

B I O R A Y
The Natural Detox Company



TOTAL BODY DETOX GUIDE FOR CHILDREN

4-MONTH HEAVY METAL, CHEMICAL & UNWANTED ORGANISM REMOVAL PROTOCOL

This is a guide using BioRay's organic products, utilizing our clinical experience and expertise to safely and successfully detoxify and support immune health in your child.

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Children's Total Body Detox and Support

An important step in keeping our children healthy is to focus on eliminating toxins and environmental pollutants in their bodies. NDF Plus and NDF play an essential role in this process. They are all natural organic heavy metal and chemical detoxifiers safe for daily use to gently remove: mercury, lead, cadmium, platinum, aluminum, cobalt, tin, arsenic, thallium, tungsten, nickel, antimony, gallium, lithium, and uranium per Urine Toxic Element laboratory results.

Likewise, unwanted organisms can be the hidden cause of many unexplained health issues. In our clinical experience over a 4 year period of stool testing, 99.9% had at least one and as many as five different types of unwanted organisms. These individuals were middle to upper class residents of Los Angeles, California, USA which indicates we are no more immune in developed, industrialized countries than anywhere else in the world.

Our goal with our protocols is to share with you what has worked so that you may apply it and achieve optimal health and well being for your family. We believe it is possible to wake the inner healer in each of us and restore one's self to a life full of vitality.

What's in the Children's Total Body Detox Kit?

- 1 NDF Plus® 1-ounce bottle
- 2 Liver Life® 4-ounce bottles
- 4 CytoFlora® 4-ounce bottles
- 2 Oxy Powder® 120 capsule bottles
- 4 Loving Energy™ 2-ounce bottles
 - 1 K-Min 100 capsule bottle
- 2 Artemisia & Clove™ 2-ounce bottles
- 1 Activated Charcoal 100 capsule bottle
 - 1 pH Tape - 1 roll
- 1 Saccharomyces Boulardii 50 capsule bottle
- 1 Copy of the Total Body Detox for Children Guide

BioRay's Total Body Detox Guide for Children

We've added a calendar at the end for ease of use.

For more success, remove or minimize toxic products in your home and in your family's foods. Fill out BioRay's Health Questionnaire and ATEC for measurement of progress.

RATIONALE	PRODUCT
1) Move the bowels at least 1-2 times a day	OxyPowder
2) Check first morning urine with pH tape. Desired range 5.5 – 6.2	pH tape
3) Support the liver and kidneys, open Phase 1 & 2 detox pathways, promote draining toxins and acidic waste.	Liver Life
4) Push unfriendly flora out of the gastrointestinal tract and colon, prepare them for colonization with live probiotics.	CytoFlora
5) Support and protect cells from toxins (protect against free radical damage)	Vitamin C
6) Add in support minerals that your child responds to best.	Minerals*
7) Add in Omega 3, 6, 9 support for nervous system and brain, balance fatty acids	Nordic Omega EPA Pro*
8) Proteolytic enzyme's to assist digestion and assimilation of nutrients	TriEnza*
9) Support healthy immune function (interferon A) and inhibit the release of histamine.	Loving Energy
10) Take diatomaceous earth to begin removing larger unwanted organisms.	K-min
11) Begin removing a broad spectrum of unwanted organisms.	Artemisia & Clove
12) Add in beneficial yeast from mangosteen and lychee, which alleviates watery bowel movements. Keep on hand for the whole family when traveling.	Saccharomyces Boulardii
13) Begin safe heavy metal and chemical detoxification.	NDF Plus
14) Use activated charcoal if any aggravation occurs.	Nature's Way

All supplements are added into the protocol one at a time and the dosage is increased slowly to avoid and easily identify any aggravations.

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*These products are not included in the kit due to individual sensitivities. Use the products your child responds to best.

Benefits of the Total Environmental Detox Protocol:

- | | |
|--------------------------|-----------------------------------|
| Improved moods | Better social skills |
| Less defiance | Improved functional communication |
| No more itchy rectum | Clarity of speech |
| Healthy appetite | Healthy immune system |
| More restful sleep | Daily bowel movements |
| Balanced gut | Improved digestion |
| Cognitive boost | Healthier skin |
| Better focus & attention | Less gas |

Before beginning any detox protocol with your child, it is relevant to address some lifestyle issues which will enable detox 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 detox protocol has proven itself to benefit most of the people, most of the time.

For greater success, remove or minimize toxic products in your home and in your family's foods. Fill out BioRay's Health Questionnaire and ATEC before and after to measure your child's progress with this protocol.

Diet

Based on clinical research and parental feedback, we recommend removing gluten and dairy from your child's 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 (Gluten Free Casein Free) diet.

Five Great Ways to Support Detox:

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 and unwanted organisms. Small amounts are okay, use your common sense.
5. **Eat organic foods. Do not use a microwave. Drink filtered water.**



Removal of Heavy Metals, Chemicals and Unwanted Organisms

Day 1 / OxyPowder

When the bowels are moving at least once or twice a day, the ability to get rid of toxins increases and aggravating behaviors decrease. Reabsorption of toxins occurs in the colon which means sluggish bowels cause increase toxicity in the body. OxyPowder cleans out the colon and gets the bowels moving daily.

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.

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Over 75 lbs: Start with 3 capsules before bed. Make sure your child is well hydrated; increase the dose until bowels are moving daily. Those with low hydrochloric acid may need fresh squeezed lemons (can be given as fresh squeezed lemonade) for best results.

For individuals with chronic diarrhea, a trial of OxyPowder is recommended to assist with cleansing the bowels and clearing obstructions.

Day 4 / Liver Life™

When our liver is functioning at optimal levels, we are more efficient at filtering out toxins including heavy metals, chemicals, metabolic waste, etc. Aggravations during detox means that toxins are being mobilized faster than the organs can comfortably excrete. By decongesting and supporting healthy liver function, its ability to decrease the body's toxic burden is improved. The liver impacts every physiological process in the body and purifies the blood. During detox it is imperative to make sure the body's main filter is properly supported.

Elisa IgG Comprehensive Food Panels show a **48% average decrease in histamine response to 28 different foods on Liver Life.** Nine of those foods ceased to produce a histamine response after three months on Liver Life™.

Intake: Start with 1 drop, twice a day. Increase by 1 drop per day as tolerated. If your child shows aggravations, decrease the dose. This supplement can be diluted in water or juice.

Optimal dose by weight:

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

Day 7 / Minerals

Minerals are necessary for proper detoxification to take place. Proper supplementation avoids the toxic metals from attaching to empty binding sites. Use a product your child does well with.

Intake: Follow manufacturer's recommendations

Day 9 / Vitamin C with Bioflavonoid

Vitamin C helps restore toxin induced deficiencies and protect individual cells and organs from irritations. Increase vitamin C each day until the body reaches the vitamin C saturation point. Going beyond that level, vitamin C becomes a laxative. Below are daily doses, you may split up the total recommend dose by 2 or 3 and administer smaller amounts throughout the day.

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Daily Intake: Under 30 lbs / 1500 mg 30 - 50 lbs / 2500 mg
51 - 75 lbs / 3500 mg 76-130 / 4500 mg

Day 12 / Essential Balance Jr. Organic Oil

Nourish brain and nervous system. Balance fatty acids.

Intake: 6 months – 2 years 1/4 tsp every other day
2 years – 5 years 1/2 tsp daily
5 years – 12 years 1 tsp daily
13 years and up 2–3 tsp daily

Day 18 / CytoFlora™

A significant decrease in friendly gut flora and a high level of unfriendly gut flora can suppress the immune system. **CytoFlora™** supports a balanced gut by pushing unhealthy gut flora from the gastrointestinal tract and creating an environment for healthy intestinal flora to colonize and thrive. CytoFlora™ delivers an immune strengthening impact while avoiding methylation of mercury.

Intake: Start with 6 drops and work up to 2 to 5 droppers (52- 104 drops) in water or juice twice a day. Improvements are dose related.

Day 20 / TriEnza Enzymes

Enzyme supplementation is beneficial in improving digestion, eliminating or decreasing irritations from food sensitivities, increasing gastrointestinal secretions and absorbing nutrients more efficiently.

Intake: 1-2 capsules before each meal.

Day 22 / Loving Energy™

Loving Energy™ is a restorative and calming remedy used for relieving stress, exhaustion, support of the lungs and adrenals. It's known to replenish the kidney energy in Traditional Chinese Medicine. It has a cooling effect, which means that it counters health issues that create heat like histamines, etc. It is effective at reducing irritations in the body and allows even very sensitive children to detox efficiently. The dose can be increased as needed.

Intake: Start with 6 drops to insure the remedy is well tolerated then increase to optimal dose.
Under 40 lbs: 1 dropper in water or juice, 2 x a day.
40 lbs and up: 2 droppers, 2 x a day.

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Day 23 / Vital 10™ Probiotics

Vital 10™ is a multi-strain of live probiotics formulated to mimic the natural GI flora. Synergistic strains provide wide coverage across both the small and large intestines, helping to maintain a healthy flora balance and support intestinal immune functions.

Intake: 1/4 tsp 2x per day in water or juice.

Day 25 - 31 / K-min

Unwanted organisms release neurotoxins that alter moods, acidify the tissues, and obstruct organ function. K-min is effective for larger unwanted organisms. **Continue for 7 days.**

Intake: Under 60 lbs: 1 capsule with water or diluted juice, 2 x a day with meals.
60 lbs and up: 2 capsules, 2 x a day with meals.

Day 28 / Artemisia & Clove™

Artemisia & Clove™ has clinically proven action against a broad spectrum of unwanted organisms.

Ramp up to therapeutic dose and continue Artemisia & Clove™ for two weeks. Stop for 7 days. Reintroduce at full dose for two more weeks. Unwanted organisms have a 21-day cycle; this ensures they are properly addressed. Total days used at full dose - 4 weeks.

Artemisia & Clove™ has a strong clove taste; adding to organic grape juice is recommended as it tastes similar to grape cider.

Intake: Under 40 lbs: Start with 1-3 drops, ramping up to 1 (26 drops), 2x a day on an empty stomach.
40-75 lbs: Start with 3-6 drops, ramping up to 2 droppers (52 drops), 2x a day on an empty stomach.
Over 75 lbs: Start with 8-12 drops, ramping up to 4 droppers (104 drops), 2x a day on an empty stomach.

As with all herbals, after the first dose wait to see if there is stomach upset. If there is no irritation within one hour, proceed. If there is a mild stomach reaction, take dose with food.

Instructions for Sensitive Individuals

If your child is very sensitive or reactionary to many substances, try the following. Take Artemisia & Clove with either Aztec Healing Clay in purple grape juice or give 1 activated charcoal pill 45 minutes after the dose. Continue to increase Liver Life to top intake per weight. Be sure to measure first morning urine pH first thing in the morning before you eat, drink, or brush teeth.

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Day 57 / SaccharomycesBoulardii

Saccharomyces Boulardii is healthy yeast that addresses runny bowel movements.

Intake: Under 60 lbs: 1 capsule opened in water or diluted juice, 2x a day.

60 lbs and over: 2 capsules opened in water or juice, 2x a day.

Day 60 / NDF Plus™

Heavy metal toxicity causes deep systemic disruption in internal body chemistry and cellular communication. This can differ from person to person due to individual bio-chemistry, imbalances or disruptions in the body. Heavy metals are naturally excreted through the urine, feces, and sweat glands. But when the natural eliminatory routes are compromised, and our exposure is increased, we begin to experience toxic effects.

An important step in keeping our children healthy is to focus on eliminating toxins and environmental pollutants from their bodies. **NDF Plus™** plays an essential role in this process. As an all-natural organic heavy metal and chemical detoxifier, NDF Plus™ is safe and can be used every day to gently remove: mercury, lead, cadmium, platinum, aluminum, cobalt, tin, arsenic, thallium, tungsten, nickel, antimony, gallium, lithium, and uranium per Urine Toxic Element laboratory results. NDF Plus™ has also been noted to bind to insecticides and chlorine and related chemicals (AM Test Laboratories). 80% of the heavy metals and chemicals that NDF Plus™ binds to are removed within the first two urinations after each dose. It contains naturally occurring beneficial vitamins, minerals, amino acids, and enzymes and has been shown in laboratory tests to bring essential elements back into balance.

Intake: Start with 1 drop in water or juice, 2x a day, in 6 - 10 ounces of filtered water or juice on an empty stomach. Increase by 1 drop every 1- 2 weeks or as tolerated. Optimal dose: 1 dropper (26 drops), 2x a day.

Diluted dose for very sensitive children: Put 1 drop of NDF Plus™ in 6 ounces of water or juice. Take 1 tsp of this dilution, 2x a day. Ramp up by 1 tsp every 2 weeks. When diluted, NDF Plus™ must be stored in the refrigerator and is fresh for up to 2 weeks.

If aggravations are seen, decrease the dose or discontinue until aggravations go away. **Note:** *Change in stools is not usually considered an aggravation.* Restart at the last dose the child tolerated. **If aggravations persist, activated charcoal can be given** to absorb excess toxins at any stage in this program.

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Length of Protocol

This is a 4-month 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 the end of this protocol, retest with your practitioner any labs performed and fill out another BioRay Health Questionnaire to evaluate progress.

Note: These recommendations do not replace any suggestions or support from your child's primary care provider.

Aggravations during the Protocol

Aggravations appear when the body's toxic burden is greater than the organs can comfortably eliminate. An aggravation can occur as a head pain, skin irritation, stomach upset or irritability.

NOTE- If your child experiences any aggravations during this protocol, increase intake of water with fresh squeezed lemon juice (lemonade works great for this), increase bowel movements and give 1-2 capsules of activated charcoal when needed.

NOTE- If your child experiences any aggravations during this protocol, increase intake of water

CHILDREN'S HEAVY METAL & CHEMICAL DETOX CALENDAR

1 Start Oxypowder	2	3	4 Start Liver Life	5	6	7 Start Support Minerals
8	9	10	11	12 Start Nordic Naturals Omega Complete Pro EFA	13	14
15	16	17	18 Start CytoFlora	19	20 Start TriEnza	21
22 Start Loving Energy	23 Start Live Probiotics (Vital 10 – Klaire Labs)	24	25 Start KMin	26	27	28 Start Artemisia & Clove
29	30	31	32 Stop KMin	33	34	35
36	37	38	39	40	41	42 Stop Artemisia & Clove
43	44	45	46	47	48	49 Start Artemisia & Clove
50	51	52	53	54	55	56
57 Start Saccharomyces Boulardii	58	59	60 Start NDF Plus	61	62	63 Stop Artemisia & Clove
64 - 120 Continue using Products as Instructed.	<ul style="list-style-type: none"> • Continue for 4 months at top doses • Fill out Final ATEC and Health Questionnaire. • Test with your doctor. <p>The length of this protocol may vary and will depend on dosage tolerance, response and lifestyle choices.</p>					

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