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BIORAY® kids LIQUID HERBAL DROPS

# WHAT YOU CAN DO TO DECREASE ANGER & FRUSTRATION IN YOUR CHILD

BY STEPHANIE RAY, PRESIDENT OF BIORAY®

In Traditional Chinese Medicine, the liver is the valve for emotions such as anxiety, anger, and frustration. When the liver is congested these emotions back up and outbursts can occur. It can be frustrating for us as parents and for teachers as well. How does this work? There are two main detoxification pathways in the liver, phase I and II, which neutralize and filter normal every-day toxins from the body. Keeping these pathways running smoothly is the difference between a “melt down” and a happily engaged child.

One study showed that kids who were the most anxious in the fall were more likely to have lower math and reading achievement in the spring. Choosing organic foods and NDF calm to support these pathways is a great way to maintain healthy liver function and improve moods in any kid! Here’s how...

## THESE FOODS HELP THE LIVER WORK WELL

- Fresh fruits and lightly cooked vegetables, especially dark green, leafy vegetables and orange, yellow, purple, and red colored fruits and vegetables, contain living enzymes, fiber, vitamin C, natural antibiotic substances and phyto-nutrients, and are an excellent support for phase I detox pathway.
- Sulfurous veggies such as broccoli and cabbage assist phase II detox pathway in the liver.
- Asparagus, watermelon and broccoli are good sources

of glutathione while papayas and avocados help the body to produce glutathione, a key antioxidant in the body necessary for proper liver function.

**“People used to look at my son and treat him differently because of his anger issues. I would tell him that it wasn’t his fault, that he’s a good kid. After NDF calm, he is more relaxed, doesn’t pull his hair, bite his nails or wet the bed at night. It’s made such a difference for him. His teachers say he’s even able to focus better.”**

- Jody (mom)

- NDF® calm is a food for the liver. A blend of live medicinal mushrooms and herbs, it is a synergistic formula that supports healthy liver function, balances both detox pathways, replenishes adrenal energy and removes environmental toxins. The ingredients contain valuable properties that contribute to “feeding” the liver so the liver can do its job well.

### Recommended intake:

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

Every child wants to play well with friends, be helpful at home, and have loving family relationships. The liver is often the key to balancing moods, emotions, and attention for many kids, no matter how old they are or where they live.

**Include 3 or more of these foods in your child's diet each week to boost phase I detox pathway**

Whole Grain Bread	Cantaloupe
Orange	Spinach
Prunes	Carrot
Squash	Watermelon
Apple	Pumpkin
Tomato	Egg
Apricots	Red Pepper
Broccoli	Peaches
Beet	Sweet Potato
Mango	Beans (Kidney, Lentil)

**Include 3 or more of these foods in your child's diet each week to boost phase II detox pathway.**

Arugula	Tatsoi
Watercress	Radishes
Collard Greens	Brussel Sprouts
Napa / Chinese Cabbage	Turnip Greens
Broccoli	Rutabaga
Bok Choy	Kohlrabi
Mizuna	Cabbage
Horseradish	Mustard Greens
Cauliflower	Daikon
Turnip	Kale



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.

