of fresh blood to *wherever* you are sick. New healing begins in seconds. These surges of fresh blood do not occur when you slowest acting. The person could be stone-cold dead by the time the capsule opens up and goes to work *bypass* the mouth by taking capsules.

"In an emergency, a capsulated product is the slowest acting. The person could be stone-cold dead by the time the capsule opens and goes to work."

BISER: *What about people who don't like the taste of cayenne in their mouth?*

SCHULZE: Just stay sick. The most minor medical treatments are much more debilitating than a little hot pepper in your mouth.

For people not used to it, they just need to work their way up. One problem people have is that they blow their mind or their mouth — right off the bat. For some who have never used cayenne pepper, a good initial dosage is 1/16th of a teaspoonful in some juice.

Most of my patients were sensitive at first. Those same people, in three or four months, would be taking two dropperfuls of my most potent tonic. Some people end up taking six or more dropperfuls a day of cayenne tincture. You build up an ability to use it, just like with anything else. It's not like you need to start off with a whole teaspoon in the mouth — and then hold on to the arms of your chair.

BISER: *If all this is so, then why do herb companies promote cayenne in capsules?*

SCHULZE: They want to sell more. It's for their benefit — not yours. The companies say, "How do we get a broader market? Let's make our herbal customers real comfortable." But then the capsules don't work and the patient has to go and get their leg sawed off.

If you want to take herbs, and not notice anything going on with your body, and not be made uncomfortable in any way, and not have any cleansing occur — then take drugs.

It's a shame, because a hundred years ago, cayenne was considered to be one of the most powerful herbs on the planet. Nowadays, it has become more of a fad, and people are not getting the healing response that they are due by taking this herb. They are taking it the wrong way.

BISER: *But all herbalism today is based on herbal capsules!*

SCHULZE: This wasn't the way the old-time herbalists practiced. It wasn't the way my teacher, the late Dr. John Christopher, practiced. He got *his* results with teas and tinctures.

Capsules disconnect people from the herbs they take, so that they have no personal idea whether they are getting good or lousy quality. Capsules also prevent people from getting a reaction in their mouths, which was what Nature intended.

Another great reason not to take cayenne in capsules is that they can make you real sick. They won't cause permanent damage, but you can suffer greatly. Capsules can give you a stomach cramp that will double you over.

When you put cayenne in your mouth, your stomach secretes digestive juices before the cayenne ever gets there. So when the cayenne gets down there, your stomach is all ready for it.

But if you swallow a capsule, your tongue tastes nothing; a capsule goes down in your

stomach, and your stomach notices nothing — at first. Then, five minutes later the gelatin bursts, and you have a 1/2 teaspoon of cayenne pepper in your stomach and your body goes into shock. You surprised it. "Where did this come from?"

"When you take cayenne in capsules, you get a punch in the stomach. It's a very different reaction. It's like no warm-up or stretch before you do vigorous physical exercise."

BISER: *It's like jumping on a treadmill and running!*

SCHULZE: Right. After you wake up out of bed, you leap onto the treadmill, within ten seconds, and go for a ten mile an hour run.

Your body will cramp, because you're forcing blood to the muscles before they're ready. So this is what happens when you take that capsule cayenne. You get an almost uncontrollable cramping of those organs, and you just bend right over. If someone is ill with gallstones or has a stomach ulcer, this can be absolutely the wrong way to do it. You can make yourself worse.

After years in the clinic, I think it is a dangerous thing to do.

BISER: *So using a lower potency cayenne in capsules is not an answer for people who want to go the mild route?*

SCHULZE: Why bother? The cayenne in capsules is *low quality*, in spite of fancy labels and "high potency" claims. Most cayenne sold comes from third-world countries and is highly sprayed with pesticides. It doesn't work. Patients who used it stayed sick — until I blew their health problems open with the "right stuff."

The lower-heat cayennes are a lot less efficient, and they are the ones that are most highly contaminated. These are the ones you see labelled for 40,000 heat units. They are the ones imported from God knows where: Egypt, China, and so on. These are the ones to stay away from.

The companies pay around \$2 per pound for this kind of cayenne. Compare that to the up-to-\$48 per pound I have paid for the great, organically-grown stuff.

You can't go by labels. I had a bunch of cayenne yesterday that was just garbage — but the label was impressive. It claimed a 90,000 heat unit, which is high for cayenne pepper in healthfood stores. Cayenne pepper is usually 40, 60 or 70. But I would have rated this stuff at more like 8,000 — or 5,000. It barely warmed my mouth.

A lot of people claim high heat on particular cayennes. But when you taste them, they are really pathetic. So there is some real garbage out there that is not going to help anybody.

BISER: *One popular herbal author said there is no scientific proof that cayenne pepper improves circulation. Any comment?*

SCHULZE: Yeah — so it must be my *imagination* that your face turns red when you eat it.

Or maybe your face does turn red, but that's not blood? What is it, food coloring? What an idiot! Then he should just peel the skin off a ripe Habanero pepper, stick it up his ass, and see if he has any increase in his circulation. An idiot!

BISER: *You talk about different dosages of cayenne for different health problems. Most people say, "What's the big deal? You take 3-6 capsules a day. Who needs to know about dosage?"*

SCHULZE: Cayenne is very dosage-related, like most herbs.

The dose you need to relieve a sore throat is very different than the dose you need for intestinal bleeding, which is very different than the dose you need for a heart attack or a brain hemorrhage.

So, if you take the dose that is proper for a sore throat, hoping that is going to stop Uncle Harry's heart attack, you're going to watch him turn blue and die.

On the other hand, if you take the dose you'd use for a cerebral hemorrhage, and use that for a sore throat, you may end up aggravating yourself instead of feeling better. So dosage in relation to cayenne is very important.

How Dr. Schulze became the world's only expert on curing with cayenne.

BISER: *How did you come to know all of this about cayenne? I assume that when you started, you were like everybody else. You didn't become Professor Cayenne on the first day?*

SCHULZE: No, I didn't. One of the things I knew after reading books and especially hearing Dr. Christopher's stories is that cayenne would be a big healer for my heart.

So I started the way your readers do. I swallowed about four capsules of cayenne pepper and I remember lying on the floor, contracted, lying on my side, but bent over at the waist, and I couldn't move. I could only moan for about 30 minutes and that was from the dosage suggested in one of the books.

I learned immediately that was not the way to take cayenne. I also learned about the *quality* of cayenne pepper — because at first I didn't notice any difference with my heart or my circulation.

"Today, a lot of cayenne sold has been overheated by processing machines, and the healing ability has been 'cooked' right out of it."

BISER: *Most people would think that if you take any amount of cayenne, your condition gets better.*

SCHULZE: No, that's not what happened to me or my patients.

There is more to cayenne than just heat. There are flavonoids in cayenne that will heal heart cells and protect your heart. There are vitamins in cayenne pepper that will destroy bacteria and increase your immune system. The lower quality the cayenne, the less healing occurs.

A lot of the cayenne I've seen has a smoky smell and a dark color to it. It's been heated very high during the powdering process, so a lot of the other nutrients that were in there, enzymes and so on, are gone.

BISER: *And when did you find out you had to do better?*

SCHULZE: Well, I started becoming a connoisseur.

I first noticed that the hot sauce in a Chinese restaurant in New York, around the corner from where I lived, made me feel better than the cayenne I bought at the local healthfood store.

I knew right off the bat, "Okay, we've got a problem here: why is the chili pepper in the hot sauce, if it's sitting on the table half-rancid, why is it working better for me than the supposedly best cayenne I'm buying in a health food store?"

BISER: *So you started smartening up?*

SCHULZE: I noticed that the cayenne in the hot sauce started relieving my angina pains, started making my heart beat on a more regular basis — and beat slower.

I wasn't noticing that *at all* from the health food store stuff.

I remember talking to the man who owned the Chinese restaurant. I asked him where he got his hot sauce and how he made it. He showed me the chillies he was using.

One thing I find interesting is that the chillies he was using were supposedly the same variety sold by the big herb companies. He wasn't using any real exotic chillies; they were just fresh cayenne peppers at 40,000 heat units. They were the same thing that I was supposedly taking in the capsules, but again, the capsules were *powdered*. His cayennes were *fresh*. And that was the reason I was starting to get cured.

The chillies from the restaurant *still* had their Vitamin A and their Vitamin C and the enzymes and the flavonoids, and all of the other known and unknown things that get destroyed when you heat something up.

But when the herb companies over-grind and overheat cayenne into powder for encapsulation, they wreck it. If you are not careful when you powder herbs, you can cook them by accident.

"There's no other herb that increases your blood flow faster than cayenne. There are none that work faster; none that work better."

BISER: *I think you pushed cayenne more than anybody else.*

SCHULZE: Yes, and here is the reason: There is no other herb stronger or more effective than cayenne to make immediate physiological and metabolic changes in the body.

Cayenne moves blood. *Without blood flow to sick areas, how can any herb work?* The whole idea of using any herb is to digest the chemicals in that herb — and then get those chemicals into our bloodstream. That's what digesting is — but if we don't get that blood to the arthritic joint, or to the cancer tumor, or to the brain malignancy, or to the liver — then forget that herb.

You can take all the milk thistle you want, but if you have bad circulation to your liver, it's not going to do you any good. You can take all the ginkgo you want, but if you have bad circulation to your brain, the ginkgo is not going to be able to get up there either.

Cayenne turns your circulation on immediately within seconds, more than any other herb, so really it should be in every herbal formula.

You know, a lot of people look at my brain tonic, and they go, "Well, it's hot." That's because, if you want ginkgo in your brain, well, sit back for three hours and wait. Or, I can get ginkgo into your brain in one second — and that's why I added cayenne to the formula. [*Editor. This formula is given in Chapter Five.*]

"Ginkgo changes from a so-so herb to a mighty herb when you add strong hot cayenne to it."

BISER: *How is ginkgo different with cayenne in it?*

SCHULZE: I used ginkgo in my clinic and the results with just ginkgo alone were kind of like, "*oh hum.*" I had one guy with tinnitus who said he felt better and the tinnitus went away. I had some people that noticed some better memory; some were not quite as depressed — and it worked a little.

But it wasn't a super herb, and I wanted it to be a super herb. I was sitting around one day and I thought, "*Well, I could put ginkgo in my mouth and chew on the leaves. I can drink an ounce of the ginkgo tincture and I don't see my face go red.*"

There is only one herb I know where I can visibly, immediately see more blood going to the head — and that is cayenne.

So I thought, "*What about cayenne and ginkgo, that sounds like a dynamic duo.*" I put cayenne with ginkgo, and I added some kola nut and some fresh rosemary to it. Rosemary is known for taking more blood to the head, and it also grows right outside my door. [*The brain formula is given in Chapter Five.*]

BISER: *Okay, so what happened when you added the cayenne?*

SCHULZE: Well, this is when the big change happened. I could hear it in the

patients' responses.

A few complained about the heat of the new tonic, but they were all talking about how it worked better. The people who were depressed became a lot less depressed. The people with tinnitus had it go away in three days instead of three months.

Once I added the cayenne, I had the opportunity to use the formula with a lot of people who had brain injuries or strokes. That is when it really stood out. It worked better than just the cayenne or the ginkgo by themselves. Nobody does this, and what could be a better dynamic duo than putting those two together?

SCHULZE: Very interesting. I had a number of patients get very depressed because of what the doctor told them, or because of their medical procedures or whatever. One of the things I had to do in my clinic was to combat depression all the time. The ginkgo on its own was effective with maybe 20 percent of the patients, but the majority of them didn't notice a difference in their depression.

Putting the cayenne in with it, I would say I got up to about 95 percent immediately. It was quite astounding what the difference was.

Of course, it is a well known scientific fact today, and this is something that has only come out in the last couple years, that there is a small area in the center of the brain. When it atrophies; when it dries up and shrinks and has a lack of blood and oxygen to it, you become more depressed. Keeping the circulation going to that area inhibits depression. And increasing circulation is what cayenne is doing.

So ginkgo is a great herb for getting more blood and oxygen up there, but cayenne is the herb that takes it up there.

"In six *days*, stroke patients had big changes with cayenne and ginkgo that would have taken six *months* with ginkgo alone."

BISER: *What happened with stroke patients when you added cayenne to fresh ginkgo?*

SCHULZE: The paralysis went away and the memory came back.

I mean, look at someone when you put cayenne in their mouth and just watch that blood. You can watch it go way back in their head.

Now — imagine being a stroke victim and having an area of your brain that temporarily died or became numb. You put ginkgo with cayenne together and you can almost watch the changes happen.

I saw big-time improvements in stroke victims in 24 hours. The doctors had already predicted, "Well, it's going to be touch and go," and "It could take six months to a year before Uncle Harry gets better." And Uncle Harry is putting his clothes on and getting the hell out of the hospital in 24 hours.

How to use ginkgo with cayenne for curing Alzheimer's.

SCHULZE: I had this one lady with Alzheimer's disease. She ran a business, but her disease got to where she couldn't remember anyone's name, couldn't remember who they were, and wondered who were these strangers coming in?

We got her right back to normal in a little over a week, to where she remembered anything she wanted. Specifically, what we used on her was the brain tonic we mention in Chapter Five. That has the cayenne in it.

We used it on many Alzheimer's patients. People told me their whole memory was fading. It was like a bad hard disk on a computer; they couldn't bring up any information. But after using the formula for 3, 4 or 10 days, in the individual cases, people had their memory back.

BISER: *What is a good dose of this brain formula for anyone with Alzheimer's disease?*

SCHULZE: If you have Alzheimer's disease, or serious memory loss, the dosage would be two full dropperfuls, three times a day. This is a dosage of the brain formula made properly, with organically-grown herbs, and packed with those herbs to the brim while soaking in alcohol. [*Editor: Instructions for making tinctures are in Chapter Four of this book.*]

BISER: *That's enough for Alzheimer's?*

SCHULZE: No. This is the dose to start with for a few days. Then you can take it from two dropperfuls to four dropperfuls per dose. On timing, you could go up to every other hour, if you wanted to really crank it up.

And then, you need to add all the other things we cover in the "SAVE-YOUR-LIFE Herbal Video Collection." [*Editor-. Available from The University of Natural Healing in Charlottesville, VA.*]

"You cannot cure eye problems until you add lots of hot cayenne to the formula. It brings fresh blood to the eyeballs."

BISER: Did this turbo-charging effect happen with other herbal formulas you created?

SCHULZE: All the time. Putting cayenne in formulas was one thing that my late teacher, Dr. Christopher, did too.

For example, everybody used herbs to wash the eyes. That goes back to the beginning of recorded history. I mean, Shakespeare talks about using fennel to wash the eyes to make them brighter. Everyone talks about using herbs in the eyes.

But only Dr. Christopher put cayenne pepper with those herbs. He knew it would increase the blood flow to your eyes, so all those herbs would absorb better. And his

formula did cure eye problems — sometimes. Then I added three hundred times more cayenne than he did, and the formula starting healing eyes in minutes. We'll talk about that later.

BISER: *The difference is exciting, but strong cayenne is the one herb people don't want to use in anything!*

SCHULZE: That's right. People want formulas to taste good, not hot.

Imagine this: all the other herbs get their properties into your blood, but that's not enough. Cayenne gets your blood to the area that's sick. It's the *truck* all these other herbs go into — and then cayenne drives them to the place where they need to be — to get you well.

BISER: *So if there is one herb people need to know about, it's cayenne.*

SCHULZE: It's very simple. I'll say it this way: One thing I saw in my clinic that makes people sicker more often than anything else is *blockage* of blood flow.

When you have a sick area, the blood flow is blocked off. Blood is what takes nutrition and the healing properties of herbs to those cells. It's also what carries out and removes the crap and waste material. Well, when you have a sick area, the first thing you know is that there is a restriction of blood flow to that area.

Cayenne pepper is like TNT; it's like nitroglycerin; it blasts through all that blockage to get to that area that's sick, taking with it all the vitamins and minerals from the food you eat, and all the vital chemicals from the herbs you take — all the way to the sick area.

I don't know of another herb that does it. It's not like there is a replacement. I've never seen anybody go, "Oh well, put this other herb in your mouth and your face turns red."

Sure, there are a few heating herbs like ginger and horseradish, but tell me another herb that I can put in everybody's mouth and, with five hundred or a thousand people in a room, all of a sudden it makes their faces look like cherries. I don't know another herb that will do that, and cayenne does that through your whole body.

BISER: *What is the difference between cayenne tincture and cayenne powder?*

SCHULZE: I use them both. The tincture is good for emergency medicine, because it is so fast-acting. But I have also saved people with cayenne powder in hot water.

I think the powder is stronger, and is needed in the worst cases.

"Wholistic healers are wrong when they say cayenne pepper shouldn't be used by patients with a 'hot' metabolism."

BISER: *Well, what about healers who say, "Cayenne isn't for this type of metabolism. This person is already too hot and shouldn't have it."*

SCHULZE: That is wrong, and I'll tell you why.

When you are talking about herbs for various people's constitutions and metabolism, we're talking about long-term maintenance health care.

When someone is sitting in your driveway gray-blue because they had a heart attack five minutes ago and their heart has been stopped for three minutes, I don't give a damn what their constitution is, okay? Or what their metabolism is! And I don't care if when I bring them back alive, if the cayenne upset their stomach. That's what we are talking about here.

People will say, "I have a hot constitution. I shouldn't use cayenne." Yes and no. People with hot constitutions should not use cayenne every day, 365 days a year, for the rest of their life, but they still need to know how to use cayenne to fix their illnesses and diseases.

BISER: *Well, you needed cayenne to fix your own heart — even though you are a hot constitution.*

SCHULZE: Absolutely. Every doctor I've ever seen says I am the wrong constitutional type to take heating herbs and I know that myself. I need all the cooling herbs. Great! Except I was born with a deformed heart, okay? So I could be dead right now taking all the wonderful herbs.

BISER: *You could have taken cooling herbs like cucumber and fennel and camomile and be done and gone.*

SCHULZE: I would have been dead before I was 20 years old. I mean, there's a big difference between fixing the problem, and learning what herbs to use for the rest of your life.

I had to use cayenne for 10 years, until I felt that my heart was fixed; now I still use it occasionally. It isn't something I use every day. Unfortunately most of the practitioners out there are telling people what herbs are best for their constitution as a way of life, for the rest of their life.

"Hawthorn berries by themselves only *stabilized* my tough heart disease cases. Adding cayenne produced the cures."

BISER: *Let's turn now to heart problems. What about hawthorn berries, which people use in hawthorn syrup and capsules for heart problems?*

SCHULZE: Hawthorn is a great herb. It is nutritional herb for the heart. But as far as I am aware, it doesn't do anything for your circulation.

Hawthorn makes the heart stronger, and more impervious to dying cells, and it makes the heart repair itself quicker.

What I saw with hawthorn used on someone with serious heart damage or angina pectoris was really nothing. About 1096 of a change. It is more of a preventative

measure. But when you add the cayenne to it, it becomes a 10096 change. You have to get the blood to your heart muscle — not just to the inside of your heart where the blood is pumping.

If your coronary arteries are blocked, hawthorn is *not* going to open them up. Cayenne *will*. Dr. Christopher used the phrase "lead sheep" with certain herbs. Cayenne is definitely a "lead sheep" to get any and all herbs into the heart.

BISER: *What about using cayenne to regulate a heartbeat, whether it's fast, slow, or irregular?*

SCHULZE: If anybody is on any of the digitalis drugs, or any beta blockers or calcium channel blockers, they could replace it with a cayenne, hawthorn, and garlic type formulation. That is what they would use. [*See formula in Chapter Five.*] But you need to be under the supervision of a medical doctor before you reduce any heart medication.

BISER: *Have you seen a formula like this replace those drugs?*

SCHULZE: Oh absolutely! And get people off those drugs. But we should have a cautionary note, because those are drugs you cannot stop taking immediately. You have to wean yourself off them over a couple of months with expert supervision. But absolutely, yes, every one of my patients got off them.

BISER: *You mean even if their hearts were slow, or fast, or irregular?*

SCHULZE: Oh, yes. Irregular heartbeat, whatever. You know, these channel blockers are so horrible because one of the major side-effects is that they anesthetize your heart. Even the digitalis. One of the biggest effects I heard across the board from my patients was that they had a lack of energy on those drugs.

There is no doubt about it, anything that slows your heart down, slows you down. The only reason your heart is beating fast in the first place is that it's trying to over-compensate for having thick blood.

So doctors say, "We'll slow your heartbeat down and make it regular." They may as well say, "We are going to give you barbiturates," because the minute you start taking those drugs, your energy level is gone. My patients used to come in and say, "I take these drugs because I have to for my heart. The doctor gave them to me, but I have no energy."

Of course, with men, that meant a lot of times, no penis enlargement, no erection and then they get depressed. I used to tell patients, "The next thing the doctor will prescribe is Prozac, so don't be sad, sit in your chair with your limp penis, and no energy, and watch Jeopardy." You don't care anymore, because you are on Prozac.

"Most people's blood gets too thick. Instead of being like water, it's like molasses, and it forces their hearts to work harder — until the heart fails."

SCHULZE: There are all sorts of things that get in there and make our blood fatty and thick. Cholesterol is only one of them.

It doesn't take a genius to know that if I have a hose and I pump water through it I only need so much pressure to get it through a 100-foot hose. But, if I'm pumping concrete through it, I need double, triple, quadruple the pressure. So that means your blood pressure is going to go up, because your heart has to work harder.

Cayenne does a couple of things immediately. One is to dilate your arterial walls, which is the way you want to go. Most things that are bad for us — like cigarettes and coffee, can constrict the arterial walls and make your diseases worse, because now you have a smaller hose. Hot cayenne works so well when you are having a heart attack because it dilates the walls.

BISER: *What if people go, "Hey, I don't drink coffee or smoke cigarettes?"*

SCHULZE: Well, the average American cholesterol level is 200. So everybody who is reading this — your blood is too thick.

BISER: *They are pumping molasses instead of water?*

SCHULZE: That is right. It is hard on the heart, and raises the blood pressure. If you have an artery that is narrowed, there is a much greater chance of your having a blockage there, because your thick blood won't fit through the hole the same way.

Cayenne helps in a couple of ways. It immediately increases your circulation to your extremities, which in general will lower your blood pressure, because you are getting the blood pumped around your torso and way out there.

Over time, it will also thin your blood and stop the platelet aggregation.

BISER: *In other words, forcing your blood pressure down with drugs really won't solve anything if the blood is still too thick. Maybe the pressure should be up!*

SCHULZE: That's right. You are getting a symptom for a reason. Your body is responding to what is wrong.

BISER: *But the health food people are not necessarily any better? SCHULZE: No. Everybody is treating symptoms.*

You can be taking your juice; you can be dosing on Vitamin C because you believe Linus Pauling; you can be taking all the newest elixirs, whether vitamin, mineral or herbal, for cancer. But your blood can't get to the tumor, because that tumor has shut itself off and is sustaining itself in a different way.

This is such a basic: increasing the circulation to the area that is sick. Cayenne is like the roto-rooter that does that. Everything you have been doing could have helped you, but it just could not get there.

It is like what you see all the time in the history of warfare: you could have won that battle, except that all the ammunition was fifty miles back in the rear.

All your ammunition you got from the healthfood store could have helped the cancer, but your expensive nutrients are a foot away and can't reach the tumor. The cayenne roto-roots the circulation, and the circulation is what carries everything — all the vitamins, all minerals, all the enzymes. All the things you spent \$29.95 for are sitting there in your blood, but they just can't get to the area that is sick.

The dosages of cayenne for the worst heart cases. Learn what Dr. Schulze took himself.

BISER: *What dosage of cayenne did you use in your own heart case?*

SCHULZE: I was taking a teaspoon an hour of 100,000 heat unit cayenne. That was the best I could get then. Now there are 250,000 heat unit Habaneros, and some hotter. Today, a person could do even better than I was able to do.

I think it is better to take regular doses throughout the day and night if necessary than to take one massive dose.

I also want to mention a poultice for serious heart disease cases, when the arteries are all clogged, and the person is in jeopardy.

The base of the poultice is slippery elm powder. I would put four cups of slippery elm in a bowl, and add 1/2 cup of 180,000 unit cayenne. You could add mustard, but a better herb is ginger, in the same amount as the cayenne. Heat your chest first with a hot water bottle.

Heat the poultice by mixing with boiling hot water. If you are really sick, you could do that many times a day, and through the night.

BISER: *Did you get people off of blood thinners?*

SCHULZE: Oh yes. That is a 30-40 day reversal. Absolutely.

I used the formula for thick, fatty blood given in the first cayenne interview we did. [Editor: See Chapter Five.]

The red clover and garlic in the formula thin the blood, but the cayenne is what *moves* it. You need to have that cayenne in there to move it through. It would be like pouring something in your drain to melt a clog, but then you have to run the water through it. This is what the cayenne does, it keeps that circulation going as you are breaking up the clogging.

BISER: *Any dramatic results from that formula, do you remember?*

SCHULZE: Well, we've got record holders, like the lady who had a 1,500 cholesterol and a 9,000 triglycerides. We have three of her blood tests from three different hospitals here in the office, and she got her cholesterol level down to 153.

Now there isn't anyone who will be able to beat that one, I don't think. Of course, she was also doing our Incurables Program, as covered in our "Save-Your-Life Video Collection." [Editor: For information on purchasing this Collection, contact: The University of Natural Healing, 355 West Rio Road, Charlottesville, VA 22901. (804) 973-0262.]

BISER: *What about lowering blood pressure in patients?*

SCHULZE: When I first started early on in my clinic, I just used garlic to help people regulate their blood pressure. The addition of cayenne and ginger to the garlic was a whole different thing.

BISER: *What happened to blood pressure patients when you added this?*

SCHULZE: It is maybe *ten* times more effective. Here's the thing with garlic: Garlic is a long-term blood pressure regulator. In other words, you have to take it over a long period of time to see the results. Usually, you start seeing a difference and your blood pressure starts to normalize, if you consume garlic every day for three months.

Add cayenne to that — and cures occur in three days. A cayenne formula for exhaustion.

BISER: *What can our readers do with cayenne if they are exhausted and want more energy?*

SCHULZE: They can try this formula:

1/2 pound of fresh Chili peppers (the hotter the better) 1/2 pound of fresh Ginger root.
1/2 pound of fresh Garlic bulbs.

Chop finely the chili peppers, grate the ginger root and chop finely the peeled garlic cloves. (Note: It is not necessary to peel the ginger root.)

OR...

Put all ingredients into a blender. Add enough raw, organic, unfiltered apple cider vinegar to make all of this into a sloppy, soup-like consistency. Place it in a large glass jar or covered bowl. Make it on the New Moon and let it sit until the Full Moon, making sure to shake or stir it every day. On the Full Moon, press or strain off the liquid.

Start with taking 1/8 to 1 teaspoon at a time, but work yourself up to 1 to 3 teaspoons 3 times daily.

BISER: *I want to mention how much cayenne can do for energy. My wife and I had to attend a social event that was quite emotionally -fatiguing. We got through by her taking huge doses of strong cayenne tincture, several dropperfuls of tincture, every time she felt exhausted. I took a teaspoon of 250,000 unit cayenne powder two to three times a day. It gave me a blast of energy to help me cope with an unpleasant situation. Now. ..let's turn to eye problems.*

Vision disorders *cured* by using cayenne pepper right in the eye.

SCHULZE: We have the eyebright formula I inherited from my teacher Dr. John Christopher — but I've improved it a lot by adding much more cayenne than was ever in it.

The new Dr. Schulze formula is equal parts of eyebright herb, rue flower, mullein flower, red raspberry, fennel, and goldenseal and one half to one full part of cayenne.

The best way to use it is make a tincture of these herbs, putting them in a blender and pouring in enough 80-100 proof vodka to cover them. Then turn on the blender and make it into a mash, like apple sauce. Make it on the New Moon and let it sit until the Full Moon, making sure to shake or stir it every day. On the Full Moon, press or strain off the liquid.

Use the tincture as an eye wash. Put five to ten drops into an eyecup, along with distilled water. Wash your eyes with it six times a day for severe cases and use internally, three to six dropperfuls a day.

Well, Dr. Christopher put in one-eighth part cayenne, that was his high dosage of cayenne. I started adding four to eight times that for the average person. That becomes one-half to one full part of cayenne, and the cayenne I recommend is 250,000 heat units strong.

I have not seen any real effect with that formula without the cayenne. I have never met or run into anybody who said they only used eye bright and healed their eyes. It just didn't happen. But here in the clinic, I saw people get rid of their glasses and I saw lots of cataracts go away.

BISER: *What happened to glaucoma?*

SCHULZE: I had numerous patients with glaucoma and they were taking the glaucoma medication, but their condition was getting worse. Now, as everybody knows, glaucoma is like diabetes or any of the other ones, you just keep taking the medication and degenerating, and you don't get better.

Everyone has to be aware that the glaucoma medicine makes you go blind. The doctors even admit that. It only slows the disease down. But once you start taking it, you're a goner.

I had many patients with glaucoma, who, once they started using this formula, the circulation to their eyes got better, the clotting, the congestion stopped; and the next thing you knew their glaucoma was reversed and gone.

BISER: *Have you ever seen macular degeneration get better?*

SCHULZE: Yes, cornea and retinal degeneration.

"After doctors failed, this formula caused detached retinas to

rejoin."

BISER: *Retinal separation?*

SCHULZE: Yeah, in fact we had one guy who took a severe blow to his head to where his retina separated. He couldn't get the retina re-attached. They tried to do it medically and failed numerous times. But he got his retina to attach back using this formula

BISER: *But this is not like the formula sold in healthfood stores, is it?*

SCHULZE: No, not at all. The only formula I ever saw contains commercial-grade herbs grown with pesticides. Why would you want to put that in your eye?

The only eye wash formula out there that contains cayenne at all is Dr. Christopher's and it contains only one-eighth part of 40,000 heat unit cayenne. The formula I recommend readers make contains one full part of 180,000 heat unit cayenne, which is 36 times the cayenne of Dr. Christopher's original formula — and that is our starting point.

BISER: *What is the upper range for cayenne in your formula?*

SCHULZE: You can use two, three, four parts of cayenne compared to the other herbs in the formula. Remember, each time you go up one part, it is eight times what Dr. Christopher originally recommended, and remember, he was using the low-potency 40,000 unit cayenne. My students use 250,000 heat unit cayenne.

Dr. Christopher only recommended cayenne at one-eighth part. This is why I say to people, *"I've used 200 to 300 times what Dr. Christopher used in the eye wash — and it just gets better."*

You know, it started when I was doing an event and I was taking a bowl of cayenne out to put on a table. This was when I first came to California. I gathered some patients and we were doing a healing routine, and the wind blew, and blew all the cayenne pepper into my eyes, not tincture, not tea, but granulated pepper just filled both my eyes like a sand storm.

I sat down and washed out my eyes. I wondered if the skin would blister. Would it blister my cornea? But nothing detrimental happened, and I noticed an even bigger increase in the brightness of what I could see. After anyone rinses with the eye wash, one of the things you notice is that the world as you perceive it looks crisper and brighter. It is kind of like increasing the contrast on your TV. The picture gets punchier.

BISER: *Even people with normal vision would see that?*

SCHULZE: Even people with normal vision, because you get more blood in your eyes, so your eyes work better, and you focus better.

So after getting all that cayenne in my eyes, my eyes got better. That's when I thought,

"Well, wait a minute, if I just did that, then we can obviously crank up the volume of the cayenne into the eyes without any damage," and so I started thinking, "Let's go up further."

It was extreme for Dr. Christopher to add an eighth-part cayenne, and believe it or not, even today, there is still controversy in the herbal world over his use of cayenne. One of the things I look at with Dr. Christopher is that he broke new ground. But I took it even further, and my patients got results in *a single hour* that never occurred in months of using cayenne at the lower dosages.

Try the eye wash even if you don't have eye problems. You'll love it. When you do it, you'll be amazed. It is like someone wiped a fog off.

Everybody should wash their eyes once a week — if not once a day. Toss some eye wash in an eye cup, and just do it. Use two to ten drops of the tincture in an eye cup, and add room-temperature distilled water.

The first thing you do is put a cloth under one eye, because it's going to run, and if you have a good shirt on, there is no sense in wrecking it. The eye tincture is going to run down your face. No eye cup ever makes a perfect seal in the orbit of your eye.

Then just splash your eye with it and let it go. Bring the cup back down, and you are going to go, "Wow." And then, in a minute, it will feel better, because now your eye is used to the temperature of it — because it is hard to get perfect room-temperature water.

Then put the eye cup with the tincture back on your eye, tip your head back, and while your eye is under the eyewash, hold the cup on tightly, and look to the upper right, lower left, upper left, lower right, do X's, do circles to the left, do circles to the right, look up and down, go vertical, go horizontal, and exercise your eye while it is open under this solution.

Get the cayenne completely covering all the available surfaces of your eye. Then rinse out the cup, put two to ten drops in it again, add to it room temperature distilled water, and do the same thing in the other eye.

"Allergy patients said this cayenne formula was so effective, they would pay a thousand dollars to get the recipe. So here it is..."

BISER: *Now, let's cover cayenne for curing allergies. Most uninformed people would think that cayenne would irritate infected sinuses and allergies — not cure them.*

SCHULZE: They wouldn't say that — if they tried it. Cayenne brings blood, and blood cures. People are scared that cayenne irritates. What they don't understand is that lack of blood is the greatest 'irritant' to a sick area — and that includes the sinuses as well.

Here is another Dr. Schulze original formula for your readers. It's my famous nasal snuff:

It is seven tablespoons of goldenseal root powder, seven tablespoons bayberry bark, and one teaspoon of garlic granules or powder. If you have fresh garlic, you'd have to powder it, because one of the things with the snuff is the finer the powder, the better.

Get one of those very inexpensive coffee grinders. They are \$20 or less in any appliance shop, and they'll grind 80% of the herbs a person has in their house to a fine powder, especially leaves — just don't put roots and barks in them, or usually you hear a big snap and the grinder is gone. Take the fresh garlic, slice it up thin, let it dry for a week, then powder in your little grinder.

Then add cayenne; it's one teaspoon if you're using 200,000 heat unit, and one tablespoon if you're using more like 40,000 heat unit.

Put that all in a jar, like a little canning jar, it's only going to fill two inches in the bottom of a pint canning jar. Shake it up really well. And then take a pinch of it and try to breathe it in all the way to your tailbone. That's the key when you're snuffing: take it in deep!!!

Breathe hard, then hold it in and don't blow for a couple of minutes. Then take a second dose on top of it. Hold that in, and in about five minutes, you can blow your nose.

One of my readers tried Dr. Schulze's nasal snuff formula, and minutes later, breathed through one nostril for the first time in 16 years.

SCHULZE: He had his nose broken real bad in a skiing accident, and he said he went to three or four of the "gods" of sinus doctors in LA, and he went through three sinus surgeries. They finally said, "You'll never breathe through this side of your nose."

You know, "Just get used to it, it ain't going to open up." He was at the event, and when he came in, we were doing the nasal snuff. He sat down and took a big snort, which has a lot of cayenne in it. And we put the 180,000 heat unit stuff in. We don't fool around.

He snuffed the snuff, and within five minutes, it opened up. He said something to me during the break, and I said to him, "That's great." He goes "No, no, no...I don't think you understand what I'm saying." He told the story again, and I said "Yeah, that's great." And he goes, "Wait a minute," and as I was going back on stage, he runs up on stage, and grabs the microphone.

He was in tears, and he was screaming to these people; he put the microphone up to his nose, and you could hear him snort deep. His wife was in tears. He said, "You know, I hadn't breathed through this nose for like, sixteen years."

Cayenne is like a laser. It's like a drill. If you want to get into an area and open up an area that hasn't been opened, that's what cayenne pepper is for; it's like angioplasty. The sinuses are very hard to get to: closed off, dark and damp. If you lack a blood supply to that area, you're dead.

That's what cayenne does in the snuff. Just imagine the blood vessels that get engorged in your sinuses; with cayenne, that old material can get out, and new life can get back in.

Now, the snuff that's always taught in the herb books from the 1700's and 1800's is only goldenseal and bayberry.

I had the boldness to add garlic to my formula. People said that it can burn the mucus membrane, and I agree that it can. But I don't put that much in, and a little garlic makes a lot of goldenseal look wimpy. If you've got heavy infections in there, you put the garlic in too. Then I really ventured out on a limb to put the cayenne in. And at that point, people just think you're a mad dog, you're crazy.

In fact, when I do the snuff in public, I can never tell them what's in it. First, we'll put it up their nose, and I let their minds get blown, and then I tell them afterwards.

BISER: *What about allergies?*

SCHULZE: One of the things with an allergic reaction is, a lot of times, you're breathing things and they're getting up there and hanging out in your sinuses. Pollen, dust, mold; your sinuses are like a collecting area, a trap for all this stuff. So what cayenne pepper does is, it'll make you sneeze, it'll expel it.

BISER: *Have you seen allergies go away?*

SCHULZE: Oh, yeah. When we get the Santa Ana winds, our snuff sales used to go up like crazy in the clinic. Everybody would snuff it and get their allergies to reduce in 24 hours. Just getting it in and getting back out again. You know, heating that area up. The sinuses are dark, damp, wet, nasty areas.

BISER: *So people with bad allergies get better?*

SCHULZE: Yes, I had a lot of people who were chronic. They still get them every year, but if they get on it in the first 24 hours with the snuff, and use the snuff periodically, the allergies don't bother them.

BISER: *So in other words, they don't need allergy medicines.*

SCHULZE: No kidding. I get every patient off that stuff, all the shots, all that garbage. It doesn't work.

What today's herbalists don't know and don't tell you about using the herb goldenseal.

BISER: *Now, for the goldenseal root in the formula, is that the shavings of the root or the whole root?*

SCHULZE: With goldenseal, you can use the whole root. Technically, if you want the best out of the goldenseal, you'd be using the root bark, because that's where the

higher concentrations of berberine and hydrazine are. But there's really none available on the market today.

You'd have to do your own goldenseal if you want just the root bark. Of course, if goldenseal was that way, it would be so strong, you probably wouldn't have to add the garlic. I found goldenseal and bayberry to be very astringent, but the garlic and the cayenne are the powerhouses in this formula.

BISER: *You shave the bark of the goldenseal, right?*

SCHULZE: When it's wet, it comes off real easy; you can use a good quality potato peeler to peel the roots. Throw the stuff in the middle away. Of course, the majority of what's in the middle is what's sold on the market. What's on the edge works great to disinfect the oral cavity.

So this is a snuff that I designed years ago. And it can't be bought anywhere, because we don't even make it. I refuse to make this formula. It's so easy, I'm not going to make it for people. They need to make it for themselves.

I've never met any herbalist who used these herbs up the nose. The cayenne and the garlic. This is what I always said to people: Sure, you snuff it, and people will say it's intense.

But when you've got something wrong with your nose and sinuses, and doctors are talking about putting a drill through the roof of your mouth (which is what they do; they go through the soft palate), you'll be snuffing this stuff by the boxful.

I had patients that said they would have paid a thousand dollars a snuff for it. I think your reader was one of them.

BISER: *I gather the snuff is not just for congestion or sinus problems?*

SCHULZE: No, no. It's especially great during allergy season; it is a good purge. It just blows it out anything that gets up into your nasal cavity.

BISER: *Yes, but people will say the problem isn't blowing it out, the problem is they keep breathing pollen in.*

SCHULZE: Well yeah, but you have to clean it out. You can get mold growing in your sinuses, all sorts of horrible things.

BISER: *You mean that happens to people?*

SCHULZE: Oh yeah. In pollen season around here, we get a Santa Ana wind and you can see it in the air, it looks just like dust. My patients used to come in and you get them doing the snuff and it just clears out the build-up that was in there.

BISER: *Have people ever blown mold out?*

SCHULZE: Oh yeah, indescribable. Sure, you name the color, you name the size and shape. Boogers is not a good enough name for it.

I remember the first time I made up my nasal snuff, and I brought it to Dr. Christopher, and he said, "*Let's try it on the class.*" I brought it out and we had the whole class snuff it, and this man snuffed it up and I heard this incredible blood-curdling scream from the back of the room. The man jumped up and ran out.

We did not see the man that day for lunch. We did not see him all afternoon for any of the classes. We did not see him that evening. In the morning, he came to class and asked if he could tell a story. He said that in that afternoon and evening, he blew sixteen blood clots out of his nose.

He said they ranged from four to eight inches long. He filled the sink with them. He said that he had lost his sense of smell for something like 15 to 20 years, and had regained it overnight, using the snuff. His voice had also changed.

So if anyone wants to know, "How powerful is this stuff?" tell them this story. It was my first experience in giving to anyone beyond my patients.

BISER: *But when they get cleaned out, does the pollen in the air still drive them crazy?*

SCHULZE: No, no.

BISER: *I mean do they still need antihistamines and all that?*

SCHULZE: No. When people get strong and healthy and get themselves back together these things don't affect them that much, especially when they get their immune systems strong.

For receding, infected or rotting gums, diseased dental bone, teeth in danger of removal — use this formula before you blow cash in a dental office.

BISER: *Now let's go to gum problems. You just helped a friend of mine cure an incurable gum condition. Let's explain what happened and what you did, so readers could get identical cures themselves.*

SCHULZE: Certainly. Your friend was scheduled to have all his upper teeth removed immediately.

For him, it was dangerous, because he was a diabetic and prone to uncontrolled bleeding. He took Vitamin C for his gums, but it was useless. His teeth wobbled up and down, and blood dripped down his throat from the infected gums.

His lifelong dentist was so afraid of a blood clot going to the brain, he sent the patient to a second dentist. He said he couldn't live with himself if something went wrong, i.e. death.

You told me about the problem, and I sent by overnight express a mixture I made up. I

instructed your friend to put 90 drops into a water pik, to drive the solution deep into the gums. Within a day, the gums were 50% better. Within a week, 90% cured. Gums firm, pain gone. His dentist was baffled — because your friend didn't tell about the herbs; he just told the dentist that he had "prayed."

BISER: *This just shows another way to use cayenne they've never thought of— and you don't get it from a capsule.*

SCHULZE: That's right. Let me tell you what happened to my own gums, then I'll tell your readers how to make the formula themselves.

One of the first mouth diseases I experienced myself was gingivitis: bleeding gums due to plaque build-up and inflammation. Well, I thought the first thing I would do is: "Let's stop the bleeding."

So I put cayenne on my gums to stop the bleeding. At the same time, I was investigating various exotic herbs I could use to tighten the gums. I looked at various herbs and barks that are used around the world. As I was investigating, I was continuing to use the cayenne to stop the bleeding.

What happened was that the cayenne healed all my problems with my teeth and gums. I thought it was just stopping the bleeding, but it was also increasing the blood flow to my teeth and to my gums — which helped my gums from not receding.

It also took the pockets in my mouth and brought them back up to normal. Then I started adding these other herbs, but I never took the cayenne out.

My family was very, very poor and I never had any dental care whatsoever. I never saw a dentist before the age of 20, and I had not only gum disease, tooth decay, but I had extremely deep pockets and bone loss at an early age. I didn't have a good genetic tooth history.

"Most of my relatives talked funny. I thought it was because they were German. But it was because they had no teeth."

SCHULZE: I had some very deep gum pockets, and the dentist had suggested all types of procedures. But I had already healed my heart using herbs. So I said to him, "Give me some time and let me go to work with the herbs."

BISER: *How big were your gum pockets?*

SCHULZE: I remember the deepest pocket that the dentist measured was 9 millimetres.

BISER: *What do they consider a 9? Incurable?*

SCHULZE: The depth of a pocket you want between your gum line and the root of the tooth is about 2mm. They are taught in dental school that a 4 is "iffey" — and anything from a 5 and beyond can't ever come back.

You have too much bone loss, and even if you have what's called root planing or root scraping, the gum will not adhere, so you have to have gum surgery to cut the gums away.

I had a 9 on one tooth, numerous 8's, and the rest of my mouth was about a 7. It was suggested to me to have not only root planing but also gum surgery.

I used the formula I'm about to give your readers, and brought all my measurements up to between 2's and 3's. Numerous dentists have told me this is impossible and it is taught in dental school that it is impossible.

But again, we always have to remember what doctors mean by impossible really is, 'As far as I know — and with the techniques that I have been taught.'

I've heard from every patient I ever had that the healing they got was a miracle — or that it was impossible. But since then, I've had hundreds of patients who were supposed to either lose their teeth, or who were setup for dental surgeries. By using this formula, they tightened their gums, grew bone, and reattached their gums.

BISER: *You said, "Grow dental bone?"*

SCHULZE: Absolutely. It always cracks me up. People say they break their arm, and they have no problem realizing that they have bony growth to mend a bone. But why don't people think they can get their dental bones to grow back?

I've seen people's dental x-rays in which the tooth can get so soft that if you push on them with a pen you can dig right into the tooth. The bone is so soft and degenerated. The only thing dentists know how to do is use Aluminum waste and fluoride to try to fill in the holes in your teeth. Well, the cayenne will cause the blood to get there, which will cause the bones to grow back.

BISER: *What's the formula for readers in case they want to try it on their own?*

Full home instructions on making the dental formula 'from heaven.'

SCHULZE: Let's see, this is to make about 4 1/2oz formula. It's a very interesting formula. I discovered something about cayenne that no one knows. I will explain it as we go through the formula.

The formula is:

2 1/2 oz. of echinacea root tincture (these are all tinctures or oils)

8 dropperfuls of tea tree oil.

1 oz. of bayberry tincture (make it yourself)

1/2 oz. oak gall tincture (make it yourself)

4 dropperfuls of cayenne tincture (only the hottest tincture)

20 drops of peppermint oil (get the best you can find.)

The Echinacea tincture deadens the pain immediately — when you get it down into your gum line. It also is a surface disinfectant and stimulates your immune system to start working against bacteria that are down in there. The bayberry is one of the stronger astringents, so it will take that gum tissue and literally tighten it right up in front of your eyes.

BISER: *They can just find gall from an oak tree, can't they?*

SCHULZE: That's right! You go out to an oak tree and look where the insects have infested it, or whatever, and you will see these big swollen knots.

BISER: *And you cut that off, right?*

SCHULZE: Yes, oak galls are the highest source of tannin found in nature, and so it is much stronger than oak leaves.

BISER: *And you cut the bark off?*

SCHULZE: No, you can actually just pound it up. You're going to need a big hammer, if not a sledge hammer. Pound the heck out of that gall. It's like a big woody knot, and it really won't have any bark on it, or very little. Just pound that whole thing up, and tincture it. It'll take a few days for it to soften up. It may be even a week.

BISER: *And if you can't get oak gall?*

SCHULZE: Then you can get oak bark instead.

BISER: *But it's not as good?*

SCHULZE: Yes, the oak gall is stronger. The oak gall comes up with two to four times more tannin than the oak bark.

BISER: *So if they had to use oak bark that would be from a really good source, they'd have to use 2 to 4 times as much.*

SCHULZE: That's right.

Most people say oak bark is much stronger as an astringent for the gums than bayberry, because oak bark has more tannin.

All I can say is: They never tried it, because bayberry has shown me it tightens up the gums much better than oak bark or oak gall, but oak gall works well too. That's why I put double the amount of bayberry in the formula.

I put oak tincture into my mouth and it's an astringent. You put bayberry tincture into your mouth and it feels like it is going to glue your tongue to the top of your mouth. It's much more astringent.

Now here is an amazing thing. Normally in a 4 oz. bottle, one to four drops of a 250,000 heat unit cayenne tincture would make it very hot. About a drop an ounce is

all you need of 250,000 heat-unit cayenne. Three drops an ounce, and you almost can't put it in your mouth.

I put 120 drops, or 4 dropperfuls of cayenne into this mixture. What's amazing is that tea tree oil neutralizes the taste of cayenne burning. I don't know why that is. I don't have any explanation for it, so when you take this formula, you'll go, "Well, it's a little bit hot."

With 120 drops, you should be crying on the floor for an hour. I've put as much as I think I can put in the formula without burning your mouth off.

It is amazing how the tea tree oil neutralizes the burn. It is the greatest oral disinfectant, but it also allows you to take about 100 times more cayenne pepper than you could normally handle and get it down into those gums.

The formula also contains peppermint oil, a disinfectant and circulatory stimulant. This oil helps with the blood in the mouth area. It also makes the whole formula kind of taste nice and more palatable, and it freshens your breath.

Why not do that at the same time, if we are talking about digging out food you ate three years ago from under your gums? Why have the person you live with suffer from that?

BISER: *Peppermint oil is a disinfectant? I never heard that.*

SCHULZE: Oh yes, a very strong disinfectant, and it's a very strong circulatory stimulant. Dr. Christopher even listed it next to cayenne in his School of Natural Healing under circulation stimulants. Peppermint also reduces inflammation, so it's a great one for curing dental diseases.

BISER: *Where can readers find peppermint oil?*

SCHULZE: Peppermint oil is available almost in most stores; herb companies sell it, and so it's available. What is impossible to get is the organic peppermint oil. I can get it for my own use, but it would be good if more companies could make this available to the public.

"I've never seen anybody go longer than 2 or 3 days with the dental formula and not have their gum bleeding stop."

BISER: *How do readers use this formula?*

SCHULZE: Put it in a water pik. A water pik is the greatest way to introduce herbal extracts into your teeth and gums.

Buy a water pik, fill it with distilled water, put two, four, six, or even eight dropperfuls of this tooth and gum mixture into the water pik. Start it off on the low setting, but then work over weeks to raise it to its highest setting. Do this twice a day. Anybody who has bleeding gums: do this for two days, and your gums will stop bleeding.

Also, when you're done, rinse about 10 seconds of clear water through the water pick, because the tea tree and peppermint oil will burn out all the gaskets in the machine.

No one else will tell you that — because they have no practical experience with herbs. If you don't rinse it out in two weeks, you won't have an \$80 machine anymore, because it's all leaking and falling apart. That's because these oils disintegrate rubber — and the gaskets in the machine are rubber.

"I've had a lot of patients have tremendous relief with high doses of cayenne pepper when their kidneys were failing."

BISER: *What can cayenne do for kidney problems?*

SCHULZE: There are a lot of diseases where the kidneys are affected, but it's really the heart that's the problem. There's a lot of people who have an overload of toxemia in their blood, because they're not getting it out through their kidneys.

BISER: *What do you mean, "The heart is really the problem?"*

SCHULZE: You need a certain amount of blood pressure to push against the kidney membranes. What comes out the other side is urine, and then you pee it away.

With a lot of people, say with congestive heart failure, their blood counts are high from toxemia. They have to go on dialysis. The cayenne will stimulate the blood flow so that their kidneys will start working again. But it's not really because of the kidneys. It's because the cayenne increases the osmotic pressure and the circulation to the kidneys when the kidneys are failing.

BISER: *What does failing mean?*

SCHULZE: The kidneys weren't doing their job, and couldn't get the material out. A lot of times people's kidneys are real congested with solid matter, crystals, stones, and stalactites. I mean some really ugly stuff gets in there.

I have used Hydrangea, gravel root, and marshmallow to dissolve that. But sometimes on it's own, there's not enough blood flow, not enough power in those herbs.

I used to get patients who had chronic kidney weakness and had lots of gravel in their kidneys; they had done the Dr. Christopher gravel root routine up to six times with no results. It gets to the point where, you know, your body needs to be fired up with cayenne.

You've got to get the blood flowing in and out of these areas. So, what I added to our kidney/bladder routine was 16 oz. of water, a little lemon juice, and a good pinch of cayenne pepper. That primes the kidney pump. You may feel like you are peeing fire when the wastes come out, but why keep it in and die real early?

Nobody can drink that and not start peeing out wastes.

After that, you do the kidney/bladder flush. This is during the five-day cleanse.

[Editor: For those who want more information on the five-day flush and cleanse, this is covered in Volume 7, #1 of my Newsletter. Also, I personally have found that cayenne powder mixed with extra strong parsley tea (Two whole bunches of parsley in a two-quart saucepan) is excellent for the kidneys. In severe cases, Dr. Schulze recommended parsley juice made with a juicer. You have to run carrots through the juicer to keep it moist enough to process the parsley. Also, I have found that apple cider vinegar in water will sometimes soothe an irritated bladder or kidney. Dosage is an individual thing. Try a tablespoon per cup of water and go up.]

What cayenne pepper can do for cancer.

BISER: *What effect does cayenne have on cancer?*

SCHULZE: As you know, I told you about a patient of mine in our first interview, who took nothing but massive doses of cayenne pepper and cured his terminal brain tumor.

I don't recommend using cayenne by itself for cancer, but that's all he was willing to do — and for him, it worked.

We get a letter, probably every four to six months, about someone who has healed their cancer using cayenne. It is an herb that a lot of people believe in and notice a result from. At the last crusade, someone came up who healed a skin cancer and a leg ulcer.

They took cayenne internally and then they used some cayenne right on the skin cancer.

BISER: *What can readers do for an external application?*

SCHULZE: If you want to make a cayenne poultice, a real good one is cayenne and slippery elm, equal parts of each.

It was an ulcer, and they had a skin cancer in the same area, and there was all sorts of stuff was coming out of the ulcer and they couldn't heal the cancer. It was on their shin, all the way around to their calf, and they couldn't heal their leg ulcer either.

They used cayenne internally, like five times a day, and cayenne as a poultice, and it cured it. But it was the hottest cayenne they could get, from Mexican habaneros.

These cayenne poultices are also called cayenne plasters. In fact, in Britain, a cayenne plaster is still in the British pharmacopoeia.

You have a lot of Brits that live in cold damp: the Lake district, the Scottish Highlands, freezing, wet, horrible places, and they swear by their cayenne plasters for their arthritis and bursitis and lumbago and rheumatism. They use their cayenne plasters and you can still buy them in the drugstore. You just add warm water, you know, and it's cayenne inside. You slap that sucker on (it's got tape on it) and bingo!

This is like a cayenne plaster. You put it on and swear to God when you take that plaster off that you won't have any skin. But I've never seen that. I never saw anybody's skin burnt or braised. I have done it to myself accidentally from some fresh pepper juice, but not from doing a poultice or plaster.

BISER: *Are there chemicals in cayenne that go against tumors?*

SCHULZE: Oh, yes. I see reports on that a couple times a year now. There are chemicals in cayenne, phytochemicals, that have been proven to destroy cancer tumors. But I would use it in cancer for its circulatory benefits — to get the blood circulation up to kill the tumor.

Let's get back to arthritis for a moment. There are a lot of herbs people use for inflammation internally and externally on the joints. I have never been too impressed with them in the clinic. I've had much better results with juice fasting and dietary changes.

The only herb I ever saw quicker results with is the cayenne. That is the one people get fast results from — when they are doing the juicing and when they are following the food program. That is something that you won't find in the books. You know you'll find good books on arthritis — but they don't talk about using cayenne pepper.

Also, cayenne is the one to use externally, increasing the circulation to the area. It will make the inflammation go down, and when you are dissolving the calcification, it will go away faster. It makes the whole thing speed up. In my first interview in this book, I gave your readers a cayenne heating oil they can use for arthritis.

I developed it myself because I tore every ligament in my body during kick-boxing competition — and nothing on the market would help. The only thing stronger than this cayenne heating oil is anesthesia.

By the way, you can also use a few drops of this oil formula on your gums, or for a sore throat. You can't take too much of it internally or it will upset your stomach, because it is so strong.

I also want to add that readers can use cayenne before and after their exercise sessions. It helps the body warm-up by moving the blood into the muscles, and it helps the body after an exercise by removing wastes created in a good work-out.

BISER: *What about cayenne for ulcers? Dr. Christopher used to talk a lot about it.*

SCHULZE: I never used cayenne pepper to the extent Dr. Christopher did for ulcerated areas, but I've had tons of people with ulcers that have really good results from that. I wouldn't give someone with an ulcerated gut a couple tablespoons of cayenne. I might start with a half teaspoon. That will stop the bleeding.

The same is true of hemorrhoids. A lot of people think if they eat hot, spicy food, they're going to get hemorrhoids. It's just the opposite. With the long-term use of cayenne, I've never had anybody's hemorrhoids come back or flare up.

BISER: *What happens? Do they go away?*

SCHULZE: They sure do. Hemorrhoids are stagnant blood flow in the anus. You know, herniated veins. If you keep cayenne in your digestive tract and in that area, you'll never have hemorrhoids again.

You can also use the cayenne heating oil covered on page 118. It will be uncomfortable having "hot" cayenne oil on the hemorrhoids, but it will shrink and eliminate them. You can use a piece of ice against hemorrhoidal tissue, which will shrink and eliminate the protrusions — if you keep doing it daily.

Alternate between the oil and the ice, if you like. But remember to take enough cayenne internally. Use super-hot 250,000 heat unit cayenne powder. For hemorrhoids, it works better internally than cayenne tincture at boosting circulation in the swollen tissues.

Cayenne for bleeding wounds and holes from accidents.

BISER: *Can you tell us about your cayenne formula for wounds?*

SCHULZE: Certainly. This is the one everybody talks about. [Editor: This is covered more in Chapter Five.]

You put cayenne on a big, bad bleeder and we know that it stops the bleeders real quick. I started putting it in the poultice that I fill in holes with.

BISER: *It didn't irritate the tissue?*

SCHULZE: No, in fact, garlic does. People think cayenne will burn like heck. It doesn't burn. You take a good open wound and put on the cayenne. The garlic will burn, but the cayenne doesn't hurt. The cayenne causes miracles. I can't tell enough stories about holes. Sometimes I just pack the holes with cayenne alone.

BISER: *Holes from what?*

SCHULZE: Well, I had people fall off a motorcycle, bang themselves, and cut a chunk of skin out, where the skin isn't even there anymore. It is left on the road somewhere.

I've seen those holes grow back together ten times faster than they would with comfrey and aloe and slippery elm. I've glued holes together using it. It is just amazing. I've had people almost cut their fingers off and just put cayenne on it, and cayenne poultices around it, using no other herbs.

BISER: *What, was the finger still attached?*

SCHULZE: Yes. I've had people almost cut the ends of a finger off where it was just hanging. I've glued them back in numerous instances just using cayenne, because that's all there was at the person's house. I wrapped gauze around it, and in three or four days, it's all totally stitched back together — many times with no scar.

BISER: *Stitched by the body?*

SCHULZE: Yes. Sometimes, even I myself get a gigantic surprise at cayenne's healing power.

Cayenne mixed with Echinacea is great for sore throats.

BISER: *Everybody knows about Echinacea, but what happens when you add the cayenne pepper?*

SCHULZE: When you have glandular swelling in the throat, you sometimes have a congestion of blood cells and infection. One of the greatest healers, of course, is moving the circulation. A lot of people used to think the worst thing they would want to have when they have a sore throat is cayenne.

BISER: *It would make it more sore?*

SCHULZE: But it doesn't. Now, people are realizing that cayenne is one of the greatest things for a sore throat, especially with echinacea. My new echinacea formula is one I used in the clinic a lot. I give readers the formula in our fifth chapter. That is my favourite Echinacea formula.

Learn how to cure *loss of sex drive* (male and female) with the internal and external use of cayenne formulas.

BISER: *By the way, a friend of mine accidentally took a dropperful of this heating oil internally. He thought it was something else and he wasn't looking. He immediately took some buttermilk to soothe his stomach, since the oil is strong. But he ended up getting the erection of his lifetime. So it shows what cayenne can do for sex!*

SCHULZE: I'm not surprised. Your friend was a pioneer in using the formula that way!

All the processes of sex, from sexual excitement to orgasm, all involve blood flow. You can't get a hard penis without blood flow, you cannot have the female orgasm, which takes a tremendous amount of blood and flushes it into the walls of the vagina and the musculature.

Without blood flow to the right areas, a woman or a man can't perform sexually. So anything that will increase blood flow to your extremities is going to increase your ability to have sex.

There are several ways your readers can use cayenne to increase their sexual enjoyment. First, they can take a big dose of cayenne tincture or powder a half hour or an hour before sex. But not so much powder that you get cramps. Don't do it on an empty stomach. It gives a blast of energy nothing else does.

Sexual excitement is why many religious and new age groups are against spices. A lot

of groups have said this about garlic and a lot of them have said it about chili too.

BISER: *I didn't realize that some religious groups were against cayenne pepper. I thought everyone was in favor of it.*

SCHULZE: No, they are not. Two big things many religious groups are against are garlic and cayenne. They say these two heat the genitals.

They make you get more "hard-ons" and you want to have sex more often. I don't think it's natural to suppress sexuality, but imagine you're in some monastery with 40 guys; they are all supposed to be praying, and instead they all have boners.

I've even been thrown out of some restaurants for bringing in my own chili and garlic. Whenever I travelled, I used to bring along some nutritional things, like a food first-aid bag. This would be a good idea for anyone who travels.

My bag had in it my cayenne pepper, my garlic, my spirulina, and my nutritional yeast. I could go into a steak place, and get a baked potato and turn it into gorgeous healthy meal by adding my stuff.

But many times, when I did this in restaurants run by these religious groups, they would come over to the table and say, "No spices." Not just garlic, but any heating spices.

BISER: *Wait a minute. What kind of restaurant?*

SCHULZE: I've been thrown out of Indian restaurants in India.

BISER: *I thought they used cayenne.*

SCHULZE: They do, but some certain religious groups ban spices, especially heating spices like cayenne and garlic.

What they mean by "heating" is that hot spices will heat your genitals.

So, if you are a member of these groups, I'd stop using cayenne, because it will definitely turn you on sexually and in every other way.

On the other hand, when all my patients were on their death beds, their biggest complaint was they didn't get enough sex. So I think your readers would be interested in this.

"A few drops of that oil, rubbed in the right place, turns a dead trout into a great white shark in a feeding frenzy."

BISER: *What else can readers do to enhance sex?*

SCHULZE: They can use the heating oil formula I give in Chapter Five. It was originally intended for muscle sprains, but some of my female patients accidentally discovered how great it is for sex.

I had a lot of women that just couldn't have an orgasm. There wasn't enough sensation, until they used the heating oil. Then they had the best orgasms of their marriage.

The guys always talked about "harder." This is a circulatory herb. And it is blood going to the muscle that makes the penis hard.

It's kind of like if you pump up a bicep and the muscle gets hard. That's what you are doing to your penis. You are getting blood going to the muscle, which triggers it and makes it go hard. The more blood, the more circulation enhancement, the better the erection.

And it's the same with women. It's the blood going to the uterus. During sexual arousal and then up to orgasm, there is a tremendous amount more blood in the vagina, in the vaginal lip, and in the uterus.

BISER: *So what did the men say when they used that oil?*

SCHULZE: Harder. Harder is the big one.

BISER: *What did the women say?*

SCHULZE: More sensitivity, more feeling, better sex. Because they are getting more blood flowing to that area.

A simple formula for a specific sex-stimulating oil.

SCHULZE: Here is a formula anyone can make.

In a glass jar with a tight leak proof lid, place...

5 tablespoons of the HOTTEST Cayenne powder you can find (over 250,000 heat units is suggested.)

20 ounces of jojoba, olive or almond oil.

Make it on the New Moon and let it sit until the Full Moon, making sure to shake it every day. On the Full Moon, press or strain off the liquid.

Apply a FEW DROPS ONLY to the palm of your hand, rubbing it into your palms and fingers. Then use this hand to massage the genitals. Use less or more until you feel the heat, and tingling and get the desired results.

Caution, this can be extremely hot. Start with a little and work your way up in amount.

Using cayenne and other spices externally for sexual pleasure is not new. It comes from the two thousand year-old Hindu culture.

"Cayenne is an herb which everyone should have in tincture form, in powder, and in oil form, in the kitchen, the bathroom, and in the glove compartment of your car, so you have it wherever you go."

BISER: *In our first interview, you talked about using cayenne for emergency medicine. Wouldn't it be better if people just called 911?*

SCHULZE: You may not realize it, but when a person has a heart attack, calling "911" is not enough. Doctors can save less than 50% of the heart attack victims — in spite of the high-speed ambulance pickups, and all the attempts at resuscitation.

Please don't misunderstand. 911 is a fantastic life-saving service. But people over-rely on it. They believe that calling 911 will always save them and that there is nothing they can do to save themselves.

For example, everyone hears about these wonder drugs like the clot busters. 911 ambulances do not have them. They are in the hospitals — only to be used by doctors. When you call 911 and you have a blood clot, all they are going to do is push on your chest. That's all they can do.

My mother got 45 minutes of oxygen on the way to the hospital. She was dead at the restaurant where she fell over and was pronounced dead by a doctor, so the oxygen didn't do her any good. So your relatives will get a great oxygen bill.

"Cayenne pepper can save your life before a heart attack makes you brain dead. If that is allowed to happen, no ambulance in the world can save you."

BISER: *I want readers to understand, you need cayenne around, because the phone calls I made locally showed that to 75% of the heart attack victims don't make it.*

SCHULZE: First of all, as any police force in any town in the United States will tell you, "We can't protect you. All we're going to do is come afterwards and take a crime report." In other words, don't rely on the police to protect you. Well — it's the same with the paramedics.

I'll just give you Los Angeles' latest statistics. For one-quarter of the time, 911 is busy. This was just on the news the other night. And half the time, the wait can be five to ten minutes.

That's because the system is being misused by the public. People are calling 911 when their battery dies on their car.

This was on the TV here in L.A. just a couple of nights ago. One guy called because his car battery died and he was hooking up jumper cables, and he didn't know which post to put them on, so he called 911. While they are telling him, "You idiot, get off the phone," you are getting the busy signal, and you can't breathe because your heart stopped.

So with 911 in L.A., everybody is saying now, if it is really serious, get them into a car, turn on the headlights, put a handkerchief on the antennae. I think that is what they told us to do in 1955 when I was a kid. So what does this really mean? That 911 is dysfunctional. You can't get through, you get busy signals.

BISER: *How often is it busy in LA?*

SCHULZE: They said about 25% of the time and another 50% of the time, the wait was over 3 minutes. Everybody thinks they are going to call 911 and get someone on the other end of the line.

BISER: *In 3 or 4 minutes, somebody can die.*

SCHULZE: If you have had a heart attack, and your heart has stopped and it takes three minutes to get 911, and two minutes for the car to get there, well, that's five minutes. But in five minutes, your brain is dead.

BISER: *What I want to point out is that CPR isn't the whole answer if you have had a heart attack.*

SCHULZE: No, not at all. They are going to revive a rutabaga. They are going to revive a broccoli stem. They are going to revive a turnip, unless you've fallen in a frozen lake and gone into some state of suspended animation.

Unless that happens, you're gone. I have a hospital right here about three blocks from my office. I have ambulances and a fire house about 10 blocks from my office, and I'm telling you about what goes on in the city. A good portion of the people reading this live in a rural area. Forget it!

And even in a city, with all its money and all this modern technology, a good portion of the paramedics cars don't carry a defibrillator. They don't carry it, because they can't find one that is cheap enough for every vehicle to have one. So even when they get there, if your heart stopped, the only thing they are going to do is push, push, push on your chest.

I once saved a man who was stone-cold and slate-grey from a heart attack. I'll go into it more later when we cover cayenne for emergency medicine. I gave him 12-15 dropperfuls of cayenne first. Even though he had no pulse I could detect, he turned red instantly. Whatever blood he had left in his arteries started moving again.

Then I did CPR. As I mentioned earlier, the emergency room physician said he had never seen anyone so far gone not have any brain damage. I attribute that to the massive dose of cayenne I gave him orally.

"Cayenne should be in every home, in every ambulance, and in every emergency room in the country. But doctors won't use it. They are idiots. They not only won't use cayenne in emergency medicine, they

won't use anything simple."

SCHULZE: Let me tell you about a recent case. It doesn't involve cayenne, but it just shows how *blocked* these medical people are.

We had a baby case last week, and the doctors were saying it was testing positive for Hirsch-Burns Disease.

The infant had no nerve impulses to the bowel. The doctors said that as soon as it was strong enough, they needed to do a bowel surgery and cut out a lot of its colon, and just bypass it because the colon was dead. They said it will get gangrene and the baby's colon wouldn't work.

I talked to the parents on the phone, because they were a friend of a friend of a patient. I knew who they were. I told them about an herbal formula, but they didn't have time to get it.

I said, in the meantime, give the baby some water and prune juice, and make the prune juice yourself. I talked to them a couple of days later, and the infant's bowel was working fine. The prune juice did it.

I thought to myself: "How far has medicine gotten down their dead end trail to where they will suggest that a month-old baby have a massive bowel surgery before the parents try prune juice?"

Do you know what I mean? What the heck is going on with these people? I mean, how did they get so ignorant of hot water bottles and prune juice, and cayenne and things like that?

BISER: *Cayenne pepper! That should be a part of American Red Cross procedures.*

SCHULZE: It should be! After going through this case with that baby, how can these people sleep with themselves? I'm just shocked.

The point of the story is: take care of yourself and your loved ones. Don't go to dreamland, and think the medical system will save you. It might, or you might float down the river to death — because they couldn't get there in time, or because they *won't* ever use cayenne and other simple things I have told you about.

Chapter Two:

Dr. Schulze's famous teacher, the late Dr. John Christopher, tells what *he* learned about curing with cayenne.

During the last years of the late Dr. Christopher's life, I spoke to him frequently, and was a guest at his home. I was one of the only people to give him the national publicity he deserved.

In this chapter, I draw from my many conversations with Dr. Christopher to teach you what Dr. Schulze himself learned from his great teacher. Dr. Schulze was able to go beyond all other herbalists because he had a great starting point.

Let's begin now with Dr. Christopher's own words:

"I would never have lived long enough to see my granddaughter — if it weren't for cayenne pepper. It saved my life. When I was 35, the doctors said I would be dead by 43. I had advanced hardening of the arteries. The veins would stick out of my hands like pencils.

"I suffered from crippling arthritis, stomach ulcers, and I was the victim of two horrible auto accidents. No insurance company would touch me — not even for a \$1,000 policy..."

"I started taking cayenne pepper three times a day in hot water. I did this for ten years. When I was 45, I went for a physical. The doctor measured my blood pressure. He was stunned! He thought his equipment was broken. My blood pressure was perfectly normal."

When Dr. Christopher first learned about cayenne pepper, he asked, "Why are we studying cayenne? It will burn the lining of our stomach!"

Everyone in the class laughed, except the teacher, Dr. H. Nowell, a great herbalist. This was in Vancouver, British Columbia, at the Dominican Herbal College. Dr. Nowell asked, "Where did you get your information?" The young John Christopher replied that his mother told him. Again everyone laughed.

Then, the professor asked, "Just what was her herbal degree?" "Well, I guess she had none at all," Christopher replied.

"That's interesting," Dr. Nowell said. "Could I see you after class?" After class, he drove John Christopher around Vancouver in his car. He introduced him to a dozen people whose lives had been saved by cayenne. They all praised it to the skies. Some were saved from heart attacks and severe asthmatic conditions by using cayenne.

Dr. Nowell didn't have to do this, but he was a great teacher. He took the time to show his student how great cayenne could be if it were used properly on the human body. Dr. Christopher never forgot that experience.

At that time, Dr. Christopher was in very poor health himself. He had severe hardening of the arteries. The medical doctor said he would be dead in eight years.

So Dr. Christopher started taking cayenne pepper himself. "I continued from the time I was 35 and am still using it. It was amazing! Ten years after I had started using cayenne, a group wanted me to have a \$100,000 policy to insure them on the business deal we were working out."

"I went for the examination. Since this was a large policy, the insurance company required two medical doctors, each to give two physicals at different times. That was a total of four physicals."

"I took the examinations and one medical doctor, when he got through, said, "Well, this is astounding. I see your age is 45, but you have the venous structure of a teenage boy. I've never seen anything like it."

"He said, 'This is excellent,' and he gave me a clean bill of health. I went to the other doctor, and on his second examination, he did the blood pressure test on my arm. He pumped his equipment up five different times and my arm was getting irritated by it. I was getting a little perturbed."

"I said, 'What's the matter? Doesn't your equipment work?' The doctor replied, 'Oh yes, it always has, up till now, but I keep looking at your chart and it says you are 45 years of age and yet your systolic over your diastolic pressure is absolutely perfect. I cannot comprehend it.'"

"I said, 'That's correct. It is perfect.' He also gave me a clean bill of health. So I passed, at 45 years of age, for a \$100,000 policy with a good blood pressure, thanks to cayenne. This, to me, is one of the biggest selling points of cayenne. If it could help me, it could help anyone."

At the age of 70, a few years before he died, Dr. Christopher was asked by a pre-med student if he could take his blood-pressure reading. It was the pressure of a healthy young man, not a 70-year-old.

Karate expert cures lifetime of high blood pressure.

Here's another miracle story on cayenne that Dr. Christopher told me: "Several years ago, I was traveling with an athlete who had a black belt in karate. He was a rather husky guy. His problem was that he came from a family with a history of high blood pressure.

"His own mother had died from high blood pressure and he himself suffered from high blood pressure. In fact, his condition was getting worse. The karate expert marvelled at the stamina that an older man, like myself, had."

"He noticed that I would take a spoonful of cayenne, every morning, in a glass of water. He wanted to know if that would help his problem. I told him it would, but that he wasn't man enough to take it. I told him he wasn't brave enough."

"Well, the reverse psychology worked. I noticed that my supply of cayenne pepper was gradually disappearing. When we returned from travelling, the man continued taking the cayenne, one teaspoon three times a day."

"By spring, he had an amazing surprise when he went to his doctor to check his blood pressure three or four different times, and the doctor said, 'This is supposed to become progressively worse. I don't know what has happened. Your blood pressure is perfect. You do not need to come back anymore.'"

"Today, this gentleman, who lives in the Salt Lake City area, has no high blood pressure, because he kept taking the cayenne. It is amazing — so never, never

overlook a good thing."

"This same man also suffered from terrible hemorrhoids. He had to wear a special belt to keep his hemorrhoids up in place. The cayenne pepper also cleared up this problem, too. His hemorrhoids completely disappeared! He could hardly believe it."

"An eight-year-old boy was shot with a gun. Blood was gushing out both sides. A neighbor mixed cayenne with water and poured it down the boy's throat..."

Besides lowering high blood pressure and eliminating hemorrhoids, cayenne is fantastic for stopping bleeding. Listen to this true story Dr. Christopher used to tell his audiences.

"Once a child was shot in the abdomen; a bullet hit the spine, ricocheted, and made a second wound leaving the body. One of Dr. Christopher's herbal students living next door heard the shot and raced over. She knew that the parents were not home and that the children, ages eight and four, should not be shooting guns."

"When she arrived, the eight-year-old was gushing blood out both his sides. They had been playing 'cops and robbers' with their father's guns which she found under a pillow."

"She ran to the cabinet and mixed a tablespoonful of cayenne in a glass of water. She then poured it down the boy's throat and called the ambulance which was 18 miles away."

"By the time you count to ten, cayenne will stop the bleeding."

"The emergency room attendant said that the boy would probably bleed to death, being that the distance was so great. The ambulance arrived and rushed the child to the Primary Children's Hospital, 18 miles away."

"When the child arrived at the hospital, he was the center of attention, not because his condition was so serious, but because he was chatting a mile a minute — and there was NO bleeding!"

"The bleeding had stopped by the time they arrived at the hospital. The chief doctor said to the parents, "I have seen many accident victims in my life, but this is the first time in such an emergency operation, that I have opened an abdomen to find no blood, except for a small amount that was there before the bleeding stopped so quickly."

"The cayenne pepper has saved your boy's life."

In that same year, Dr. Christopher treated four other gunshot victims. Each case responded the same. Sometimes, the blood coagulated and came out in clumps before it stopped completely.

Dr. Christopher even used cayenne tincture directly on open wounds. It may sting, but the bleeding stops.

Even if the wound is a deep cut exposing bone, that wound may still be filled with cayenne pepper. If cayenne is not available, black pepper may be used. Many people, when they see the skin ruddied by cayenne, believe that the skin is irritated. But cayenne is a counter-irritant.

Cayenne brings the blood to the surface to take away any toxic poisons and start the healing. The redness comes to the skin from blood that has rushed to the surface to assist carrying off wastes.

Dr. Christopher believed that cayenne was one of the finest foods for the heart. He wrote, "I have used cayenne so many times over the years with such success. We have been called out time after time on heart attack cases. Cayenne always saves them."

"In 35 years of practice, and working with people and teaching, I have never, on house calls, lost one heart attack patient. The reason is, whenever I go in, if they are still breathing, I pour down them a cup of cayenne tea (a teaspoon of cayenne in a cup of hot water.) Usually, within minutes, they are up and around."

"Cayenne is one of the fastest-acting aids we could give to the heart. It feeds the heart immediately. Most hearts are suffering from malnutrition because of the processed food we are eating."

"But, cayenne is a powerful dose of real food. It is something that has brought people back time after time. This is something that everyone should know about, because a heart attack can come to your friends, loved ones and even yourself— at any time."

"I received an emergency call in the middle of the night. A woman in Salt Lake City had just suffered a severe heart attack and passed out."

"I rushed over and fed the woman hot cayenne tea. Within minutes, she was sitting up feeling fine."

"The hot cayenne tea is faster-acting than tablets, capsules or cold tea. The warm tea opens up the cell structure and makes it expand and accept the cayenne that much faster. It goes directly to the heart through the arterial system and feeds it a powerful food."

"To show the value of cayenne - how great it is - and what a wonderful heart food it is, this story has been repeated in a number of publications. Doctors in the East put some live heart tissue into a sterile beaker filled with distilled water and fed it nothing but cayenne pepper. They cleaned off sediments, periodically, and added nothing but distilled water and cayenne."

"During the time that they were feeding the heart tissue, they would have to trim it, continually, every few days because it would grow so rapidly. Having no control

glands (the pituitary and pineal glands), the heart tissue just continued to grow rapidly. They kept the tissue alive for 15 years. After the doctor, himself, died, his associates kept the heart tissue alive for two more years."

"They eventually destroyed it so they could do more research on it. This shows the high food value cayenne gives to the heart."

"This is why so many amazing instances have come to light from people who have used cayenne when they had heart attacks. In most cases, a weak heart is a malnourished heart. The heart hasn't had a decent meal for so long that it is practically starved. We give the heart a good meal."

"We don't whip it with nitroglycerin or digitalis or some other type of drug to force it to beat rapidly. We try to bring more food value to the heart so that it could find a little help to keep it going. Here, we give cayenne directly to the system, and it goes in to the heart area and acts as a good full meal. Many fast responses come from this."

Here is Dr. Christopher's advice for treating someone who has suffered a heart attack.

"Prepare one teaspoon of cayenne in one cup of hot water. Steep until it is cool enough to drink without scalding. Prop up the patient and pour the cayenne tea down the patient's throat. The heart attack will stop immediately. In case you don't have cayenne around, use black pepper, but triple the dose."

[Editor: Dr. Schulze uses a tablespoon, instead of a teaspoon of cayenne. Why take chances when someone could die? Also, keep in mind that Dr. Schulze now uses 250,000 heat unit cayenne, instead of the 100,000 unit cayenne that Dr. Christopher used to get.]

"Cayenne reduces the mucus in the venous system and thus increases the circulation."

Dr. Christopher said, "One of the most important uses of cayenne is as a circulatory stimulant, an herb that feeds the necessary elements into the cell structure of the arteries, veins and capillaries. It helps to reduce and normalize the blood flow.

"Cayenne equalizes the blood pressure, influencing the heart immediately, and then extending its effects to the venous structure. It also cuts the mucus in the venous system and indeed, all the systems throughout the body."

Here is a true story from the last century by a Dr. Meeks about the phenomenal powers of cayenne to increase circulation.

In 1870, the doctors wanted to amputate both of this man's feet. They were frozen above his ankles. All he was given was cayenne. It saved both feet!

"In 1870, there was a lumberjack named James McCann, a young man who started to go back to the states by way of California. He reached Parowan with both feet frozen

above his ankles. He was left with me [Dr. Meeks] to have both feet amputated as it was thought there was no possible chance to save his life without amputation."

"I was at my wit's end. I saw no choice other than amputation. Then an impulse seemed to strike my mind as though by inspiration that I would give him cayenne pepper inwardly and see what effect that would have on the frozen feet.

"I commenced by giving him rather small doses. It increased the warmth and power of action of his blood to such a degree that it gave him pain and misery in his legs. He laid down on his back and elevated his feet up against the wall for three or four days and then he could sit up in a chair.

"The frozen flesh would rot and drop down to the floor, just like buckwheat batter. The new flesh would form as fast as the dead flesh would get out of the way. In fact, the new flesh would seem to crowd the dead flesh out to make room for the new."

"That was all the medical treatment he had. The 16th day after I gave him the first dose of pepper, he walked nine miles from Parowan to Red Creek and back. Both his feet were saved! He lost but 5 toenails."

"The healing power of nature is in the blood. To accelerate the blood is to accelerate the healing power of nature. I am convinced that there is nothing like cayenne and you will find it applicable in all cases of sickness."

Dr. Christopher said, "We can do wonderful things with cayenne we are not able to do with any other known herb."

The easiest way to use cayenne is to simply sprinkle it on your food, as you would black pepper. Use a little at first, and increase it as you get accustomed to it. Even children will enjoy it. Use cayenne often and you'll live a long, healthy life!

Chapter Three:

What cayenne pepper has done for my readers — even *before* they heard of Dr. Schulze's new advice.

The new advice in this book has never been known to any of my long-time readers. Yet even the simple advice to take cayenne powder has saved many of them. Here are their stories...

Ulcer cured by two doses of cayenne pepper.

Gladys Champion says, "I must tell you about how I cured my ulcer." She didn't even know she had one, until tragedy struck.

One night, after a year and a half of suffering from twelve mini-strokes and horrible

stomach pains, she had a massive stroke. Left unconscious, she was discovered seven hours later and rushed to the hospital where doctors saved her life. It was during one of the tests that they found she had an ulcer that had caused the pain. Although the doctors tried to help her, the ulcer remained active. After she was discharged, she rushed home to cure the ulcer herself.

"I cured myself of the ulcer by doing what Dr. John Christopher told us to do — I took cayenne pepper. The one-half teaspoon I took cured me, and I didn't have another attack for two years. When it came back, I did the same thing. After two doses of a half teaspoon in water, the pain left and I have had no symptoms of it since."

"I have another friend who takes cayenne for colds and the flu. One time, he came home from work and had the flu so bad he thought he was going to die. He had heard about cayenne pepper and said he would take a chance. He took a teaspoonful with water and it knocked him out cold. When he awoke, he was perfectly cured. Now he takes cayenne at the first symptom and has had no more colds and no more flu."

"Every time I get the slightest bit of a cold, I take a half teaspoon of cayenne in water and get rid of it. My doctor wanted me to take a flu shot. I said, 'No thanks,' and told him I have enough poison in my body, as it is. I don't need any more. I didn't tell him about the cayenne pepper because I knew he'd just laugh at me."

"I'm glad it helps me avoid the doctor when I'm sick, but the best thing it ever did for me was to cure that painful ulcer."

John Lyall had to survive 35 radiation treatments for the cancer in his prostate gland.

The treatments were bad enough, but he also had to endure the side effects. He would be up every hour of the night to urinate. He had no continuous sleep for five months. A second side effect was bleeding. He would get up in the morning and would pass a bladder full (10-12 oz.) of what appeared to be pure blood. His urologist sent him to the hospital where extensive testing was carried out, but the doctors could find no source or cause of the bleeding.

A third unrelated problem Mr. Lyall had was cold hands and feet, which he had suffered with for four to five years. He was concerned enough about it to consult three doctors, who told him that they could carry on an extensive testing program to try and detect the problem, but the testing could run to thousands of dollars and since he was 86 years old, and wouldn't live much longer, they recommended against it.

That was when his copy of the Newsletter arrived. My issue on cayenne pepper changed his life. "I wish to testify," he states, "that the benefits described are real and that it works as described!"

He writes, "When I saw the size of a teaspoon, I was scared to death to take it — so I took 1/4 teaspoon. The result was an immediate glow of warmth throughout my body along with the most wonderful feeling of comfort and goodwill. I just cannot adequately describe it — the feeling that all was well with the world and that I had finally done something right for myself. The glow lasted for six to eight hours, so I

waited until the next day and repeated it. After three to four doses, my hands and feet were extremely warm..."

His bleeding ceased with his first dose of cayenne pepper. He sleeps through the night. As he tells us, "My energy level rose such that I no longer would sit down after lunch and fall asleep in front of the TV. My stay in bed at night was reduced from eight to ten hours to seven to eight hours and, upon awakening, I was ready to get up with vigor."

When he went to his optician's for his annual eye exam, he was able to read the chart easily down to the very last line. The optician asked him if he had memorized the chart! "*There are times when I catch myself reading without my glasses,*" he marvels.

Mr. Lyall did eventually up his dosage to 1/2 teaspoon. Now he's on a maintenance dose of 1/4 teaspoon once or twice a day, two or three times a week, depending on how he feels. "Cayenne pepper has turned my life around," he writes, "and may God bless you and your work to bring it to people's attention."

"Cayenne stopped me from having a heart attack as sure as God made little green apples."

Gigi Prestridge had been under major stress. Besides watching her husband's failing health, which led to his death, she had her own health problems with which to contend.

"I was sick, really sick," says the 69-year-old woman. "My blood pressure had become elevated in the last year of my husband's illness because of all the worrying. I was in stroke city."

One night, she started having chest pain and then her left arm began hurting. She was scared and her heart was racing. "I remembered reading about cayenne in Sam's paper. I took the pepper and made a tea and drank it down. I didn't call an ambulance."

The tea she drank stopped all the pain in her chest and arm. I got better so soon and didn't even have to go to the E.R. I just figured I'm going with what Sam says. I did, and it worked."

"The first time this happened, I took the tea. The next time I had pain, I had a bottle of cayenne tincture and put a dropperful under my tongue. This worked like a miracle, too."

Not even 13 different antibiotics taken over 11 months could help this chronic sinus infection.

The doctors told Terry Raudenbush that if the last antibiotic they were trying on him didn't work, they would have to cut his face and clean out the infection. He was constantly tasting and smelling the discharge. He had constant headaches; he lived on aspirin. He had trouble sleeping at night because he would wake up choking. Mr. Raudenbush says of the discharges, "They're from the deep sinuses. They don't come

out of your nose; you can't blow them out. They go down your throat."

Then, his sister received our newsletter on cayenne pepper. She immediately called him. He went to the health food store, picked up the cayenne pepper, and started taking it that day.

He describes the results: "On the following three days, I had a discharge—a large crust coming from my deep sinuses. Since then, I haven't had any discharge, any infection. I don't smell it, I don't taste it, and I have stopped taking all the antibiotics that I had been on since last July."

Mr. Raudenbush's explains, "If I should skip a dose and start to feel a discharge, I'll just double up on the dosage and then feel great again."

He usually takes a capsule right in the middle of a meal or right after a meal, because, otherwise, he gets a little burning sensation.

And the cayenne pepper doesn't affect the hiatal hernia he was born with. He says, however, that the pepper has not helped his high blood pressure yet. "Not everyone is going to react the same way, but I can't remember when I've felt this good."

Her hands were like ice cubes.

June Ziegler has had hands like ice ever since she was very young. Then her aunt told her about my article on cayenne pepper. "Without waiting to read the article — and out of desperation — I started taking it. I said to myself, 'If she can do it, I can do it.' The very next Sunday in church, I shook hands with someone, and the person exclaimed, 'Your hands are warm!'"

Ms. Ziegler says she drinks the cayenne "like a shot." She mixes one-half teaspoon of 90,000-unit cayenne with just a little water. She uses cool tap water "because the hotter the water, the hotter it will be." She does this twice a day and finds that she needs to take it with a meal or it will make her nauseous.

Ms. Ziegler also had her son take cayenne pepper. "He had a terrible chill because he had a severe cold. His throat, his head, his ears, everything was full of phlegm." After she gave him the cayenne, he became warm all over and went to work the next day. "He got all the infection out of his system," she states. "It didn't cure the cold, but it sped up his recovery and kept him warm."

In general, Ms. Ziegler thinks the cayenne helps the whole body to function. "I noticed if I don't get my daily dosages in, then the next day I'm more sluggish, even in the bowel tract, where I otherwise have a lot of trouble."

"My hemorrhoids were completely well after three days."

Off and on for 15 years, Ron McDowell suffered an agony that plagues many Americans — hemorrhoids. Although he tried the popular topical remedies, nothing seemed to cure the irritation.

Then my newsletter on cayenne arrived. He describes his reaction: "I thought about it for a few days, wondering what the cayenne was going to do to me, but decided I had nothing to lose." He took one teaspoon a day in water for three days. After that, the hemorrhoid problem was completely gone. He currently takes one half teaspoon in a glass of water twice a week as a preventative measure.

The only side effect to the cayenne has been that he notices a bit of diarrhea. "I found there is a little cleansing of the colon with taking the cayenne. A small price to pay to relieve the hemorrhoids."

Giving blood enhanced by cayenne pepper.

One reader, Mrs. M.R. in Virginia, wrote that the last time she gave blood she asked if there were any adverse effects for people giving blood who took cayenne pepper. She was told that people who took pepper and then gave blood noticed a faster flow. The cayenne seemed to make the blood come a little quicker.

The pain was so bad in his legs that he was going to have his varicose veins stripped.

Harry Carter tried cayenne pepper the very same day he read about it in our newsletter. He was desperate to do something to stop the pain in his legs that started three or four months previously. "It was constant pain; it never let up," he explains. "The only time I got relief was when I was sleeping. Aspirin didn't even help much."

"I decided to try the cayenne before going to a doctor," Mr. Carter says. "It couldn't do any harm." He started taking a teaspoon in hot water three times a day. The next day he noticed that the pain was not as bad. He decided not to go to the doctor and to keep taking the cayenne. In two weeks, the pain was gone.

Now Mr. Carter is on a maintenance dosage of one teaspoon twice a day. Not only has the pepper stopped the pain, but his varicose veins are diminishing as well. "They used to stick out like pencils all down my legs," he marvels. His only problem is that it causes him to "sneeze like crazy." But perhaps that's just an added benefit — it clears his sinuses!

Her cholesterol and blood pressure were lower — and the only change in her life-style was taking cayenne.

Audrey Robinson went to see her doctor the first week of April this year and discovered that her blood pressure had dropped to 102/ 60. The previous year it had been 160/88. She was so surprised that she "almost fainted." She'd done nothing differently other than taking cayenne.

Her cholesterol, which tested at 229, had dropped by 11 points from the previous year's 240. In past years however, her cholesterol had been in the 130-140 range.

Ms. Robinson mixes about 1/4 teaspoon of cayenne pepper in orange juice each morning. She's been taking it since February, when she read about its benefits in my newsletter.

Man found relief from weekly blood draws by taking cayenne pepper.

Six years ago, while duck hunting, Ray Pullen had a minor accident that landed him in the hospital. It was there that he was told he had Polycystinea — a disease of the bone marrow that causes the production of too many red blood cells.

Every two weeks, he would go in for blood work. Depending on the red blood cell count, he was relieved of one to two pints of blood. This had been going on for *six years*.

"When I first found out, the doctor said it usually plays out in a matter of two or three years. When it didn't play out, that was when I subscribed to Sam's Newsletter and bought books on self-healing."

"On February 7, 1994, my blood count was really high. The doctor had to take so much blood that I almost passed out on the table. The next day, I started taking the cayenne."

'A few weeks later, on February 24, I went to see a new blood specialist my first doctor had recommended. She thought I would need a blood draw, but my count had dropped to the normal range.

She told me to come back the next week and have it checked.

When I went back, my blood count had all the elements of normal blood."

"I went for three months without having any blood drawn. But, then I got too smart for myself. I cut the dosage down to half. I was taking a half-teaspoon in water three times a day and dropped it to a quarter-teaspoon three times a day. Unfortunately, my blood count rose again and I've had to restart the blood draws."

"I'm back on my full dosage of three half teaspoons per day, but the count has only dropped back to 60. This condition normally causes fatigue and weakness — probably from the amount of blood you lose. The three months of not having to give blood helped me to regain my strength."

Mr. Pullen is currently having the blood drawn every two weeks. He plans to up his dosage to one teaspoonful three times a day with the hope that his blood count will drop to normal again. Although he does have blood taken, he says, "I'm still strong. I don't get those weak feelings I used to get before when the blood draw was necessary. And that, in itself, is like a new lease on life."

Cayenne cured his tonsillitis; now it keeps him from getting colds.

Mr. Alba had been suffering for nine months with tonsillitis in his left tonsil. Penicillin didn't work, so the doctor had him gargling with codeine. But that only numbed the pain temporarily.

"I thought it was ridiculous," Mr. Alba says. "I had to find a cure." That is what Mr. Alba did.

He researched the problem and then came up with a program: He gargled with fresh lemon juice in warm water, took Vitamin C, gargled with cayenne pepper in warm water, drank the cayenne as a tea, and even ate a little of the cayenne out of a spoon. The combination did the trick.

"I haven't had any tonsillitis for over a year — it's gone. Now, I put cayenne pepper in my diet practically every day. I just sprinkle it on my food."

"I also give my dad, who has an irregular heartbeat, one or two capsules of cayenne a day. Now he's walking all the way from the car to the end of the nursing home where my mom is, without huffing and puffing and asking for a wheelchair. The cayenne is the only thing I changed with him."

But, that's not the end of Mr. Alba's story. He also uses the cayenne to cure colds. "If you take the cayenne during the first three or four hours when you feel a sore throat or cold coming on, it can knock it out," he explains. "I've done it several times, and even tested it on friends. I'm the type of guy that when I know something is good, I tell people."

Allergies tormented her for nearly 18 years.

Lucinda Olsen was allergic to just about everything. Her sinuses were always clogged up and gave her terrible headaches. She had to take one or two allergy tablets of Drixoral every single day. She tried different herbal formulas purchased from health food stores, but they failed to relieve her of her suffering.

Then, she read about cayenne pepper in our newsletter. "Now I'm to the point where I don't take any allergy tablets. As long as I take the cayenne, there's no problem," she says.

When asked about the dosage she takes, Ms. Olsen explained, "I could not tolerate drinking the tea straight, so I started taking the cayenne in capsules. I make my own and take one every morning with an herbal tea and do it again in the late afternoon. And I never, ever take it on an empty stomach!"

"I was bleeding profusely. The cayenne stopped it immediately."

While Jean King was preparing her dinner, she accidentally cut herself to the bone on the back of the left index finger. "It bled profusely. I washed it under cold water, applied pressure, and it still bled. Then, it just came to my head to apply the cayenne."

"I had read the newsletter and remembered telling people about it, and so I thought

this was a good time to try it. I sprinkled it on and the bleeding just stopped — as fast as turning water off. It was just immediate!"

One of the more amazing things Ms. King noticed was that the blood/cayenne mixture formed an incredibly tough scab. It stayed on for 4 days through her daily hot baths.

"I took a bath and fully expected the scab to float off because it was not a natural-made scab. It stayed on for 4 days. When it did come off, there was no pain. I just noticed one day the bright red color wasn't there. There was no bleeding or burning. In fact, there was nothing but new skin!"

"I always carry water in my car and a small first-aid kit. I've added a small amount of cayenne. I tell people to carry cayenne in your car, in case there is trouble and you have some bleeding you want to stop."

"People are very suspicious of natural things. I tell them I didn't make this up — I'm not smart enough. I read about it and I use it. I like to tell people about my finger. It really happened. I saw the almost miraculous way the bleeding stopped. I don't want to ever be without my cayenne pepper."

A reader saved from surgery on the veins in his legs.

The man was a reader and friend of mine. His legs were aching constantly. Doctors told him it was blood clots and clogged arteries in the veins in his legs. He was scheduled for surgery to open up the veins and clean them out, but he was terrified of the operation.

Out of fear, he asked someone who was into natural healing what to do — but he thought the answer was pure nonsense. He was a skeptic who loved everything medical. But, he tried the cayenne pepper anyway. It had been recommended to him. He took three level teaspoons a day mixed in some cold water.

Within two days, his legs weren't aching as much and the swelling was going down. His feet, which had normally been frigid, were as warm as a baby's bottom. His hands, which had been icy and cracked, were now warm, also. He went back to his doctor, who said his veins were so much better that he doesn't need the operation. All the doctor could do was scratch his head and say, "I know, we doctors don't believe in herbs!"

Congested Sinus, Tendonitis Cured With Cayenne

From my reader W. L, in La Mesa, California: "For the last five years or so, I've had tendonitis and chronic sinus congestion. In 1989, I was hospitalized with meningitis. After the meningitis, my sinus condition became so bad that I took to flushing my sinuses out two or three times a day. This went on for years.

"I started drinking cayenne tea. I started out at 1/4 teaspoon in one cup of hot water, once a day — four days on, three days off. Then I read your article and upped my dose to one teaspoon per cup of hot water, three times a day. My sinuses cleared up a

lot over a few days of this treatment, plus my energy level increased a lot. And guess what? My tendonitis seems to be almost cleared up due to the cayenne.

"You cannot imagine how excited I was when my long-standing sinus condition noticeably improved...Now my sinuses have become so clear that I seldom have occasion to blow my nose. This is something that seemed impossible less than a month ago.

"Cayenne is the most impressive healing herb I have ever experienced. I have read that the hotter the cayenne is, the greater its healing qualities will be. I have tried the African Bird Cayenne, which is the hottest I can get, but it seems like the regular cayenne I get from my herb store works better for me."

Pets can benefit from cayenne, too.

One reader mixes cayenne pepper in his dogs' food. "I have one dog that is about 10 years old and it has perked him up. He just looks healthier. He looks like a younger dog." His big dog (70 pounds) gets a teaspoon a day and his little dog, 1/2 teaspoon.

Another reader's dog almost bled to death. Terry Raudenbush has a black lab who had an abnormal growth in her sinuses. Her nose started bleeding and wouldn't stop. The vet put her on thyroid medication to stop the bleeding. However, because she is an older dog, Terry didn't want to give her too much medication.

"You're going to think this is crazy," he says. "I read that cayenne pepper is used to stop bleeding, so I took her off the thyroid medication and began giving her one capsule of cayenne pepper a day. She has not had any bleeding for almost 2 months. I just take the capsule, hold her jaw, and throw it down. I check her every day to make sure she is not bleeding."

[EDITOR'S NOTE: Several readers have asked where they can purchase empty capsules for the cayenne pepper. Many health food stores sell them, as do many herbal distributors. I just mix cayenne in my dog's food without a capsule and so far, he likes it.]

Does Cayenne cause Cancer? Dr. Schulze says NO!

This has been one of the most common questions we have received from readers.

The rumor seems to stem from a research project performed by Yale University and the Mexico National Institute of Public Health. It was part of a doctoral project by a former graduate student at Yale who wanted to survey the food habits of residents of Mexico City, and compare the results with the incidence of stomach cancer.

According to an article in the February 26, 1994 issue of the St. Petersburg Times, "People (in the study) who described themselves as heavy consumers of chili peppers were 17 times more likely to have stomach cancer than those who said they did not eat them" (emphasis added).

In answer to your many letters and phone calls, I asked Dr. Richard Schulze to give us his views on the topic. Here is his response:

SCHULZE: I think this conclusion is ridiculous for a number of reasons. In most tropical areas of the world, peppers are a staple of the diet. The children eat peppers as if they were candy. Actually, scientific research says that the capsaicin in hot peppers may actually *prevent cancer*.

If any real studies existed that said people who took capsicum developed more stomach cancer, I would say that it was not due to the peppers, but to the insecticides and pesticides that were sprayed on them.

We know certain pesticides and insecticides are carcinogenic. Furthermore, pesticide laws and restrictions that exist here in the United States do not necessarily apply to countries like Mexico — which means that their farmers are able to use cancer-causing pesticides, without restriction.

The danger is not in the peppers, themselves, but in what is sprayed *on* them. It maybe 'a tough pill to swallow,' but the safest way to take cayenne — and all herbs and herbal products — is to buy only from organic sources. It may take some research to find them, but it is certainly worth the extra effort to ensure that you are not ingesting harmful chemicals with your peppers.

[Editor's Note: Controlled studies reported by the National Cancer Institute have shown that farmers who were exposed to pesticides were up to eight times more likely to develop certain types of cancer than those who were not exposed to the same pesticides.]

Also, a recent article published in Newsweek ("Beyond Vitamins," April 25, 1994), confirms what many natural healers have been saying all along. Capsaicin, the chemical in peppers which makes them taste "hot," keeps toxic molecules and potential carcinogens from attaching themselves to DNA, where they could otherwise trigger cancer. In other words, capsaicin has been shown to have *cancer preventive* properties.]

Cayenne raising blood pressure?

One reader wrote in and said that cayenne raised his blood pressure. I am not sure if this is true. In any event, it is important to remember that cayenne is only part of a natural-healing program.

You need to clean out your liver with a liver flush and castor oil packs. This can substantially drop the cholesterol and affect the blood pressure. You also need to cleanse your colon; and two of Dr. Schulze's colon formulas were given in Vol. 7, #1 of our newsletter. Information on castor oil packs for lowering cholesterol can be found in Vol. 4, Issue 5 of my newsletter.

Also, high cholesterol and high blood pressure are a sign of dehydration, even if no thirst is present. You need to drink eight to ten glasses of water a day, and include 1/2

teaspoon of salt a day in your program. Without the salt, the water will pass through your body too quickly and will not be retained — and the blood pressure will remain high, in spite of the increased water.

Another benefit of water is that it can instantly relieve anxiety attacks and excess anger. Drink three glasses of water immediately when great anger or anxiety appear or when you are under great physical pain. The water will cause your brain to excrete a calming chemical and you will be better in minutes.

For more information, get the book [Your Body's Many Cries for Water](#). For the new edition, send \$14.95 plus \$3 postage, to Global Health Solutions, P.O. Box 3189, Falls Church, VA 22043.

Chapter Four: How to use cayenne pepper in an emergency.

"Very few people today know how to use cayenne pepper, and even less have any actual first hand experience," says Dr. Schulze, the leading medical herbalist in America today.

That's a shame," says Dr. Schulze, "because failure to information in this chapter can cost you your life."

Dr. Richard Schulze has hundreds of case histories in which he used cayenne effectively to treat many diseases. He has used cayenne in many emergency, life-threatening situations. He has used so much cayenne himself that his students, and even the great Dr. Christopher, used to call him by his nickname, "Professor

Cayenne."

Those herbalists who treat people work on mild cases, not the terminally-ill, as did Richard Schulze. If what Dr. Schulze learned on the firing line of last-chance medicine can save the dying, then it is also good enough to save those who are less ill.

BISER: *How can you say that few people know how to use cayenne? There's nothing to know! You just swallow a few capsules of the stuff*

SCHULZE: That's where you and your readers are wrong.

There's plenty to know. First of all, your readers are using the wrong kinds of cayenne. They're too weak. Second, you don't know what forms of cayenne to use, how to administer them, how to prepare them, what dosages to use to get results, and what kinds of cases to use them in.

I didn't learn this from books. The books are useless. I learned it from people who were dying in front of me.

BISER: What do you mean "dying in front of me?" Aren't you being a bit over dramatic?

SCHULZE: Not at all. I have had twenty to thirty people have strokes right in my office. I saved them long before the ambulance ever arrived.

I was once waiting for a patient, a man in his 50's who had a previous heart attack, and who was just beginning my programs.

He was late, so I asked my secretary to see if he had arrived. His car was parked in the driveway and it looked as if he was sleeping in it. When she went out to wake him up and bring him in, she became hysterical. She came running in and told me he was dead.

I ran out to the car. He was beyond blue, he was slate grey, cold, and did look dead. I saw no breathing and felt no pulse. Now, given that situation, what would your readers have done?

BISER: *I don't know, except call 911.*

SCHULZE: That's fine, but if the man is already this far gone, he'll be even worse by the time they arrive.

BISER: *So what did you do?*

SCHULZE: I put 12 whole dropperfuls of cayenne tincture into the mouth of this literally dead man.

BISER: *Isn't that way too much? Couldn't that hurt him?*

SCHULZE: Who cares if the man has a sore throat for a week afterward? If you don't do something in seconds, then he's definitely dead.

BISER: *So what happened?*

SCHULZE: His face began to turn *red* — before I even started CPR, and we revived him in seconds. The paramedics took him to the hospital, and later I talked with the emergency room physician.

He said that he had rarely seen a person who was so far gone, survive. And, he had never seen a person that bad, who had literally no heart damage. I think this can also be attributed to the fact that this man had been taking hawthorn berry concentrates for months before he ever came to see me. Hawthorn is a known heart protectant.

Here's my point on this whole case: I gave this man 360 drops (30-40 drops per dropperful) of cayenne tincture. This is a dose no one would dream of. Everyone else wimps around with a couple of dropperfuls — and to tell you the truth, they wouldn't even know to use it at all, in this situation.

Secondly, this wasn't ordinary cayenne tincture. This was tincture so powerful it makes the stuff you can buy at health food stores and herb suppliers look like colored water. I'll show your readers what no one else has ever told them about making cayenne preparations and using them.

BISER: *Is cayenne really that beneficial, or is this more herbal folklore?*

SCHULZE: It is far from theory. I have had hundreds of patients recover from many diseases using cayenne.

BISER: *How can it be good for so many problems?*

SCHULZE: It's very simple. It's called circulation. A common denominator with all disease is a lack of circulation, a lack of fresh blood, especially to the area that is sick or diseased.

You can take all of the herbal products you want, drink fresh juices, use super foods like spirulina, alfalfa and wheatgrass, and still be sick.

If the healing properties of these foods don't get to the area that is injured or diseased, you are not going to get well. Cayenne stimulates and increases blood flow, which gets the blood and the healing nutrition and chemicals to where they are needed most. Cayenne should be an herb which everyone has in tincture and powder. In the kitchen, the bathroom, and in the trunk of your car, so you have it wherever you go. "There is no other herb that moves the blood faster to the brain than cayenne."

"There is no other herb that moves the blood faster to the head and brain than cayenne."

BISER: *But what specific problems is it best for?*

SCHULZE: To start with, the brain. The first thing anyone notices when eating cayenne, besides a hot mouth, is a red face and sweat on the forehead and cheeks.

There is no other herb that moves the blood faster to the head and brain than cayenne. Getting more blood to the brain can have great positive effects on stress, vision, thinking, memory and can be the first step in healing a brain injury or disease.

It will also keep anyone from fainting or losing consciousness. I dare anyone to pass out with a mouthful of cayenne.

BISER: *Did taking cayenne hurt any of your patients?*

SCHULZE: Usually only when they eliminate it. It can be as hot coming out as it was going in. Some people are more sensitive to cayenne than others.

If there is no hurry, I suggest people start with a little, two or three times a day, and work themselves up to 1/2 to one teaspoon, three times a day. But people who are sensitive to it can start with as little as 1/8 teaspoon once or twice a day.

"Cayenne is the surest first aid remedy for a heart attack"

BISER: *What about strokes? I've heard it helps.*

SCHULZE: I have had at least 20-30 patients over the years who have had a stroke right in my waiting room. Once I had an elderly man in my office and was giving him an iridology exam. As I was examining his eyes through a magnifying glass, I saw his blood vessels enlarge, then explode right in front of me. Then he fell to the floor with a stroke.

I gave him a mouthful of cayenne tincture, and he walked home. I have seen many patients, in the midst of a stroke, come out of it right away, by immediately giving them cayenne pepper.

BISER: *How much?*

SCHULZE: A heaping tablespoonful in a glass of warm water, or ten dropperfuls of tincture. This is also the same treatment and dosage for someone having a heart attack.

BISER: *Is cayenne really effective for heart attacks and heart disease? I know that Dr. Christopher used to say so, but I have never really known anyone to use it.*

SCHULZE: Cayenne is most effective for heart and blood circulation problems, and for angina pectoris, palpitations, and cardiac arrhythmias. It's a miracle for congestive heart failure. It is a specific for anyone who has any type of circulatory problems, such as high or low blood pressure, elevated cholesterol, triglycerides and fats, even varicose veins.

With the heart, cayenne is great for prevention as well as for the treatment of disease. It relieves the pain of angina pectoris by helping to get more blood to the heart muscle itself.

If a person has a heart attack, cayenne is the surest first-aid remedy. I have had almost a hundred patients actually save their lives by using a tablespoonful of cayenne

pepper in a glass of warm water, or 10 dropperfuls of the tincture, and drinking it down fast. In every case, it brought the person right out of it with minimal damage, some with no damage at all.

BISER: *Have you ever known cayenne to fail with a heart attack?*

SCHULZE: Yes. One man. I talked with his family and they had given him 3 glasses at the onset of a heart attack and he still died. But, he had a cholesterol level of around 600, hypertension, and severely blocked arteries.

Some people are so far gone. This guy needed cayenne years ago. Herbs do work miracles, but we shouldn't expect them to. If we all took better care of ourselves, we would stand a far better chance when a serious injury or disease surfaces. But if there ever was a miracle herb, it is certainly cayenne!

"How I used cayenne and other herbs to save a woman who was dying of coronary collapse."

BISER: *What about circulatory disease?*

SCHULZE: I had a woman rushed to my office from an acupuncturist's office nearby. This was a number of years ago. This woman was obese and was slowly dying of congestive heart failure. She was very swollen in her ankles. They were as big around as an average person's thigh.

They had been doing some acupuncture on her ankles and various other areas of her body and, when they took the needles out, she spurted and leaked like a water balloon with pinholes in it. They tried to stop her from leaking and they couldn't.

They brought her into my office and she had these band-aids all over her body. Two assistants were holding their fingers over the needled areas. When one of them took their finger off, she squirted water across my office.

The problem with congestive heart failure is that the heart is pumping so weakly, with such little force, it can't press the blood through the kidneys with enough force for the kidneys to remove the liquid waste. She was drowning from the inside in her own waste and fluids.

This was a classic case for cayenne. Not only did I put cayenne tincture where she was leaking, to stop the leaks, but I put her on one teaspoon of cayenne, every other hour. In addition, I had her take one teaspoon of equal parts of ginger root and red clover blossoms on the in-between hours, plus eat about six cloves of garlic a day. These doses were for a very sick, large lady.

Now, with everyone who has any heart or circulation problem — they must be a complete vegetarian during their program and begin moderate exercise daily. I juice-fasted this woman. I remember her yelling at me, "I am full of water as it is, and you want me to drink more?" And, of course, I did.

BISER: *What happened?*

SCHULZE: Oh, she got better. It took a whole year for her to be normal because she was so far gone, but she was out of danger in only a few days.

BISER: *So, cayenne is great for congestive heart failure. What about other circulatory problems?*

SCHULZE: It increases blood circulation and eases the pain of congested swollen veins. Veins, unlike arteries, have thinner, less muscular walls. Because of this, they easily herniate, swell, and collapse. Cayenne helps the blood move through the veins easier.

It even dissolves clots, and, being a very rich source of vitamin C and bioflavonoids, and other vitamin C complex nutrients, it actually strengthens the walls of the veins, and has been proven to clean them and help them regain their elasticity.

I have seen many diabetics, and others, with horrible circulation problems in their legs and extremities — some so far gone with gangrene they were scheduled for amputation — who recovered.

Many people just follow one part of a Dr. Christopher routine and expect a miracle to happen. But, if people would follow his whole program, and my whole programs, they really would see miracles happen.

BISER: *What are you talking about?*

SCHULZE: I have seen many people with very serious circulation problems in their legs and extremities not be helped by Dr. Christopher's marshmallow root bath. People only do part of his programs.

To begin with, the marshmallow root is very soothing to damaged tissue. But, when there is a severe circulation problem, you need to do a lot more. Anyone with a bad circulation problem needs to do hot and cold therapy on the legs, or wherever the problem is.

Filling a large tub with hot water, add 4 ounces of cayenne pepper, 4 ounces of ginger root powder, and 4 ounces of mustard seed powder. Just put these herbs in a dish towel, tie it closed, and put it in the bath like a big tea bag. You will see the water turn orange. Then, fill a large bucket with cold water plus 10 pounds or more of ice in it. Plastic garbage bins and wastebaskets work well for this.

Put the leg, or whatever, into the very hot bath for 5 to 10 minutes and then immediately into the cold for at least 2 minutes, but 5 to 8 minutes is much better. Do at least 5 repetitions of this.

You will feel the heat of these herbs on the area for hours after. Also, remember to use your cayenne, internally, during this routine.

"Cayenne stops the bleeding of stomach and duodenal ulcers immediately."

BISER: *What about ulcers? How does cayenne help digestive disease?*

SCHULZE: Cayenne is listed in the Merck Index as an official carminative and stomach stimulant. If a person's digestive problems are due to a lack of digestive strength, digestive juices, or stagnation in the stomach, cayenne is a Godsend. Cayenne, first of all, stops the bleeding of stomach and duodenal ulcers. It also increases circulation in the stomach wall, which speeds up the healing process.

Cayenne also stimulates your pancreas to release more hydrochloric acid, enzymes, and even promotes your liver and gall bladder to release more bile. All of these actions increase your digestion.

For digestive problems, a little cayenne can go a long way. It is best to begin with a small amount, like a 1/8 teaspoon, eight times a day, and increase slowly as you feel better.

Cayenne can also be added to aloe vera gel, slippery elm bark and licorice root, to buffer it, if desired. And all of these additional herbs also heal the stomach lining.

Special advice on cayenne for some ulcer patients.

BISER: *Are there some people who shouldn't use cayenne? Such as for burning ulcers?*

SCHULZE: Everyone can use cayenne. However, some people should use less to start up, and then use it medicinally, but not for the rest of their life. For example, people who tend to run hot — the hot, dry, feverish, inflammatory types — should use it periodically, not all the time.

Also, those people with great gastric irritation should use it with caution, but can still use it. They may have to avoid it completely while they have ulcers, but they can use it sparingly later when the ulcer is healed.

Remember, people should not abandon their good judgement and common sense, because it says a specific dosage in a book. I always tell my patients to think for themselves; make their own decisions and listen to their inner voice.

"I have had many patients run into my office with very deep lacerations, to the bone in many cases — that's right, I could see the bone — and you pack cayenne right into the wound."

BISER: *How about first aid, and saving lives with cayenne?*

SCHULZE: Cayenne pepper is, without a doubt, the number one first aid herb. Whenever you have a problem with blood — be it blood loss, disease, clots, or even stoppage — cayenne is the herb of choice. When you think of blood, in any situation, use cayenne.

BISER: *What do you mean, "blood loss?"*

SCHULZE: Exactly that. There is no herb that stops bleeding faster than cayenne. I have used it for all types of bleeding, from cuts to internal hemorrhaging. I have had many patients run into my office with very deep lacerations, to the bone in many cases — that's right, I could see the exposed bone — and you pack cayenne right into the wound.

BISER: *Doesn't that burn like heck?*

SCHULZE: That's the surprise. It doesn't burn at all. You think it would, and it does if you take a bath in it or rub it around the body, but, on open, fresh wounds, it doesn't. There is so much trauma already, with the cut or wound, you don't feel a thing.

I had a young woman who was putting her whole weight behind a jack-knife. It collapsed on her finger, with all her weight behind it, and she almost cut her finger entirely off. It was spurting blood and the cayenne sealed the wound in seconds.

I had another lady who plunged her hand into soapy dishwater, only to discover a large broken glass that cut the tip of her finger right off. We packed it with cayenne and there is not even a scar today.

I had one man with a 12-inch slice in his leg about 2 inches deep. He would have needed a tourniquet and nearly fifty stitches. But a few handfuls of cayenne pepper and some tape did the job.

Last year, when I was teaching in England, one of the students totalled his very small sports car in a "head-on" with a Range Rover.

Besides a few broken ribs and multiple bruises, he had a two-inch hole in his knee from the collapsed, broken dashboard that had pinned him in his car. This was in a very remote area of Northern England, and he was brought to the school by the police.

The first thing I did was flush the wound out. I always flush out fresh wounds with what I call an anti-infection tincture which has cayenne in it. I'll give this formula later. It not only begins to stop the bleeding, but it cleans, disinfects, and even seals the wound.

BISER: *But won't cayenne clean and disinfect, also?*

SCHULZE: Absolutely. It stops the bleeding immediately and the high amount of vitamin A and vitamin C in cayenne also clean and disinfect. With any injury, remember to take cayenne internally. However, cayenne stops the bleeding so fast — in two or three seconds — and you don't always have time to clean a dirty wound; so, with some wounds, I flush them out first to cleanse them, then I apply the cayenne.

So I flushed out the wound and when it was clean, I could see the patella — the knee cap — very clearly. We then dusted the wound with cayenne, and packed on a healing poultice. We took tape and stretched the skin tight to keep it closed. Even I had my doubts with this one because there was so much skin missing. There was literally a

hole in his leg.

The next morning, I cleaned the area with hopes of doing the entire procedure over again, because the night before, we had to do this in a badly lit room, and I figured I had made a mess of it, and now wanted to do it right. When we peeled back the bandage, the entire class was very surprised. The wound was totally shut, sealed, and looked like a minor cut.

There was a nurse who had assisted me the night before and she said, that in all her years of hospital work, she had never seen a wound of this severity, or in fact, any wound, heal so quickly and with so little trauma to the area.

She said that she now believes that the majority of wound traumas she saw in the hospital were not caused by the injuries, but by the doctors in their cutting, debriding, endless cleaning, swabbing and disinfecting, and then, finally, their stitching. This was the first time this nurse had actually seen how fast and efficiently the body repairs itself, when no one interrupts nature and when you use herbs.

"The bleeding went from spurting, to a slow trickle, in two seconds."

BISER: *What about cayenne douches and enemas? You told me about a cayenne douche that saved a woman's life,*

SCHULZE: I have used the same routine many times on women, often right after birth, for hemorrhage. I have attended many births. Cayenne is a wonderful birth herb for mom, the baby, and even the midwife and attendants. When my own wife had our son, she tore a bit.

By the time I put our son on her chest and began to massage him, I noticed that my wife was bleeding quite a bit. When she tore, she ripped through a vein and in seconds, had bled a pool about two feet in diameter. I immediately squirted 15 to 20 dropperfuls of cayenne tincture all over her vagina and even a few dropperfuls into it. She was a bit white, so I gave her a dropperful orally also. The bleeding stopped in one second.

I have been in on births when the mom bled severely from the uterus, and also from the placenta detaching. A cayenne douche and cayenne orally always does the trick.

I have also used it rectally for severe rectal bleeding, and yes, before you ask me, it is intense. It's painful, but it saves lives. A teaspoon of cayenne pepper in warm water, injected using a rectal syringe, stops the bleeding.

BISER: *You told me you even used cayenne pepper on newborn babies.*

SCHULZE: If a baby is in trouble and needs reviving, or just a good push to be on earth, a few drops of cayenne tincture, diluted 50% with water, on the mouth, lips, or tongue, will do the trick. I have done this many times. Also, get some warm water with a little cayenne in it and you can massage this water around the baby. It really brings them around.

BISER: *You said that our readers are using the wrong forms of cayenne. What do you mean?*

SCHULZE: First of all, everyone buys commercial cayenne at the health food store. No one realizes that most of the cayenne is imported from overseas. Further, cayenne is one of the most sprayed crops there is. Cayenne is part of the tomato family and is highly prone to insects. I have seen fields of cayenne pepper where the clouds of white pesticides around the cayenne plants was so thick you couldn't even see the peppers.

On top of this, your readers are getting weak cayenne. When Dr. Christopher, my great teacher, used cayenne in his famous healings, he was talking about what he called African bird peppers. These peppers are about 200,000 or more heat units. Compare that to the 40,000 heat unit stuff the herbal companies sell you.

BISER: *Before we talk about the medicinal uses of cayenne pepper, many of my readers have been confused over the difference between cayenne pepper, capsicum, the African bird peppers that Dr. Christopher used to talk about, and chili peppers. Which one should they use?*

SCHULZE: They are basically the same thing.

All hot peppers are botanically called capsicum. Depending on the various species, they are put into different groups: capsicum annum; capsicum frutescens; some even describing their place of origin, such as; capsicum japonica (Japan) and capsicum mexicana (Mexico).

The bottom line: all hot peppers are capsicum. The name cayenne just refers to one variety of capsicum but, over the years, this name has become synonymous with capsicum and is used to refer to most hot varieties of chillies. All varieties can be used in the same way and have the same medicinal value.

BISER: *Which varieties are more potent?*

SCHULZE: What determines the potency of cayenne is not the name it's called, but the intensity of its heat, which is determined by the quantity of the potent chemicals in cayenne; capsaicin and its resins. The more of these chemicals that are in cayenne, the hotter it is, and also the stronger and more effective it is in healing. The heat is measured in heat units, incorrectly called B.T.U.'s (British Thermal Units) but correctly called Scoville Units, or just heat units. All capsicum is rated between 0 and 300,000 heat units.

Paprika has no heat and is rated 0 heat units. Most actual cayenne peppers are rated between 30,000 and 80,000. Jalapeno peppers are between 50,000 and 80,000. Serrano peppers are at about 100,000. African bird peppers are about 200,000 and Mexican habaneros are between 250,000 and 300,000.

"The best cayenne can be bought right at your local grocery store. Or ask them to order it for you."

BISER: *O.K., so all hot peppers are capsicum, and are called cayenne, and all are medicinal. But, where do you buy the best?*

SCHULZE: Although most people think the best cayenne is found in capsules from herb companies, or in bulk jars at the health food store, usually, the best is found right in your local grocery store.

BISER: *The grocery store? They have cayenne pepper?*

SCHULZE: Absolutely. Almost every major grocery store in this country sells a variety of fresh hot chili peppers in the produce section. And if you don't see any, just ask the produce manager to order some for you. Ask for a variety, such as: jalapeno, serrano, habanero, cayenne or any hot peppers they can buy.

These fresh peppers will also contain much more vitamin A and vitamin C that are reduced in the drying and processing of cayenne.

If you have an organic market in your area, they will also sell organic peppers. If you don't buy organic, wash with a little soap and scrub lightly before use.

Remember that equatorial peoples generally eat spicier food and this includes lots of cayenne pepper. If you have an area of your town where Mexicans, South Americans, Caribbeans, Africans, East Indians, Chinese, South East Asians, etc., live, you will certainly find some great hot peppers in their local produce markets. Don't be afraid to venture into these stores and neighborhoods. You will usually find a great assortment of foods and herbs.

BISER: *Can people grow these peppers?*

SCHULZE: Sure. It's easy, and peppers grow very fast. You can grow them outside, in a few months, anywhere in the country during spring and summer, and year-round inside your house in a sunny area.

You can buy seeds from your local nursery or for great organic seeds, there is a source listed in the next chapter. It is much easier to grow them from small plants though, which you can buy from any nursery

BISER: *But, how do you use fresh peppers?*

SCHULZE: Easy. You can use them fresh in salads or in cooking. In vegetable broths, anything. If you want to dry them, just cut them in half or quarters, string them together with a needle and cotton thread, and hang them around the kitchen — not in sunlight — until they are dried.

You can even use a food dehydrator, if you have one. Once they are completely dried, you can store them in canning jars. You can even put them in a small electric coffee grinder and make powder in seconds.

Personally, I put a mixture of various fresh chili peppers in the blender with some extra virgin olive oil, blend for just a minute, refrigerate, and put this hot sauce on any food I want. This is one of the best and easiest ways to add cayenne to your diet.

Make your own cayenne tincture at home.

BISER: Is it difficult to make your own cayenne tincture?

SCHULZE: *It's easy. Just follow these steps:*

#1) Take a quart canning jar and fill it up 1/4 of the way with the hottest, dried, cayenne peppers you can find. Break them up or powder them in a coffee grinder. Always get the absolutely hottest cayenne peppers and habaneros you can find.

#2) Add enough 40%-alcohol vodka to just cover these chopped and powdered chillies about 1 inch.

#3) Put some fresh chillies in a blender, add enough 40%-alcohol vodka to turn these chillies into an apple sauce-like consistency. Make enough of this puree to fill your canning jar up to about 3/4 of the way full. Once again, always get the absolute hottest peppers you can find.

#4) Top off with more 40%-alcohol vodka

NOTE: Start this procedure on the New Moon. Let it sit until the Full moon (minimum time), about 14 days, shaking it many times each day. On the Full Moon, strain it off through a clean old tee shirt, pressing and straining real tight. Bottle this tincture. **WASH YOUR HANDS WELL.** The cayenne stays on your hands, so wash your hands three times. I let almost all of my tinctures sit for three full months before I strain them.

Can cayenne pepper help cure cancer?

BISER: *What about cayenne for cancer? Or is this going too far?*

SCHULZE: Absolutely not. As I mentioned earlier, cancer, like many diseases, can be caused, in the first place, by a lack of circulation to the area.

The nutrition and healing herbs are not getting in, and the waste is not getting out of the area. Cayenne increases blood flow to the cancer.

But there are many other reasons. Capsaicin, one of the potent chemicals in cayenne pepper, has been proven to protect your DNA, and cells from attack by toxic molecules, like from cigarette smoke and other pollutants.

I once had a patient who dissolved his brain tumor by using massive doses of cayenne pepper. This man was in his 50s and he was diagnosed with a rapidly advancing, malignant brain tumor. With this tumor, they said that even with surgery, radiation, and chemotherapy, he would only have a 5% chance of survival. When he came to me, it was evident that he had no idea what natural healing really was and he was not going to make any major changes in his lifestyle.

He was a big fan of Dr. Christopher and asked if cayenne would help him. He said he liked it, and I said, *"If that's all you are going to do, then you must take it in large*

doses," and he agreed. After one and a half months of taking massive doses of cayenne pepper, and not much else, the tumor was totally dissolved.

BISER: *What do you mean by "massive doses?"*

SCHULZE: He used ten teaspoons a day for the first month. I have actually had patients use up to sixteen teaspoons a day.

When the doctors discovered that the cancer was gone, they suggested an exploratory brain surgery. He told me he replied, "I'll leave my body to science, but not until I'm dead, please!"

This one case shows you the power of a simple substance, cayenne pepper, to affect one of the worst of mankind's diseases.

BISER: *Thank you, Dr. Schulze.*

Chapter Five:

Dr. Schulze's cayenne formulas for specific illnesses, plus herbal sources.

Dr. Schulze's cayenne formulas, plus herbal sources.

These cayenne formulas are from Dr. Schulze's clinic for ie critically and terminally-ill. They worked for people much than you are, so they can work for you too.

To make the formulas in this chapter, use, if possible, the freshest organically-grown herbs. Keep in mind that most herbs available come from overseas sources in third-world countries, and maybe contaminated with traces of pesticides.

They are also sprayed with a compound, ethylene oxide, that can damage genes, and that should never be used by pregnant mothers.

Use the sources for organically-grown herbs given at the end of this chapter. Your life, or the life off someone dear to you, may one day depend on the quality of the herbs

you use. Why deprive yourself of a healing by using commercially-grown herbs?

In all of these formulas, powder the herbs and take one teaspoon of the formula, three times daily, unless noted. Or, make a tincture, which is preferable. Instructions for making tinctures are given below. These are starting dosages only. More specific information on dosages is given below.

Many additional formulas with cayenne are contained in Chapter One and Chapter Four.

When making a tincture, pack the gallon jar with herbs, then cover with alcohol. You can mix up the herbs and alcohol in a good blender until it gets like applesauce, then pour in your jar. When everything settles, the alcohol should just cover your herbs, so you end up with a super-saturated mixture in which herbs are at least 3/4ths of the mixture. Shake daily. NOTE: Start these procedures on the New Moon. Let tinctures sit until the Full Moon (minimum time), about 14 days, shaking it many times each day. On the Full Moon, strain it off through a clean old T-shirt, pressing and straining very tight. Bottle this tincture. I let almost all of my tinctures sit for three full months before I strain them. WASH YOUR HANDS WELL. The cayenne stays on your hands, so wash your hands three times.

Critical information on dosages used by Dr. Schulze to cure frightfully sick people.

SCHULZE: The starting or maintenance dose of any tincture is one to two dropperfuls three times a day. This would be six dropperfuls per day. This is a starting dose that gets you used to any formula.

There are about thirty drops of tincture in a dropperful. So, by taking six dropperfuls a day, you are getting about 180 drops of tincture a day. In all these dosages, I am talking about great tinctures you make yourself. I am not talking about the weak junk sold at stores and labelled by the industry as "super-potent," "special extraction" process, and one hundred other herbal lies.

I have tested bottles of commercial herbal tinctures, even ones with an herbalist's name on the label, and found that even a whole bottle of such tincture gave LESS HEALING BENEFIT than a few drops of a tincture I made myself.

I am not talking about dosages of tinctures and formulas made to industry standards. These people never cured anyone. Neither did many of my herbal colleagues who write books. I was on the front lines curing the people no one else wanted to talk to — they were too sick. So I know what it takes to get cures from herbs.

Most herbalists suggest a starting dose of 5-15 drops twice a day of a weak healthfood store tincture. This is 30 drops a day of weak stuff that cannot heal seriously-ill people.

What I am talking about is 180 drops a day of tinctures that are, on average, 10 times stronger than regular tinctures — because you will be packing the jar with herbs, instead of using some low, pathetic standard that everyone else follows.

Their weak stuff is not only ten times weaker, but they are using 1/6th the dosage. So that is 60 times weaker than my starting dosages. And these people are not using quality herbs in their tinctures.

BISER: *What do you do for heavy-duty problems?*

SCHULZE: Usually, we go all the way up to two dropperfuls (60-70 drops) every hour or every other hour. If you have tachycardia, or cardiac arrhythmia, you take two dropperfuls of the heart formula every hour, or every half hour. You can take a bottle a day until that heart is beating normally. This isn't something you fool around with.

People say, "The patient died. I guess herbs never work for serious things." That is because the people used such weak herbs (commercially-grown and not organic), and in such low dosages, that they never gave the herbs a chance. The only downside I have seen to overconsumption of the herbs I use is vomiting.

For Brain problems (memory, depression and hearing)

1 part Cayenne
3 parts Ginkgo Biloba leaf
1 part Rosemary (optional) Any part of the plant above the ground
1 Part Kola Nut (optional)

For Blood Pressure problems (high or low)

1 part Cayenne
2 parts Garlic bulb 1 part Ginger root

For Eyesight problems

1/4 to 1 part Cayenne. Up to 2, 3 or even 4 parts cayenne.
Use 250,000 Heat Unit cayenne pepper.
1 part Eyebright herb, 1 part Goldenseal root, 1 part Rue flower, 1 part Mullein flower, 1 part Fennel seed, 1 part Red Raspberry leaf.

Use 5 to 10 drops of the tincture in an eyecup. Fill with distilled water, and wash your eyes five or six times a day for severe eye problems. Also, use internally, 3-6 dropperfuls a day. More instructions are given inside Chapter One.

For Heart problems

1 part Cayenne
3 parts Hawthorn berry

For Thick, Fatty Blood and Cholesterol problems

1 part Cayenne pepper 1 part Garlic bulb
3 parts Red Clover blossoms (blossoms should be red-violet and not brown. If the dried blossom is brown, this indicates it was harvested at the wrong time of year, when the power of the blossom had already gone into the root.

For General Circulation problems

1 part Cayenne pepper
1 part Ginger root

For Colds and Sore Throats

1 part Cayenne pepper
4 parts Echinacea root
2 parts Peppermint leaves 1 part Garlic bulb

Gargle in throat for mild problems. For serious infections, take the dosage up to what you need.

For Arthritis and Joint problems: Cayenne heating oil

Into 16 ounces of Wintergreen oil, soak 8 tablespoons of Cayenne pepper and 4 tablespoons of Ginger root and 4 tablespoons of Mustard powder. Let it set from the New Moon to the Full Moon. Strain and add 6 ounces of Menthol crystals.

A word on *obtaining* ingredients:

- 1) Regarding cayenne pepper, the hotter, the better. Use African bird peppers, or habeneros.
- 2) Buy your menthol crystals at either a pharmacy or a lab supply house. That can be a little difficult, but usually one or the other can supply it. A lot of pharmacists carry it, because it stops itching.

What they do is distill peppermint oil to make it, and then they distill it a second time and it crystallizes. These crystals are pure menthol. Menthol is one of the active principles of peppermint oil. You have peppermint leaves, which have a lot of active principles, then you have peppermint oil, which is a more concentrated form, and then you have menthol crystals, which is even more concentrated.

Make sure the menthol crystals are made from peppermint or thyme. Chemists always know that. I get it from a chemical supply house in Los Angeles. But a lot of times, people can contact a local university or school, and ask them where they can purchase some chemicals. You need a chemical supply house that sells natural chemicals that are derived from plants.

BISER: *How do you get the menthol crystals to dissolve into the oil?*

SCHULZE: The way we've been doing it recently is, once you put the menthol into the oil, we set that on the floor and then we have a radiant heater that has a coil inside of it on the other side of the room. We face it in that direction, and by the end of the day, the heat melts the crystals. In the summer, just put the jar in the sun for a few hours, or put the jar in a double boiler.

BISER: *That dissolves the menthol into the wintergreen oil?*

SCHULZE: Yes, and it just has to be warm. You could also put it over a heat register and it would work. There are a lot of ways to do it.

For Cuts and Wounds

1 part Cayenne pepper
4 parts Slippery Elm bark
2 parts Plantain leaf
1 part Goldenseal root 1 part Comfrey root
Sprinkle or pack this dry powder into wounds, or mix with warm water and then apply.

Sources for Cayenne Pepper and Cayenne Products.

Fresh Peppers: As stated earlier in the book, the absolute best source for *fresh* Cayenne peppers, and hot chillies of all types and varieties, is your local green grocer or produce manager — at any large supermarket. They can help identify for you the hot chillies they have in stock, and even order others for you. Also, don't forget your local health food store that has a produce section.

If you live in a town that has an Asian, African, East Indian, Mexican or other tropical ethnic community, they are a sure bet for some hot great chillies. Common grocery store varieties that Dr. Schulze suggests are Cayenne, Jalapeno, Serrano and Habanero. But remember, all hot peppers will work. The hotter the better.

Grow Your Own: The absolute best source for herb seeds is the company called Seeds of Change. They have great (non-hybrid) original seeds, and all of their seeds are from organically-grown plants. You know you will be starting with genetically strong, non-toxic varieties. Peppers are one of the easiest and fun plants to grow indoors or out.

Seeds of Change has 20 varieties of peppers, but some are not hot, and are therefore not medicinal. Twelve varieties that Dr. Schulze suggests are Aoi Sivri, **Aji Colorado**, **Aji Habaiiero**, **Bolivian Rainbow**, **Cayenne**, Criolla Sella, **Hidalgo**, **Jalapeno**, **Purira**, **Ring-O-Fire**, and **Serrano**. (All these varieties are hot, but the ones in bold are the hottest.) Order from: Seeds of Change, E O. Box 15700, Sante Fe, NM 87506-5700, phone 1(888)-762-7333, fax 1-(888)-329-4762. (Call, fax, or write for a free catalog.) They also sell a good book, The Pepper Garden: how to grow peppers, from the sweetest bell to the hottest habanero.

You can obtain seeds for the hottest chilli peppers in the world from: **Shepherd's**

Seeds, 30 Irene Street, Torrington, CT 06790. (860) 482-3638. The hottest peppers are called, "Red Savina Habaneros." They contain 350,000 to 500,000 Scoville heat units.

Cayenne Powder, Extract, and Cayenne Products: The hottest 9-Cayenne pepper powder (300,000 heat units) sold in the United States, plus Cayenne extract (275,000 heat units), and numerous organic and wild-harvested Dr. Schulze Formulas discussed in this book are available exclusively from: **The American Botanical Pharmacy**, Post Office Box 3027, Santa Monica, California 90408, phone 1-(310)453-1987, fax 1-(310)-399-6325. (Call, fax, or write for a free catalog.)

Other Herbs: If you want to make herbal formulas by yourself, Pacific Botanicals is a great source for many herbs. They do not have really HOT peppers, (nothing above 150,000 heat units), but they have an extensive list of other high-quality organic and wildcrafted herbs. They sell wholesale to Sam Biser readers, (let them know you are one). Pacific Botanicals, 4350 Fish Hatchery Road, Grants Pass, OR 97527, phone 1(541)-479-7777. You will have to buy a minimum of one pound of each herb, but the price is what you would pay others for just a few ounces. (Call or write for a free catalog).

Chapter Six:

A dog tells the truth about cayenne pepper.

Hot, Hot, Hot Doggie News Flash!

A dog tells the truth about cayenne pepper. And you can *trust* a dog.

Dear Reader,

You all know my Dad, Sam Biser, the savior of Mankind's ills. Well, he's great at helping people, but until now, lousy at helping me, his loyal dog Jimmy. I am a 10 1/2 year-old Scottish Terrier. I've had my share of health problems in the past few years, despite a lot of love and extra-extra tender care.

I just haven't been my feisty self for awhile. I've felt sluggish, had a bunch of infections all over my gums, mouth, ears, eyes, and even my paws. I got so depressed that Mom and Dad even got a new Scottie puppy for me three years ago. Her name is Suzi, and she cheered me up, because I got to boss her around. But I still felt tired and sick too much.

The worst, most embarrassing problem for a man like me was when I started losing my hearing, and I didn't know when I was being called for dinner. I could only read lips. When Beethoven, a human from way back before me, was deaf, at least he could write symphonies, but when a man doesn't even know he's being called for dinner, it makes you feel S-T-U-P-I-D.

Life is great now, thanks to cayenne pepper. I'm a new dog, ready to take on the world and a few bitches I've seen on my walks! Let me tell you this great story. While Dad was writing this book on cayenne pepper, he decided to try it on me, his faithful dog son.

Over the years, he's tried all kinds of stuff to make me feel better. I've had hair tests, mineral supplements, people vitamins, dog vitamins, special food supplements, kelp, pancreatic enzymes, and nothing really helped.

My mommy got so upset over my chronic infections she started making me home-cooked meals. Yum, yum! I have tasty organic meats, raw garlic, vegetables, brown rice, salmon, and yogurt. I do love to eat, and probably eat too much!

Still, the infections would pop up and come on strong and never leave, and Mommy would take me to the vet for some antibiotics. It was against her natural healing principles, but she didn't want me to suffer and she didn't know what else to do. Poor Mommy.

Poor Dad too; he felt like such a failure when this happened. He cured people all the time with his articles on natural healing, but why not me? I am too wonderful to deserve these infections and split gums. I knew I was causing my family great woe.

And then — a miracle!

Dad started talking to Dr. Schulze about cayenne pepper, and then he got more and more into it, and decided to write a whole book on it. Mom and Dad got so excited about cayenne pepper, they got bold! They decided to try putting some cayenne pepper in my meals.

Mommy slowly worked me up to 35 drops of strong cayenne tincture in every meal, twice a day. Now, even though I'm from Scotland, not Mexico, it doesn't taste too bad. I don't know if I could go for chilli, but this stuff's not bad. I don't mind it at all. It's gives me a kick like coffee does to my Mommy, but don't tell anyone she drinks it. I don't know if I was supposed to talk, I mean wuff about it. Less than a week after starting cayenne pepper, my chronic gum infections started clearing up and my eye started healing. We were all so excited, we hugged each other.

Then Dad talked to Dr. Richard Schulze to see how else we could use cayenne pepper to help me. He suggested we use his 'tooth and gum' formula that has other herbs mixed with the cayenne. Mommy puts about 8 dropperfuls in a 16 ounce glass of water, and then soaks a paper towel in the diluted formula.

She swabs it all over my mouth where the pockets of pus kept oozing every once in a while, but not as much as before the cayenne. Wow — they're clearing right up. Now I

can yawn really wide open and it doesn't hurt. Somehow the pepper has travelled to my ears too, because I can hear much better now.

There's so much to tell you how I've changed. Before, I was pretty slow. I thought it was just my "why-worry" personality, but now I spend the day hunting squirrels and chipmunks. You see, I bark at them, and then get my 'sister' Suzi to run after them. Sometimes, I just fly through my doggie door and really surprise Mommy by helping Suzi terrify all critters who are ignorant enough to come into my dog-garden.

Mommy's a little sad over one change in me. You see, I like doggie stuff a lot more now, so I'm more independent, and she's going to have to get used to that. I'm not just her little boy anymore. I have things to do. I used to hang around with her all day — you know, just lay around in whatever room she was in. I kept her company and gave her someone to talk to. But now, I feel different. My needs have changed, and I've got to make up for some lost years.

After dinner, I now like a nice bone, kind of like an after-dinner cigar. I especially enjoy hiding bones from Suzi, so I can go back to them, but she can't. Before, these important aspects of life didn't concern me. I was too tired. I now spend more time with Suzi than with Mommy, and there's a reason. Can we talk off the record? I'm a virgin, and lately, Suzi's been looking pretty good to me, especially after her bath. I'm not exactly sure what to do; I wasn't paying attention when it came up in class. But I'm going to figure it out and let you know in another doggie news flash!

My message for all dog owners is this: Please, give cayenne a try on your pet. I feel at least five dog-years younger. Hey, I'm a new man.

Your new dog-friend, Jimmy, the "Mexican" Terrier

Chapter Seven: **A loving family destroyed. The untold childhood tragedy of Dr. Richard Schulze. A lesson for all readers.**

Dear Friend,

My Dad died in my arms when I was 11 years old.

Although that was over 30 years ago, the memory of that event still plays in my mind. I often think that he might still be alive today — if I had known then what I do now.

It was below zero that night in rural upstate New York. There was at least 4 feet of snow everywhere. At about 3 a.m., I awoke to my Dad gasping for air and my Mom screaming for me. Within 14 days of my mother's death, our inner-city house was auctioned off, with all its contents. I wasn't even able to keep my dog or my toys, just my clothes. The lawyers were harsh and cruel. They walked in and kicked my ass out. I was scheduled to go into a foster home. Instead, me and my brother ran away.

I was lucky; my parents taught me well, and I survived. But I would sure love my son Arthur to have met them, and felt all their love, and their hugs and kisses.

What is my point? You have read the T-shirt, "Life is short and then you die." It's true. Savor every moment, and do EVERYTHING to live healthier and live longer, for yourself, your partner, your children, and your grandchildren.

All of this became very clear and obvious to me in my clinic. If we take better care of ourselves, we can easily add a decade, maybe two or three, to our lives.

Believe me, I have seen many people on their death beds in hospitals, gasping for their last breath. They called me too late. If they had a second chance, which they didn't, they would definitely go back in time, and make any lifestyle changes, do anything to get another ten years to live — even another ten minutes.

They would have even taken a bath in cayenne pepper every night, and that would have been if they could have lived two more days, let alone ten more years. People would have been willing to do ANYTHING to live. We have to look at that while we are alive. Life is the most precious gift we have, and most of us fall prey to some cheap advertising for some "junk" food, or what we think tastes good, and we get so far out of control that we kill ourselves decades before we should die.

If you care about the person you live with, and your children and grandchildren, or your friends, or anybody — and think that their life is going to be impacted to any degree by your being gone, then you owe it to yourself to start a regime of cayenne pepper. That's not asking too much. A little spoon of cayenne pepper a couple of times a day, and literally, you can have ten more years. We are talking about increasing your circulation. I have seen people like my Dad brought around. I've seen people worse than my Dad — saved by cayenne pepper.

Look how my life was impacted — I was destroyed. My whole childhood ended at eleven, when most people's childhood is just beginning. People don't think about this; — what kind of impact their passing could have on their family — when they are not there. But you have to think about it, because it will make you take care of yourself. I have used cayenne to save my own life, and the lives of many patients. I would have been dead without it. I have seen this one herb alone bring back the dead and add pleasant years to people's lives.

Try it; you owe it to yourself and to those you love.

To life,

Dr Richard Schulze