

CHILDREN'S GUIDE FOR RESTORING & SUPPORTING GASTROINTESTINAL AND COLON HEALTH

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3-MONTH GI & COLON HEALTH PROTOCOL

This guide uses BioRay's organic products to safely and successfully support liver, gastrointestinal and colon health.

Guidelines for Using Liver Life™ and CytoFlora™

Unhealthy Gut Flora

It is believed that as many as 75% of immune and neurocompromised children are affected by gastrointestinal pain and discomfort. BioRay's new probiotic lysate, CytoFlora™, has been shown in clinical testing to balance healthy gut flora and create an environment where beneficial flora can colonize and thrive. Improving digestive health is imperative for these children as research suggests a strong link cognitive health and digestive problems.

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Many people try to combat unhealthy gut flora by overpowering them with large amounts of live probiotics for the gut and colon. This approach has some benefits, but is ultimately an uphill battle. A more efficient and easier way is to „push“ the unhealthy flora out of the gut through the colon.

CytoFlora™ is just the product to do this job. In laboratory tests CytoFlora™ assisted the immune system in removing unhealthy flora from the gastrointestinal tract. All study participants had a significant decrease in 7 different unhealthy gut flora in only 21 days. Previously the only way to accomplish similar results was with 8 months of antibiotic therapy.

CytoFlora™ is especially beneficial for individuals with immune imbalances, high histamine response, chemical sensitivities and low energy reserve.

BioRay’s Recommended Children’s Gastrointestinal & Colon Health Guide
We’ve added a calendar for ease of use.

- Complete and keep BioRay Health Questionnaire and ATEC for measurement of progress.
- If possible, ask your practitioner to request an Immunobilan test or Organic Acid Profile.
- *For greater success, remove or minimize toxic products in your home and in your family’s foods.*

RATIONALE	PRODUCT
1) Make sure your child’s bowels are moving at least 1-3 times a day	Oxy Powder
2) Check first morning urine with pH sticks. Desired range 5.5 – 6.2	pH Stix
3) Support your child’s liver and kidney function, open Phase 1 & 2 detox pathways, and promote draining toxins and acidic waste through the urine.	Liver Life™
4) Push unfriendly gut flora out of the gastrointestinal tract and colon, prepare them for colonization with live probiotics.	CytoFlora™
5) Help maintain healthy flora balance and support intestinal immune functions.	Saccharomyces Boulardii

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The Benefits of the Healthy GI & Colon Protocol:

- Regular bowel movements
- Improved absorption of nutrients from foods and supplements
- Less gas
- No more distended belly

Before beginning any protocol with your child, it is relevant to address some lifestyle issues which will enable the protocol to be more efficient and allow your child to hold onto the benefits gained. BioRay™s approach is based on our clinical experience is that everyone has a unique biochemistry; each phase of this protocol has proven itself to benefit most of the people, most of the time.

Diet

Based on clinical research and parental feedback, we recommend incorporating a Gluten Free / Casein Free diet as the first step in your child™s protocol. Emotional and physical discomforts are often related to diet. Many benefits are experienced by children following the recommended dietary restrictions in a GFCF diet.

Five Great Ways to Support GI & Colon Health:

1. **Eat Cooked Foods:** Cooked vegetables and fruits versus raw gives the GI a boost for many children experiencing moderate to severe gastrointestinal distress. Cooked foods open and nourish the digestion while raw foods close it down, due to their “cold nature.”
2. **Avoid Beverages during Meals:** Drinking during meals dilutes HCL and other enzymes that are required for healthy digestion. If a minimal amount of beverage is required for your child to enjoy his meal, ask him / her to sip it. Do not use ice or cold drinks.
3. **Chew:** Ask your child to chew food well. When food is swallowed in undigested pieces, they sit in the stomach and ferment or putrefy. Energy is lost on the body trying to get nutrition from these non-macerated foods.
4. **Minimize Grains:** Most people (kids & adults) don™t chew grains well enough to utilize their nutritional value. Limiting grain intake is also advisable during this protocol because many sources of grain turn into sugar which feeds unhealthy gut flora. Small amounts are okay. Use common sense.
5. **Eat organic foods. Do not use a microwave. Drink filtered water.**



From mother earth



To your kitchen



To you and your family

Children's GI and Colon Health Supplement Intake Guide

Fill out BioRay Health Questionnaire before beginning and after to measure progress.

HERBS & SUPPLEMENTS WORK UP TO THE SUGGESTED DOSAGE GRADUALLY	SUGGESTED INTAKE	TIMES A DAY	OK TOGETHER	BETWEEN MEALS EMPTY STOMACH	WITH MEALS	AT BEDTIME
Oxy-Powder	1-3 caps or as needed	1	No			X
Liver Life™	1 drop – 3 droppers	2	Yes	X		
CytoFlora™	6 drops – 2 droppers	2	Yes	X		
Activated Charcoal (As needed in the case of an aggravation)	1 - 2 capsules	As needed	No. 1- 2 hours apart.	X		
Saccharomyces Boulardii (As needed when on Western medicine or when traveling)	1-2 capsules	3	Yes		X	

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The following remedies are selected according to individual needs. All supplements are added into the protocol one at a time and the dosage is increased slowly to avoid and easily identify any aggravations.

Children's GI and Colon Health Protocol

Day 1 / Oxy-Powder

When the bowels are moving at least 1-2 times a day, the body is efficient at filtering toxins and we see a decrease in negative behaviors. Sluggish bowels cause toxins to be reabsorbed into the body. Oxy-Powder cleans out the colon and bowels.

This supplement is in capsule form. Capsules can be opened up and mixed with water, juice or foods. Continue maintenance dose throughout protocol or as needed.

Intake: Under 40 lbs: Start with 1 capsule before bed.
40-75 lbs: Start with 2 capsules before bed.
Over 75 lbs: Start with 2 - 3 capsules before bed.

Make sure your child is well hydrated; ramping up the dose until bowels are moving daily.

Children with low hydrochloric acid may need fresh squeezed lemons (can be given as fresh squeezed lemonade) for best results.

For individuals with loose stools, a trial of Oxy-Powder is recommended to assist with cleansing the bowels and clearing out any obstructions.

One set of results from a biochemical test used to screen for immune triggers, showed a **48% average improvement in immune response to 28 different foods while using Liver Life**. Nine of those food ceased to produce an immune response after three months on Liver Life™.

Day 2 / Liver Life™

When the liver is functioning at optimal levels, we are more efficient at filtering out metabolic waste and toxins. By decongesting the liver, the body's natural detoxification abilities are improved, decreasing the body's toxic burden. The liver impacts every physiological process in the body and helps to purify the blood. During detox it is imperative to support the body's primary filter.

Intake: Start with 1 drop, twice a day, 15 minutes before or 45 minutes after meals. Increase by 1 drop per day as tolerated. If your child shows aggravations (cold/flu like symptoms, rash or a regression in skills), decrease the dose. This supplement can be diluted in water or juice.

Recommended Intake:

Under 40 lbs - 15 drops, twice a day
40-75 lbs - 2 droppers, twice a day
Over 75 lbs - 3 droppers, twice a day

pH stix. Check your child's first morning urine pH. We recommend 12 to 24 hours supplement free to establish an accurate baseline urine pH reading. Desired range: 5.5 – 6.2

Day 7 / CytoFlora™

A significant decrease in beneficial gut flora and a high level of unfriendly gut flora can suppress the immune response. **CytoFlora™** supports a balanced gut environment where beneficial gut flora can colonize and thrive and supports healthy immunity.

Intake: Start with 6 drops in water or juice working up to 2 droppers (52 drops) twice a day.

Children sensitive to sulfur should start at the lowest dose possible and ramp up if tolerated.

Day 13 / Saccharomyces Boulardii™

Saccharomyces Boulardii is beneficial non colonizing flora that supports a balanced gut in individuals with watery bowel movements.

Intake: 1-2 capsules with meals, 3x per day.

Activated Charcoal Activated Charcoal can be taken at any point during the protocol if aggravations are seen. Activated charcoal absorbs excess toxins the body cannot rid itself of.

Intake: 1-2 capsules with water 1-2 hours away from food or supplements.

Note: This protocol addresses only gastrointestinal and colon health and does not include other support that may be necessary for metabolic balance.

CHILDREN'S HEALTHY GI & COLON PROTOCOL CALENDAR

1 Start Oxypowder	2 Start Liver Life					7 Start CytoFlora
8	9	10	11	12	13 Start Saccharomyces Boulardii	14
15 - 83 <ul style="list-style-type: none"> Continue using Products as Instructed. Once top doses have been reached, continue on those doses for 6 to 12 weeks. The length of this protocol may vary and will depend on dosage tolerance, response and lifestyle choices. At the end of the protocol, retest with your practitioner any labs performed and fill out another BioRay Health Questionnaire and ATEC to evaluate progress. 						84 Fill out Final ATEC and Health Questionnaire. Test with your doctor.

Length of Protocol

This is a 6 to 12 week protocol at top doses of each product. The length of this protocol may vary and will depend on dosage tolerance, response and lifestyle choices. At completion of the protocol, retest labs with your practitioner and fill out another of BioRay Health Questionnaire and ATEC to evaluate progress.



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