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BIORAY® kids LIQUID HERBAL DROPS



DOES YOUR CHILD HAVE  
"GUT-WRENCHING"  
EXPERIENCES AND  
"BUTTERFLIES"?

BY STEPHANIE RAY, PRESIDENT OF BIORAY®

While your child's gut and brain are a fair distance apart, these organs have a very close relationship. Harvard Medical School says that "gut-wrenching" experiences and "butterflies" in the stomach are real expressions that show the fascinating connection between the gut and brain. As our children get ready to go back to school,

**"I could see my son trying to think and come up with the words, but it was as though something was short-circuited in his brain. It didn't take long after we began NDF shine. It was like someone turned his talking button on."**

**— Amanda, mom**

supporting this connection will provide them with a sense of ease so they can function at their best.

Psychology and physical factors can work together to create problems in the gut. For example, stress can cause loose stools, stomach aches and an imbalance of acid in the intestines. Likewise food that is hard for your child to digest can be the causal factor for the same issues. Because of this connection, many practitioners address gastrointestinal issues with dietary supplements, namely those from the probiotic family.

Research shows that beneficial gut flora positively impacts neurochemicals like serotonin and anxious type behaviors as well.

## **SIGNS OF GUT-BRAIN CONNECTION IMBALANCES MAY INCLUDE:**

- Communication issues
- limited speech
- talking too fast
- stumbling over words
- struggling to find the right words
- Being shy or withdrawn
- Feeling anxious
- Difficulty completing tasks
- Chronic defiance

## **DECREASE STOMACH ACHES & CLEAN UP THE INTESTINAL TRACT AND COLON!**

NDF® shine, which contains probiotic lysates, supports your child's healthy mind and body\*. In BIORAY's intervention study with kids, the ingredients in NDF® shine were found to enhance the integrity of the gut lining and improve overall health and immunity\*.

- This resulted in kids experiencing:
- A reduction of irritations in GI tract and bowel\*
- Improvement in speech & communication\*
- Improved cooperation with teachers, family and friends\*
- Increased sociability\*



## NDF® SHINE:

- *Pushes bad bugs out of the gut and bowels\**
- *Supports gastrointestinal immunity (IgA)\**
- *Restores gastrointestinal integrity (IgM)\**
- *Binds to and removes toxins\**
- *Has trace minerals, vitamins, RNA/DNA\**

### Recommended intake:

- Under 50 lbs: 1 dropper per day in water or juice
- Over 51 lbs: 2 droppers per day in water or juice

## A LITTLE PROBIOTICS GO A LONG WAY...

Now that we've done the heavy lifting with NDF shine - decreasing the "bad bugs" in the GI tract and colon, we're ready to "implant" with colonizing probiotics. These live probiotics re-establish your child's gut flora.

### Recommended intake:

Follow manufacturers recommended dosage. Open capsule(s) and add to food, water or juice.

## RECIPE TO MAKE A "PREBIOTIC" BREAKFAST!

Soaking oats and fruit in live culture yogurt or kefir is how muesli is traditionally made. When oats are fed natural sugar like those in fruit and honey, they make naturally occurring "prebiotics". Prebiotics cause the multiplication of beneficial bacteria such as those in probiotics. This is also a great tasting breakfast recipe kids will love. You can make it the night before if you are pressed for time in the morning.

### Mix ingredients in a bowl the night before:

- 1 cup uncooked oats, (quick or old-fashioned)
- 2 cups nonfat plain yogurt - make sure it says "Live Cultures"
- 1 - 8 ounce can crushed pineapple, (undrained)
- 3 tablespoons honey
- 1 teaspoon vanilla extract
- Serve with sliced fruit and toasted nuts.

Research shows a healthy gut and brain can lead to a long life. Being rigorous about keeping your child's gastrointestinal tract healthy will help her/him for many years to come.

## REFERENCES:

- <http://www.ncbi.nlm.nih.gov/pubmed/21988661>
- <http://www.sciencedaily.com/releases/2011/07/110705210737.htm>



Stephanie Ray has over 20 years of experience in Chinese medicine, specializing in detoxification and organ support. Stephanie serves as the driving force behind BIORAY's line of dietary supplements for doctor's and their patients. BIORAY® kids purpose is to make mom and dad's life easier. "I created the line so parents can have ease in their life and know when their children are taking BIORAY® kids, they do not have to worry so much."

## SEALS OF APPROVAL

We go to great lengths to bring you the highest quality products because your kids deserve it. [Learn more about our quality assurance](#)



BIORAY® was founded in 1991. We combine the best of Traditional Chinese Medicine with science-based, clinically tested ingredients that counter the negative impact of environmental factors in the body. Our mission is to provide products that safely remove environmental toxins and give healthy organ support; helping parents nurture their children. FDA Disclaimer \*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

