

# THE DETOX QUARTET™

*with Adrenal Support*

“APPROXIMATELY 1 IN 4 CHILDREN NATIONALLY ARE EXPOSED TO MERCURY AT UNSAFE LEVELS.”<sup>1</sup>

It is a fact of modern life that toxins exist in our air, water, food, in schools, and on playgrounds. These toxic levels of heavy metals and chemicals are said to be contributing to the presence of developmental and health issues in our children. You can remove these toxins within a very short period of time and watch your child flourish. The Detox Quartet is a safe, easy, and effective protocol for removing heavy metals, supporting the organs of elimination, and adrenals.\*

In Bioray's detoxification study with The Detox Quartet™, mercury levels were decreased in children by 45% in just 6 weeks. 83% of these kids experienced improvement in symptoms with the most dramatic being a 35% overall improvement in sociability.\*



## INTAKE INSTRUCTIONS FOR BIORAY'S DETOX QUARTET

• **Step 1: Replenish the Adrenals** – Environmental toxins create stress in the body until they are removed. Likewise, as we detoxify, we put the body under another type of stress. Loving Energy™ is a superior tonic which restores the adrenal reserves with adaptogenic herbs and mushrooms.\* It gives your body just what it needs to relieve stress, balance histamine, restore energy and thrive.\*

**LOVING ENERGY INTAKE INSTRUCTIONS:** Begin with 6 drops, wait 30 minutes to ensure tolerance of the ingredients. If your child is the same or better, give optimal dose by weight in water or juice.

### LOVING ENERGY OPTIMAL DOSE BY WEIGHT:

- **40lbs and under:** 1 dropper (26 drops), 2x a day
- **41 - 75 lbs:** 2 droppers (52 drops), 2x a day
- **Over 75 lbs:** 3 droppers (78 drops), 2x a day

**CLINICAL TIP:** Improvements are dose related. An additional 1-2 droppers can be given to mitigate irritations from detox, high histamine or in times of stress.

• **Step 2: Nourish Your Liver** – Supporting healthy liver function is beneficial for everyone, however it is key for those who live in the city, enjoy alcohol and use western medications. Your liver is the organ that makes environmental toxins less toxic. It has two main detoxification pathways to move toxins out. If these pathways are gunked-up or congested, toxins stay and build up inside your body. Strengthen your liver naturally, safely, and effectively with Liver Life®.\* When your liver is fed medicinal mushrooms regularly, it can then do what it wants to do, which is detoxify and support a healthy metabolism.

**LIVER LIFE INTAKE INSTRUCTIONS:** **Adults** – Start with 13 drops in water or juice. Increase intake by 3 drops per day to optimal dose by weight. **Children and Sensitive Adults** – Start with 1 drop in water or juice. Increase intake by 1 drop every 3 days, or as tolerated, to optimal dose by weight.

### LIVER LIFE OPTIMAL DOSE BY WEIGHT:

- **Under 40 lbs:** 15 drops, 2x a day
- **41 - 75 lbs:** 2 droppers (52 drops), 2x a day
- **75 - 150 lbs:** 3 droppers (78 drops), 2x a day
- **Over 150 lbs:** 4 droppers (104 drops), 2x a day

<sup>1</sup> <http://www.epa.gov/region1/children/outdoors.html>

<sup>2</sup> Explore for the Professional, Volume 17, Number 5, 2008 Copyright Stephanie Ray

\*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.

• **Step 3: Balance Your Gastrointestinal Tract and Colon** – Your GI and colon host both beneficial and unfriendly bacteria. When we have a higher level of unfriendly bacteria we experience stomach upset, digestion issues and immune imbalances. CytoFlora®, a liquid probiotic lysate, pushes unfriendly bacteria out of the GI and colon<sup>3</sup>. An intervention study with CytoFlora® shows a decrease in gut irritation and improvements in leaky gut within 35 days.\*

**CYTOFLORA INTAKE INSTRUCTIONS:** **Adults** – Start with 13 drops in water or juice. Increase intake by 13 drops per day or as tolerated to optimal dose. **Children and Sensitive Adults** – Start with 6 drops in water or juice. Increase intake by 6 drops per day or as tolerated to optimal dose.

#### **CYTOFLORA OPTIMAL DOSE:**

- **Children & Adults** - 2 droppers, 2x a day or 4 droppers once a day.

**CLINICAL TIP:** Many parents report additional improvements in speech and communication in their child with a higher dose once a day versus a lower dose twice a day. After you or your child have been at 2 droppers, twice a day for a week, try 4 droppers, once a day, in the morning to see if additional improvements are noted.

• **Step 4: Remove Environmental Toxins and Replenish Nutrients** – Toxic heavy metals, chemicals, pesticides, chlorine, and BPA interfere with the healthy functioning of all systems in the body; especially the brain and nervous system. Due to their unique properties, NDF® and NDF Plus®, actively remove over 200% more toxins through the urine compared to what is removed prior to ingestion<sup>4</sup>. Gentle and safe, both NDF® & NDF Plus® remove toxic elements while replenishing essential nutrients. Start with NDF Plus® to support cellular energy and communication. Add in NDF® for deeper detoxification and to speed up the detox process. After Loving Energy™, Liver Life® and CytoFlora® are established, begin NDF Plus®.\*

**NDF PLUS INTAKE INSTRUCTIONS:** **Adults** – Start with 6 drops in water or juice. Increase intake by 6 drops a day until reaching optimal dose of 2 droppers (52 drops), twice a day. **Children and Sensitive Adults** – Start with 3 drops in water or juice. Increase intake by 3 drops per day or as tolerated to optimal dose by weight.

#### **NDF PLUS OPTIMAL DOSE BY WEIGHT:**

- **Under 40 lbs:** 13 drops, 2x a day
- **41 - 75 lbs:** 1 dropper (26 drops), 2x a day
- **Over 75 lbs:** 2 droppers (52 drops), 2x a day

• **Step 5 (Optional): Deeper Detoxification** – Adding in NDF® will allow for deeper detoxification and speed up the detox process.

**NDF INTAKE INSTRUCTIONS:** After reaching full dose of NDF Plus®, add in NDF®. **Adults** – Start with 6 drops in water or juice. Increase intake by 6 drops a day until reaching optimal dose of 2 droppers (52 drops), twice a day. **Children and Sensitive Adults** – Start with 3 drops in water or juice. Increase by 3 drops per day or as tolerated to optimal dose by weight.

#### **NDF OPTIMAL DOSE BY WEIGHT:**

- **Under 40 lbs:** 13 drops, 2x a day
- **41 - 75 lbs:** 1 dropper (26 drops), 2x a day
- **Over 75 lbs:** 2 droppers (52 drops), 2x a day

Continue all products at optimal dose for 6 weeks. If any signs of irritation occur, increase dose of Loving Energy™ by 1 dropper or give 1-2 capsules of activated charcoal. For best results, make sure bowels are moving daily and stay hydrated with fresh squeezed lemon juice in water.

#### **HOW TO ADD MORE THAN ONE PRODUCT AT A TIME**

When the adrenals are properly supported with Loving Energy, most kids do very well with introducing other products fairly quickly. As with any new remedy or product, add one at a time and allow 24 hours to pass before adding another. This allows you to see what is happening after each remedy. If your child appears sensitive, wait 3-4 days or longer between introducing each new product and increase your child's dose of Loving Energy.

If something bothers your child, you will know which product it is and will be able to decrease the dose or take it out entirely. As your child shows that they are tolerating the product and dose well, you can mix them together in juice, water, smoothie or cook with them.

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<sup>3</sup> Explore for the Professional!, Volume 19, Number 1, 2010 Copyright Stephanie Ray

<sup>4</sup> Explore for the Professional!, Volume 21, Number 2, 2012 Copyright Stephanie Ray