

BIORAY®

45-DAY TOTAL BODY DETOX

STEPHANIE RAY, BCN, CO-FOUNDER, BIORAY® INC.

RESTORATIVE PROGRAM



A guide to using BIORAY® organic products to safely and successfully support healthy liver, gastrointestinal and colon function.



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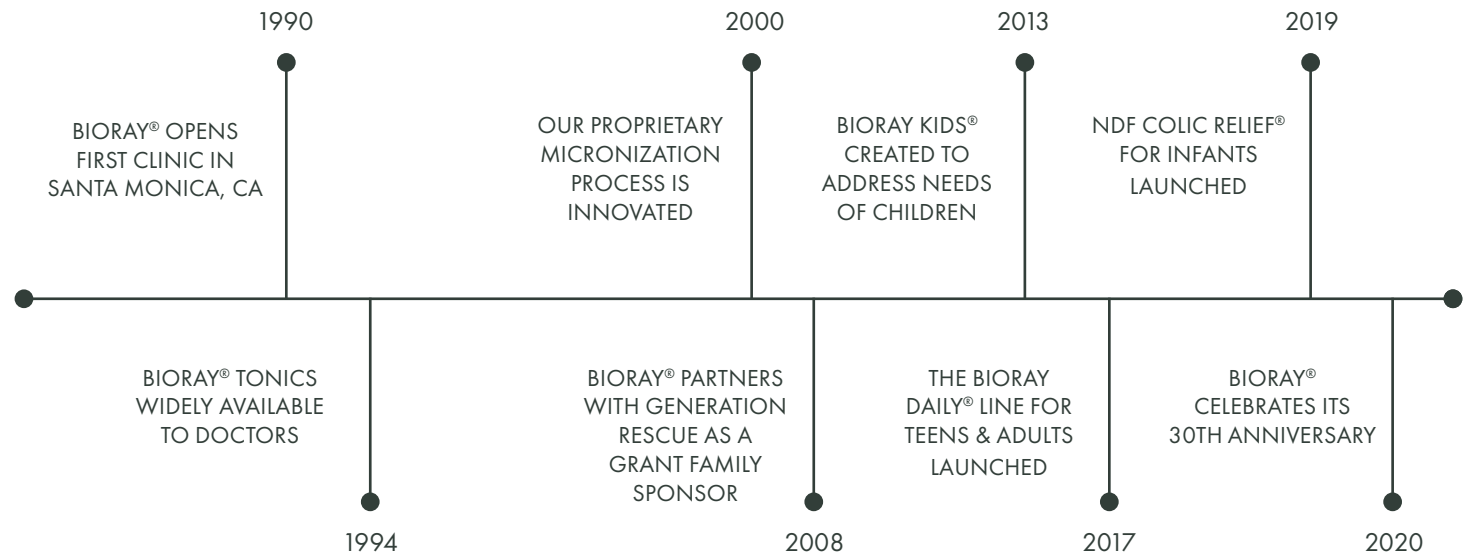
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* Statements in this guide have not been evaluated by the Food and Drug Administration. Products listed in this guide are not intended to diagnose, treat, cure or prevent any disease.



The Story



SUCCESS STORIES



“

I did this detox before my wedding. Everyone commented how great I looked in all my bridal shower pictures! The major difference for me in doing the BIORAY® 45-Day Total Body Detox was that my lower belly became so flat! It definitely lessened the frequency of my tension headaches too. Thank you for taking me through this program!”

Sarah | Age: 34

- Lost 15 lbs
- Lessened frequency of head pain
- Lost 5 inches from waist
- Lower belly became flat



“

I love how I feel and look when I eat the foods on the BIORAY® 45-Day Total Body Detox! At first I thought it would be hard to eat this way, but it wasn't. I realized I didn't really know when my body was hungry or full. I ate unnecessary amounts of food without really chewing it. I lost 29 lbs and 2 dress sizes in 45 days and have a toned body for the first time in years! Without a doubt the best health program I have ever done!”

Jennifer | Age: 32

- Lost 29 lbs
- Unparalleled levels of energy
- 2 dress sizes smaller
- Renewed sense of well being
- No more unhealthy toenails

“

Since completing this program, I am told I look like a 38 year old! My skin looks beautiful and I feel more energetic and youthful. My bowel issues are gone and for the first time, I got through a New York spring and summer without sneezing and itchy eyes.

When I started BIORAY® 45-Day Total Body Detox, I was 49 and suffering from various peri-menopausal symptoms such as hot sweats, poor sleeping, severely irregular periods, weight gain around the middle and general annoyance. Very soon after starting the program, my periods became light and regular without any bloating or discomfort, the night sweats stopped completely, and I started to sleep more soundly without waking up at all hours. I feel the best I have ever felt!”

O-SEL | Age: 50

- Lost 25 lbs
- Blood pressure of 25 year old
- No more “poochy” stomach
- No longer peri-menopausal
- Lost 2 inches from breasts



“

I really got in tune with my body for the very first time ever with the BIORAY® 45-Day Total Body Detox. I learned what it takes, doesn't like, and how to maintain a healthy balance. Before the detox, I had no idea how poorly I was functioning. I knew that my sleep was restless, my energy level was erratic, and my body always felt puffy.

During and after the detox, I fell asleep easily and woke refreshed, and my energy level was very high. I lost weight, my figure slimmed, and I am simply more comfortable in my skin. This detox is by far the most effective and best health program I have ever experienced. I look slimmer and better than I have ever looked. My body feels like a finely tuned machine!”

Hillary | Age: 35

- Lost 15 lbs
- Lower belly became flat, hips slimmed
- Lost 5 inches from waist
- Reduced sugar cravings
- No longer peri-menopausal



An Introduction to

THE ONE ORGANIC DETOX PROGRAM THAT DOES IT ALL!

With Bioray's 45-Day Total Body Detox you will detoxify and tone your body naturally. This program is effective for both men and women. It works in harmony with your body while allowing it to come into the shape that is natural for your metabolism. Natural weight loss occurs as your organs' structure and function are optimized. You will revitalize your skin, look younger, get stronger and experience improved vitality as never before.

This organic program has been proven effective by over a decade of clinical use for the detoxification of heavy metals, unwanted organisms, residual drugs and harmful chemicals. It is designed to help the body eliminate acidity and restore the alkaline reserve while balancing hormone, adrenal, and endocrine function. This is a TOTAL BODY detox designed to create a fundamental shift toward oxygenation and rejuvenation. To ensure a long life without health imbalances, it is recommended that we repeat this program once a year.

What We Are Detoxing & Why

Our demands on the planet have reached excessive levels while we continue to inhibit nature's ability to renew herself. It is our dream that you recognize your own contribution – both positive and negative. We can improve the health of our body, our planet, and our next generation, one bite at a time, by curbing excess and avoiding plastic.

Every day we are bombarded with toxins. Scientists estimate that everyone alive today carries within her or his body at least 700 contaminants, most of which have not been well studied. When our organs of elimination (liver, kidneys, etc.) are supported, these harmful substances can be removed more efficiently which increases our chance of living long, healthy lives. In accordance with the 45-Day Total Body Detox, we will be nourishing and rebuilding our organs of elimination. These organs have the arduous job of eliminating waste from the body.

Most people are familiar with programs that force the body through a detox rather than supporting healthy organ structure and function which would enable a more effective, efficient, and well tolerated detoxification. This is the paradigm shift which makes

the BIORAY® 45-Day Total Body Detox so unique. If we work in tandem with our bodies, we can then count on them to do the job they are meant to do. The result is that we feel vibrant and in harmony with our organs as they remove toxins from our systems. We are not only detoxing to feel good, we are feeling good while we detox.

BIORAY® Products

in this Restorative Program*



*NOT PICTURED = Non-BIORAY® products used in the Restorative Program



The second part of this program is designed to restore and rebuild our energy and nutrient reserves. These days, we rarely take in the proper nutrients we need to support the healthy operation of different systems in our body. The BIORAY® 45-Day Total Body Detox includes supplements designed to do just that. *Our 45-Day Total Body Detox shifts our focus from 'how much do I consume' to 'how well.'* How well do I chew each bite of my sandwich? Do I chew one time then swallow? How does that feel? Well, in accordance with this digestion friendly program, each

bite of food is best chewed to a liquid, yes, a liquid! Try it! Chew it well. We will go into why shortly.

What This Is NOT

This is NOT a starvation program or a "crash" diet. Unlike many other detox programs, the BIORAY® 45-Day Total Body Detox can be easily assimilated into your normal routine and because it is not a fast, you will not feel weak or fatigued. You will experience an increase in energy and stamina. You will also be able to snack and enjoy a diet rich in cooked foods and protein while eliminating the environmental toxins and unwanted organisms that have been sapping your energy.

About The Supplements Used In This Restorative Program

Supplements are added into this program one at a time. In order to avoid "detox reactions" and identify any irritation, dosages are slowly increased, as per individual tolerances. This program will teach you to understand and pay close attention to the signals your body is sending you. For example, a headache may be a sign that more toxins are being pushed out than your organs can comfortably excrete. This is known as a "detox reaction." Your body will tell you everything you need to know throughout this process. You will

awaken your deep listening or "the inner healer" as you go along.

What You Can Do

Get Moving! In a BIORAY® 45-Day Total Body Detox intervention study, it was demonstrated that adding in some kind of movement regimen resulted in a 2 to 3 fold improvement in toxin excretion and weight loss. Adding in the practice of yoga, T'ai Chi, Qigong, or Pilates works very well while on the BIORAY® 45-Day Total Body Detox.

Health Benefits

FROM THE 45-DAY TOTAL BODY DETOX

- Decreased susceptibility to immune triggers
- Improved digestion
- Increased energy and vitality
- Improved circulation
- Balanced moods
- Flatter stomach
- Smoother skin tone and improved complexion
- Increased mental acuity
- Pronounced tone in natural curves and muscle definition



“With the high levels of environmental pollution found in the body today including heavy metals, chemicals, and unwanted organisms, everyone should complete the Total Body Detox once a year.”

- STEPHANIE RAY, CEO/PRESIDENT, BIORAY INC.



THE GUT & COLON

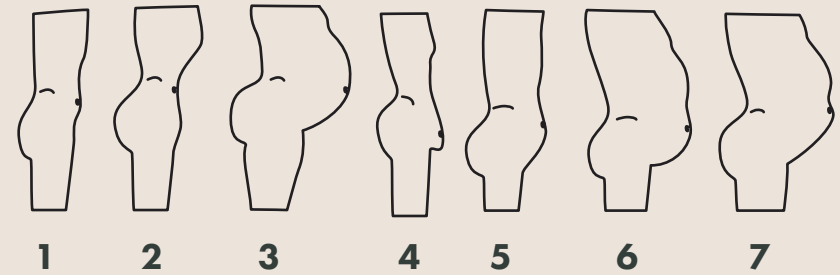
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“The intestines are to man/woman what the roots are to the plant. Only when these roots are kept in an optimal condition of nourishment and cleanliness, can the plant itself thrive and remain healthy.

The human body is never built on what it ingests but solely on what it digests and absorbs.”

- Dr. F.X. Mayr (1875 - 1965)

The Principle Abdominal Shapes*



*Please circle which one your tummy looks like

Beauty comes from within, so why not start there? Do you find yourself wondering “How do I get rid of this ‘spare tire’ and keep it off?” The outward appearance of your stomach indicates how well you chew your food and how often you have a bowel movement. Approximately 1.3 billion people worldwide experience digestive problems. Digestion is not a process by which food is dumped into a ‘dissolve-all’ solution in the gut. When you swallow anything, food or beverage, sensors in your mouth immediately initiate a process of taking in information

and delivering it to the necessary organs. Enzymes are released through the saliva and assist in maceration which makes it easier for the stomach, brain, and nervous system to know what is coming and when to stop. When you chew each bite to a mushy pulp, a beautiful and sophisticated chemistry takes place designed to digest food, absorb nutrients and defend you against hostile germs. It is a process that begins with macerating and pre-digesting your food: i.e. chewing.

The Intestine

There are more than a hundred million nerve cells in the human small intestine. The gut is a vast warehouse of natural chemicals representing every class of neurotransmitter found in the brain. That’s right! You have a “brain” in your gastrointestinal tract just as you have one in your head! Yet with the standard modern diet and lifestyle, our habits keep the ‘second brain’ numb to how much food we eat and this limits the nutrients that our body can assimilate from food. A conglomerate of microorganisms called a

“biofilm” adhere to one another on the surface and cover the receptor sites in the gut. In doing so, they block communication with the brain. When this occurs and these microbes are not moving down and out of the body, all types of symptoms can occur, especially with people who overeat. However, this is reversible with chewing, good nutrition, regular exercise and water.

The Colon

Ridding your body of old putrefied fecal matter and restoring balance in the gastrointestinal tract is the key to decreasing swollen tissues, supporting a healthy immune response, and adding to your longevity.

A healthy colon eliminates waste at least two to three times a day. We know from observing babies that they have a bowel movement shortly after every meal. This is the optimal amount an adult should be moving their bowels as well.

The best way to clean your gut and colon is from the mouth down. Regular colonics can wear out the elasticity of the colon, much like a water balloon that has been filled and emptied over and over

again. The slowing of peristalsis creates a continuing need for colonics. It can become a vicious cycle. In contrast, cleaning the colon from the mouth down continues the path of elimination that is natural for the body.

How Often Should You "Go"?

One to three bowel movements per day is necessary to restore or maintain optimal health. If you "go" within three hours of a meal and on a regular basis, then you're doing well. Elimination should be easy and without strain. The stool should come out in a long solid shape and in one piece, soft - not hard (think banana, not grapes.) The color should be a golden brown similar to a brown paper bag. These are the ideal conditions to look for.



THE LIVER & HEALTHY PH

In traditional Chinese herbalism, the liver is considered “The General of the Army” and for a very good reason! Truly the hardest working organ in the body, the liver handles over 500 tasks daily. It is charged with breaking down food and absorbing the nutrients, sending those nutrients to the correct system in the body, removing organic and non-organic waste and manufacturing and regulating hormones. The liver can rebuild itself with only 20% of its function remaining, which is particularly necessary in this post WWII age. Exposure to toxins now occurs at levels never before seen. These toxins turn into acidic waste in the body. The liver determines if they are water soluble and can be removed via the kidneys or oil-based and can be turned into bile and removed via the colon.

Restoring the Alkaline Reserve:

When the body is in an acidic state, oxygen is lacking in the blood which hinders organ and system functions. When the internal terrain is on the alkaline side, the body can flourish and heal. Alkalinity enhances circulation, tissue regeneration, and oxygenation of the blood and brain.

The easiest and most efficient way to decrease acidity in the body is to support the liver, enabling it to drain acids and restore the alkaline reserve. Trying to neutralize an acid pH through diet alone is like pouring a bucket of water on a forest fire. It takes 32 glasses of water with a pH of 9 to neutralize one glass of cola, which has a pH of 2.3! When you drain acids out through the urine your body naturally becomes more alkaline in a short amount of time.

Understanding Proper pH Balance and What That Means

There is a lot of discussion and opposing opinions about what proper pH balance is. Understand that pH is constantly changing due to emotions, diet, hydration, etc, and this is normal. To have a working understanding of it, the urine pH represents what is leaving the body as waste. Optimal first morning urine pH range is 5.5-6.2. When the first morning urine is acidic it shows us the liver is able to filter acidic waste efficiently. The urine pH naturally rises as we go through the day.

The saliva represents what the body is holding onto. When the saliva is in the alkaline range it shows us the state of the body overall, barring the digestive tract. A healthy first morning saliva pH is 6.8-7.2.

THE BENEFITS OF RESTORING PH BALANCE

- Increased energy
- More oxygen to the blood and brain
- Improved hormone balance
- Increased nutrient absorption
- Reduction of dark circles under the eyes



THE LIVER & EMOTIONS

A key factor in healing often lies in decongesting the liver. This improves the liver's capacity to carry out its many functions including detoxification and replenishing the blood. Emotions and biology go hand in hand: when the liver is healthy, emotions flow smoothly. However, when the liver is stagnant, emotions become irrational. The emotional will affect the physical and vice-versa.

IMPACT OF LIVER CONGESTION

- Sleep disturbances and exhaustion
- Skin irritations
- Irritability and emotional outbursts
- Dysbiosis of internal "terrain"
- Lack of focus
- Food and environmental sensitivities
- High histamine levels
- Significant decrease in absorption of nutrients
- Impaired digestive function
- Decreased cognitive ability
- Hormone imbalance

KIDNEYS

Your kidneys are two bean-shaped organs, each about the size of your fist. Although the kidneys are small in size, they receive 20 percent of the blood pumped by your heart. The large blood supply to your kidneys enables them to:

- Regulate the composition of your blood
- Maintain concentrations of various ions and other important substances
- Keep the volume of water in your body constant
- Remove urea, ammonia, drugs, toxic substances and waste from your body
- Stabilize the acid-base concentration of your blood
- Support healthy blood pressure
- Stimulate the production of red blood cells
- Maintain your body's calcium levels

SKIN

Our skin is the largest organ of the body and is a great indicator of how well the internal organs are functioning. Skin irritations or blemishes can indicate inefficient liver function. If we are not consuming enough water, your skin may appear dry or flaky. Likewise, a decrease in collagen occurs with too much sugar intake or exposure to pollution.

You will experience an appreciation of water, exercise and exfoliation of the skin as you complete the 45-Day Total Body Detox.

REMOVING HEAVY METALS & OTHER ENVIRONMENTAL TOXINS

“Am I heavy metal toxic?” and “How do I know if I have an overly acidic body?”

It is impossible to avoid exposure to heavy metals and environmental toxins. Not only are heavy metals used as preservatives in childhood vaccinations, the silver amalgam fillings that dentists put in your teeth are 50% mercury. Heavy metals and environmental toxins are also found in great quantities in our water supply, garden fertilizers, house paints, light bulbs, preservatives and are even used as fire retardants on our children’s pajamas. It is the way of modern life.

We have a limited ability, in proportion to the level of toxic metals we are exposed to daily, to metabolize these toxins. We will accomplish this and more with the 45-Day Total Body Detox.

“

Before starting the BIORAY® 45-Day Total Body Detox, none of the participants excreted heavy metals and toxic waste at optimal levels. After completing the BIORAY® 45-Day Total Body Detox Program, all participants became excellent excretors of all toxins.”

STEPHANIE RAY, ND

-Co-Founder & President BIORAY®, BCN, CNHP and mom



UNWANTED ORGANISMS

When we are heavy metal toxic, the body becomes an acidic wasteland. This acidity makes us very good hosts for various unwanted organisms. As we are removing heavy metals during the 45-Day Total Body Detox, this is an optimal time to also address these other unwelcome imbalances. “Could I possibly have unwanted organisms?” Well, if you have dined at a restaurant in the last twelve months, or if you crave sweets or carbohydrates, the answer is most likely “yes.” In our clinical experience over a 4 year period of stool testing every patient for unwanted organisms, 99.9% had between one and five different kinds of unwanted organisms.

Unwanted Organisms Effects on the Body

The toxic byproducts produced by unwanted organisms acidify the tissues and predispose us to health imbalances. They trigger and gradually wear down the immune system, making us even more vulnerable to their invasion and to other imbalances. Simply said: Unwanted organisms steal vital nutrients from the body, skew emotions and mental function, damage tissues and organs, and increase our need to detoxify. They turn our bodies into the perfect environment for health issues to develop.

The 45-Day Total Body Detox has been proven an effective means against many unwanted organisms according to stool tests with Dowell Labs.

REMEMBER TO EXERCISE

Committing yourself to at least one half hour of exercise three times a week will enable you to see significant improvements in your overall health and energy level. We recommend that you engage in a system of movement that is gentle and feels good to your body, such as yoga, brisk walking, Pilates, T'ai Chi, Qigong or light weight-lifting.

These exercises encourage healthy cardiovascular function, healthy bone density, strength, flexibility and joint mobilization. The benefits of adding meditation are clarity of mind, awareness, and openness. Combining exercise with meditation balances the left and right hemispheres of the brain and thus promotes brain fitness along with body fitness.

Exercise also increases blood and lymph circulation. Your blood and lymphatic fluids distribute essential nutrients to your cells and remove metabolic waste and other toxic substances from your cells.

One of the biggest benefits of exercise is the reduction of excess body fat. Your body stores toxins in fat. Reducing these fat deposits during a detox program inherently reduces toxin levels in your body.

Any type of aerobic exercise that gets your whole body moving and your body fluids circulating at an increased rate will benefit you. Exercising just 30 minutes a day, three times a week is all it takes to make a significant impact. If you have never exercised, start with 10-15 minute walks and increase your speed and duration every 2-3 days. If you are already quite active, we suggest hikes or taking up to 6 yoga classes. Remember, it is only for 6 weeks and should be worked up to gradually.

EXERCISES ACCORDING TO YOUR BLOOD TYPE

These exercises may be the answer you are looking for. If you haven't felt the best after your ascribed workout, it could have something to do with your genetic blueprint, also known as your blood type.

Check out these exercises and see if they feel right for you. I am still going to advocate to do what your "inner healer" moves you to do. That means you have to listen to your body and what it's saying. Feeling tuckered doing cardio but great afterward is normal; O blood types be forewarned!



<p>TYPE</p> <p>O</p>	<p>THOSE WITH "TYPE O" BLOOD: are considered hunters, and it's likely that you're naturally strong and athletic. This means you're better off taking advantage of regular workouts that tax the cardiovascular and muscular system.</p>
<p>TYPE</p> <p>A</p>	<p>THOSE WITH "TYPE A" BLOOD: have naturally higher cortisol levels and should incorporate Vinyasa sequences, Pilates, T'ai Chi and any other kind of isometric workout. Meditation and deep breathing are also beneficial.</p>
<p>TYPE</p> <p>B</p>	<p>THOSE WITH "TYPE B" BLOOD: need to balance meditative exercises with more intense physical exercise. B blood types tend to do well with friends for group workouts like bike riding, a casual game of tennis, or even martial arts class (they like a little mental challenge as well).</p>
<p>TYPE</p> <p>AB</p>	<p>THOSE WITH "TYPE AB" BLOOD: need low-power cardio sessions, like long walks, hiking, golf, or dance classes, especially when you have a bunch of built-up energy inside you.</p>







BIORAY'S 45-Day Total Body Detox

RESTORATIVE PROGRAM

Product List

Steps to a Balanced Body

1.	2 - OXY POWDER®* (120 CAPS)	Oxy-Powder® Moves the bowels 1-3 times a day.
2.	1 - PH LITMUS PAPER (PH TEST PAPER)* 1 BOX / 90 TEST STRIPS	pH Stix® Check first morning urine with pH sticks. Desired range 5.5 - 6.2.
3.	2 - (4OZ) LIVER LIFE® 	Liver Life® Supports the liver and kidneys, open phase 1 & 2 detox pathways, and promotes draining toxins and acidic waste.
4.	2 - PINES BARLEY GRASS* 2 BOTTLES/500 TABLETS	Pines Barley Grass Tablets* Adds in additional vitamins, minerals, and amino acids for support.
5.	1 - K-MIN* 1 BOTTLE/100 CAPS	K-Min® Addresses any large unwanted organisms.
6.	1 - WOBENZYM N®* 1 BOTTLE / 400 TABLETS	Wobenzym N®* Adds enzymes to assist in the breakdown of foods and protect cells from toxins (also protects against free radical damage).
7.	2 - (4 OZ) CYTOFLORA® 	CytoFlora® Balances the gut and supports immunity.

8.	2 - BIOMINS II®* 2 BOTTLES / 90 CAPS	BioMins II® by Thorne* Replaces lost minerals and assists with sleep.
9.	1 - (4OZ) NDF® 	NDF® Removes extracellular (outside the cell) heavy metals, chemicals, and pesticides.
10.	6- (2OZ) ARTEMISIA & CLOVE® 	Artemisia & Clove® Goes after and removes microscopic unwanted organisms.
11.	1 - OMEGA OIL* 1 BOTTLE / 120 CAPS	Omega Oil* Supports the nervous system and the brain; balances fatty acids
12.	1 - (2OZ) NDF PLUS® 	NDF Plus® Removes intracellular (inside the cell) heavy metals, chemicals, and pesticides while increasing energy to the cells.
13.	1 - (2OZ) LADY PASSION® 	Lady Passion® Balances female hormones and enhances immune function.
14.	1 - (2OZ) RED ROOSTER® 	Red Rooster® Balances male hormones and enhances immune function.
15.	1 - (2OZ) LOVING ENERGY® 	Loving Energy® Supports healthy adrenal and immune function (interferon A), balances histamines, and mitigates a detox reaction.
16.	1 - VITAL 10* 1 BOTTLE / 100 CAPS	Vital 10®* Reestablishes healthy flora; balances and supports intestinal immune function.
17.	1 - ACTIVATED CHARCOAL 1 BOTTLE / 100 CAPS	Activated Charcoal* Absorbs toxins and gases in the intestinal tract. To be used if a detox reaction or irritation ensues.
18.	1 - BLOOD TYPING KIT	Blood Typing Kit* A self testing blood typing kit.

*NOT PICTURED = Non-BIORAY® products used in the Restorative Program

FIRST STEPS

THREE STEPS TO COMPLETE BEFORE YOU BEGIN

STEP 1 COMPLETE THE HEALTH QUESTIONNAIRE

1

Fill out the questionnaire included in your kit. This will give you valuable information about what you need to address regarding your habits or practices as well as information to help clarify your goals.

Note: Our health questionnaire can be used to evaluate the benefit OR detriment of any program, food or remedy.

STEP 2 KNOW YOUR BLOOD TYPE

2

During this program, you will be eating foods that are appropriate for your blood type. In clinic we found this to be the most foolproof way to find the foods that are beneficial for your body's chemistry. But, if you know that one of the food items on your "positives" list does not work for you, then don't eat it.

STEP 3 TEST FOR HEAVY METALS, CHEMICALS, AND METABOLIC FUNCTION

3

(Optional)

You can request these tests from your practitioner. They act as a baseline measurement upon which to gauge your progress. Should you choose to forgo lab tests, BIORAY's health questionnaire will give you a measurement of where you began and what changed throughout the 45 days, making it a very useful tool.





PROGRAM GUIDELINES

To get the most out of BIORAY's 45-Day Total Body Detox, begin to establish the following practices. They will be lifelong allies.

GUIDELINE 1:

STOP USING TOXIC PERSONAL CARE PRODUCTS AND HOUSEHOLD ITEMS

Most mainstream personal care items contain heavy metals or toxic chemicals and many of them are carcinogenic. The National Institute of Occupational Safety has identified almost 900 toxic chemicals in personal care products. Parabens, lead, mercury, and phthalates can be found in all commercial cosmetics and fragrances. For information on the safety of your cosmetics go to Environmental Working Group at www.ewg.org. It is important to limit your exposure to household toxins as well. Avoid exposure to chlorine, fluorine, and other household or hygiene chemicals. We are detoxing these chemicals and want to avoid increasing our body burden over the next 45 days.

“After 26 seconds, traces of toxic household cleaners can be found in every organ in the body.”

- CHEC'S HEALTH HOUSE

GUIDELINE 2:

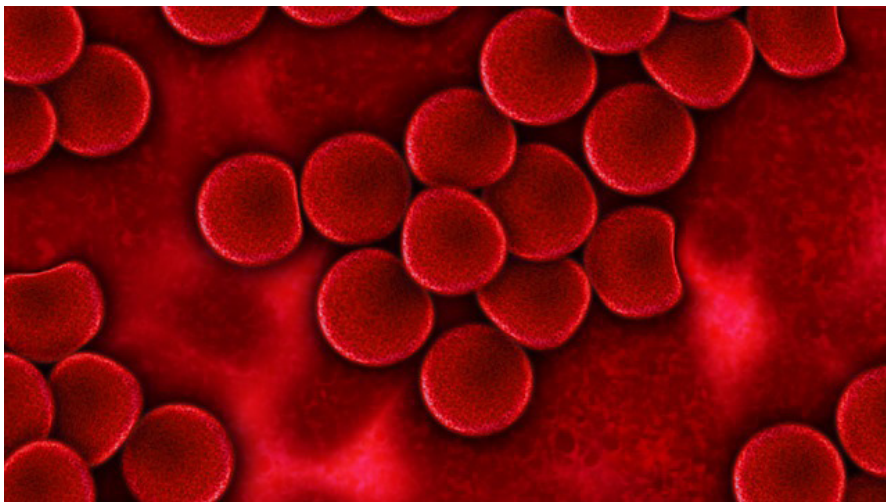
DITCH YOUR MICROWAVE OVEN!

Microwaving food destroys vital nutrients and creates unnatural substances that should not be consumed by humans. Side effects of eating microwaved food include poor digestion, altered hormone production, weakened immune system and memory loss.

GUIDELINE 3:

MINIMIZE SEAFOOD INTAKE

These days, there are very few fish or shellfish you can eat that do not contain heavy metals such as mercury, cadmium and lead. During this detox program, it is best to eliminate seafood from your diet altogether. After completing this 45-Day program you can incorporate them back into your diet, choosing those on the “safe list” and keeping your organs of elimination in good health so that you are able to excrete any toxins you may ingest. For reference, a chart created by the Environmental Defense Fund provides more information about what types of fish are safe to consume, visit: www.edf.org.



GUIDELINE 4:

EAT FOODS RECOMMENDED FOR YOUR BLOOD TYPE

(Blood Typing Kit Included in this Restorative Program)

You will be eating a diet rich in foods beneficial for your blood type based on research and clinical work by naturopath Dr. Peter D'Adamo, author of "Eat Right 4 Your Type" (*see pg. 37). While we do not advocate everything in this book, the basic blood type food lists are useful for most people, most of the time. This diet is based on the idea that foods and supplements contain lectins that interact with your cells depending on your blood type. According to this theory, some foods might be beneficial to one blood type, but harmful to another. Avoiding negative foods for your blood type minimizes blood agglutination, or "sticky" blood, which reduces oxygen intake. But, if one of the food items on your "positives" list does not work for you, then avoid eating it. For more information about what your blood type means for your overall health, go to: www.dadamo.com.

* FOOD RECOMMENDATIONS

ACCORDING TO DR. PETER D'ADAMO, AUTHOR OF "EAT RIGHT 4 YOUR TYPE":

Remember there are a variety of foods that are good to eat within each of these blood types. Look up and print the list; keep it with you.

TYPE

O

THOSE WITH "TYPE O" BLOOD: should choose high-protein foods and eat lots of meat, vegetables, and fruit but limit grains, beans, and legumes. For balancing weight, increase kelp, red meat, broccoli, spinach, and olive oil. Avoid wheat, corn, and dairy.

TYPE

A

THOSE WITH "TYPE A" BLOOD: should choose fruit, vegetables, tofu, turkey, and whole grains but avoid meat. For balancing weight, increase vegetables, pineapple, olive oil, and soy. Avoid dairy, wheat, corn, and kidney beans.

TYPE

B

THOSE WITH "TYPE B" BLOOD: should choose a diverse diet including meat, fruit, dairy, and grains. For balancing weight, increase green vegetables, eggs, liver, and licorice tea. Avoid chicken, corn, peanuts, and wheat.

TYPE

AB

THOSE WITH "TYPE AB" BLOOD: should eat dairy, tofu, lamb, grains, fruit, and vegetables. For balancing weight, increase tofu, green vegetables, and kelp. Avoid chicken, corn, buckwheat, and kidney beans.

GUIDELINE 5:***CHEW YOUR FOOD TO A LIQUID!***

We cannot stress this enough (hence the exclamation point). Chewing your food is one of the single most important things you can do to assist your metabolic system. The process of digestion begins in the mouth when you chew your food. When you swallow bits of food that are too big to be properly digested in the stomach, your body is unable to extract nutrients or allow the food to pass through your digestive system in a healthy manner. Chewing your food well maximizes bioavailability and increases saliva production. Enzymes in your saliva work to break down the food as you chew; you then lessen the burden on the stomach and minimize putrefaction in the gut. While you are chewing, your nervous system is sending signals to the rest of the gastrointestinal system to expedite the process of digestion and prepare ahead of time for each specialized role.

Ideally, every bite should be chewed to a liquid state. We recommend chewing each bite of food fifty times. You will receive enormous benefits from dedicating yourself to this simple practice. You will experience knowing when your body is truly full, as your stomach will have time - during this prolonged chewing - to recognize this. The time you spend allowing your body to begin the process of digestion in this way can be thought of as a kind of meditation. This will also allow you to stop eating out of habit and begin eating with the purpose of providing fuel for your body.

CHEW EACH BITE**25 - 35****TIMES****TO A LIQUID STATE**

“My relationship with food completely changed during this cleanse! I realized I didn't actually know what being hungry was. Previously I would eat to fill a spot that had only the slightest hint of actual hunger.”

- JENNIFER CONNORS,
BIORAY® 45-DAY TOTAL BODY DETOX
INTERVENTION STUDY PARTICIPANT

GUIDELINE 6:

INCREASE WATER WITH LEMON AND TEA INTAKE

Begin each day with a glass of water with organic lemon juice squeezed into it. Lemon is an excellent overall stimulant to the liver and digestive system. Although lemons are acidic, they perform an alkalizing impact in your body. Drink clean water. If possible, purchase a reverse osmosis unit for your home. Avoid tap water. If this is not possible, add 3 drops of **NDF**® to each 10 ounces of tap water before drinking. You can also drink as much green tea with honey as you like during this program.

GUIDELINE 7:

GET TO KNOW YOUR REMEDIES

During the 2-hour period following the addition of a supplement or an increase in the dose, pay close attention to your body and take notice if you feel any changes. Feeling the same or better is good. If you feel worse, revert to the previous dosage level of the remedy. If reaction is extreme, discontinue use and call your practitioner. A detox reaction is neither required nor beneficial. If one occurs, take 2 capsules of activated charcoal and increase your water intake. If you are not having at least 2 bowel movements per day, increase the dose of Oxy-Powder®. Remember, if the bowels are not moving regularly, no progress can be made in regaining a healthy body.

GUIDELINE 8:

SPEED UP YOUR METABOLISM WITH MOVEMENT

Find a program of movement that works for you. Reducing fat and increasing lean muscle mass speeds up metabolism, as muscle has a higher metabolic rate. A higher metabolic rate means your body will be burning calories much faster, even when you are not exercising.

GUIDELINE 9:

KEEP A JOURNAL

Find a good blank book to use as your journal. This is the place where you can unload all the old thoughts and feelings that will come up throughout this detox process. Think of it as a safe place, completely confidential. The mind-body connection is strong, and as your body begins to detox and come into balance, so will your mind and your emotions. As you dump some of these old thoughts, habits and emotional patterns, you will make room to embrace new and healthier ones.



Rules

1. Morning Abdominal Therapy: drink lemon in water, wait 5 - 10 minutes then begin to jiggle your stomach clockwise around the lower abdominal part of your stomach. Start on the right side of your lower stomach, work your way clockwise around and under your ribs ending just to the right of your left hip bone. Do this for 2 - 3 minutes. Go use the bathroom.
2. Water: 3 ounces of good clean water per quarter hour until 1 PM.
3. After 1 PM: drink whenever you are thirsty. No distilled water. You should not drink water 30 minutes before or after food.
4. Chewing: each bite is chewed 50 times. (Yes, FIFTY times).
5. Eat in a relaxed way, minimizing distractions.
6. Variety is the spice of life. Vary the foods you eat.
7. If you eat fruit, cook it first. Baking fruit in the oven works well.
8. No raw foods. Raw foods shut down the stomach and digestion. Cooked foods and proper mastication keeps the metabolism working. Try to eat at the same time each day.
9. Stop eating just before you are full.
10. Take a walk after each meal. 10 minutes will suffice.
11. If you feel the need to snack, eat a small amount of cooked vegetables or a few stale crackers, remembering to chew each bite 50 times.
12. Stop eating at least 2 hours before going to bed.
13. No sodas, alcohol, coffee, sweets, desserts, rancid oils, or junk food. If you experience a caffeine withdrawal headache, you may drink 1 cup of coffee for the first two mornings. After the second day, drink green tea instead.
14. Go to bed in time to get at least 8 hours of sleep.
15. No drugs and, if possible, minimize over the counter medications.

If You Are Going To Cheat

First off, let us say we do NOT advocate cheating. But if you insist, here's how to do it the right way:

1. **COFFEE (BREAKING RULE #6)** – We suggest weaning off coffee over 1 - 4 days and finally replacing it with green tea altogether. Gunpowder green tea is a great replacement. However, if you find you've broken down and jumped for the java, follow the cup with 7 Pines Barley Grass tablets. Whatever you do, don't substitute for a soda. Colas (yes, especially diet colas) are a straight "NO"; you'll choke on the number of barley tablets you'll need to balance the acidity.
2. **BAD FOOD FOR YOUR BLOOD TYPE (BREAKING GUIDELINE #4)** – When 'required' to eat a food on your blood type's negative list (i.e. an inescapable business dinner), also order two beneficial foods. This will negate almost all noticeable negative effects of the offending food. This isn't Vegas, but the 2-to-1 rule applies here every time.
3. **NOT CHEWING YOUR FOOD TO A LIQUID (BREAKING RULE #2 AND GUIDELINE #5)** – While 'learning' this technique, take 6 - 8 Wobenzym® tablets with your food. This will assist breaking down your food for you. While this is immensely inefficient compared to chewing with your teeth (chewing increases circulation in the tissue and bone of the teeth which is healthy for you), it will also mitigate gas/farting and your friends will thank you for that.
4. **SWIMMING IN OR DRINKING CHLORINATED WATER (BREAKING RULE #3, GUIDELINE #3, AND #6)** – If swimming is your exercise of choice (I commend you) or you are lost in a desert and offered only tap water, add your highest tolerated dose of **NDF®** or **NDF Plus®** in your offending glass of H₂O or drink just before swimming. In-vivo testing shows **NDF®** and **NDF Plus®** bind to free chlorine and make it inert.
5. **ENERGY DEPLETION/INABILITY TO EXERCISE (BREAKING RULE #7 AND GUIDELINE #7)** – Take 3 - 5 Oxy-Powder® in water and be prepared to move 4 hours later. It'll lighten your load and give you some pep. Seriously, a clogged pooper sees no possibility, a clean one can see that anything is possible, such as a brisk walk or pretending you are trying.





Other Issues that Might Arise

- 1. MEAL SKIPPING (BREAKING RULE #5)** – Chew 10 Pines Barley Grass with a glass of water. This balances blood sugar levels, cleans the blood, moistens the bowel, is alkalizing, has all our needed vitamins, minerals, protein, and amino acids and is fibrous (filling). Remember, this is not a starvation program. Eat something.
- 2. CRAVING SWEETS/CARBOHYDRATES** – You have two choices. **1.** Chew four or five Pines Barley Grass with a glass of water. **2.** Bake cinnamon and fruit such as apples and pears with some cranberries until soft. This combo is a good alkalizing balance.
- 3. CRAVING FRIED FOODS** – You are probably on day 7 - 10 of a full dose of **Artemisia & Clove®**. Unwanted organisms are dying and clinging to their last breath, so to speak. They will create a craving for something greasy or sugary to keep themselves alive. Don't do it. Take a dose of **Artemisia & Clove®**, seven Pines Barley Grass tablets, and some cooked fruit. It will all be fine in 20 - 30 minutes. If not, 1-3 squares of organic dark chocolate is in order and just so happens to be good for everyone's blood type.
- 4. BAD/POOR ATTITUDE** – You may be feeling deprived and taking it out on yourself with negative thoughts or a poor attitude toward others. Try either of these: **1.** Achieve an orgasm. This brings the entire body into a state of needing nothing (zero need in biological terms. Yes, we know this for a fact, and have conducted several before and after biochemistry tests) or **2.** You need a bowel movement, see section on "Energy Depletion/Inability to Exercise" on previous page.
- 5. RAW FOODS** – You want 'em? You can add them into this program up to 25% of total food intake IF you chew each bite well. If juicing include 50% of pulp. If you notice a decrease in appetite and gas, you have just slowed down your metabolism and are burning fewer calories and fat. Play with it. Try less raw and have a bowl of warming soup at the same time.

What to Eat and Why:

BIORAY'S 45-DAY TOTAL BODY DETOX FOODS

Eat Organically Every Day:

Our food supply has changed drastically. Far fewer minerals are found in produce due to the changes in cultivation and fertilization methods and the exhaustion of arable soil. Studies have shown that organic produce is twice as rich in nutrients, contains more trace minerals and micronutrients than conventionally grown produce, and is free of toxic pesticides and disruptive hormones.

Lemon & Water:

Lemons are naturally acidic. However, once your body metabolizes them, they produce an alkalizing effect. High alkalinity is required for the proper functioning of your body's cells. Lemon water purifies and stimulates the liver by encouraging the production of bile, an acid required for digestion.

Stale Bread or Crackers:

Eat one or two small bread rolls or crackers made stale by air-drying in the morning with a small glass of milk. Cut or break into small pieces, roll the small piece around in the mouth chewing it up until it becomes a very thin pulp and mix with a small sip (teaspoon) of milk. If you are intolerant or have flora imbalances in your body, choose a grain that works for you. Rotate your foods, repeated exposure to one constant food may cause the immune system to respond to that food as an aggravation.



Milk:

To give the digestive system a rest, we use cow, sheep, goat's milk or oat, rice, or Kefir and sip it in small portions. Choose the milk that works with your blood type diet. Properly mix it with the saliva in your mouth as this begins predigestion.

Meats or Proteins:

Eat small amounts - that's all you need! Chewing protein well is vital to keeping ammonia from forming in the blood and being transported to the brain, which happens when protein is not chewed well.

Vegetables:

Overcook your vegetables. No raw or al dente foods for 45 days. Don't worry; you are getting plenty of nutrition! Your daily intake of supplements on the 45-Day Total Body Detox is complete, providing you with everything your body needs. The idea is that eating warming foods opens and promotes good digestion. Cooked foods are easy for the body to break down while "tricking" the metabolism into continually being activated. Raw or cold foods close the digestion down; an effect you want to avoid when cleaning out the GI and colon.

Soups:

Vegetable or meat stock works well as a base for your soup. Cooking a whole organic chicken stuffed with a couple of Chinese herbs like tang kwei, rehmannia, and jujube overnight is a wonderful way to get nutrients. Soups are a perfect way to prepare your heartier vegetables, such as root vegetables.

Avocado:

After the morning stale cracker breakfast is finished on day 18, this is the recommended food to eat on healthy toast for breakfast. Avocados contain folate, potassium, mono-unsaturated fats (good fat that assists with the bad) and are very high in fiber – 10 grams in only one avocado. They also contain 30% more potassium than a banana and 81 micrograms of lutein, which maintains healthy eyesight. A, AB and O blood types will want to use olive oil as avocados are not recommended for your type - if you do eat an avocado, you would want to balance the avocado with two positive foods for your blood type.





Olive Oil:

Use this for your dressings and sauces. The protective function of olive oil has a beneficial effect on the secretion of bile and pancreatic hormones. Olive oil is also very well tolerated by the stomach. Extra virgin olive oil, from the first pressing of the olives, contains higher levels of antioxidants, particularly vitamin E and phenols, because it is less processed.

Sea Salt:

Whole sea salt contains magnesium chloride and magnesium bromide, which are easily assimilated and metabolized in the human body.

Honey:

Use in your tea. This natural sweetener contains 22 amino acids, as well as a variety of vitamins, antioxidants, and minerals. It is also easy on the digestion.

Tea:

You may drink as much tea with or without honey as you like.

- Blood Type A = chamomile tea
- Blood Type B = licorice tea
- Blood Type AB = ginger or licorice tea
- Blood Type O = licorice tea

Great Grains

Many types of breads contain yeast. In the case of dysbiosis, reactions to yeast are frequent. When yeast is omitted in the production of bread, the dough does not rise, resulting in round, flat bread loaves.

BASIC RECIPE FOR FLAT BREAD LOAVES WITHOUT YEAST

(Preparation time approximately 20 minutes)

- 2 cups flour of your choice. As fresh as possible
- 1 cup & 6 tablespoons soda water
- ½ tsp rock salt
- ½ tsp caraway or anise seeds

Preparation:

Stir mineral water, salt and flour together until you have a soft dough. Spoon dough onto baking parchment to form "flattish" bread rolls. We like 1-2 tablespoons of dough or make a size that works for your morning breakfast. Sprinkle top with caraway or anise seeds.

Bake in a preheated at 425 degrees Fahrenheit oven for 15-17 minutes. Cool on a wire rack, covered with a clean tea towel, and allow to dry through. This takes several hours to a day depending on the temperature in your home.

Bread loaves should be eaten the same day or frozen and then removed from freezer 30 minutes before they are needed.



These flat breads can be made from practically any kind of cereal grains, such as spelt, kamut, rye, buckwheat, maize, amaranth, and quinoa. Substituting mineral water with sheep's milk or acidophilus milk (provided they are suitably tolerated) is possible but not necessary. Flat breads can also be made using natural sourdough, but this requires a lot more effort.

The Amazing Avocado

A NUTRITIONAL COMPARISON

	FRESH AVOCADO	BUTTER, SALTED	SOUR CREAM, CULTURED	CHEDDAR CHEESE	MAYONNAISE, WITH SALT
PORTION (1 ounce)	2 tbsp. or 2/3 thin slices	2 tbsp.	2 tbsp.	1 slice	2 tbsp.
CALORIES	50	204	60	114	109
TOTAL FAT (g)	4.5	23	6	9.4	9.4
SAT. FAT (g)	0.5	14.6	3.7	6	1.4
CHOLESTEROL (mg)	0	61	13	30	7



The Daily Program

BREAKFAST

- Be sure to take your Oxy-Powder® the night before. You should expect to have 3 to 6 quick, loose bowel movements in the first hour or two of the morning. These 'Oxy moments' can be sudden and might be mistaken for a need to pass gas, so make sure that you make your way to the bathroom when you feel either urge.
- Immediately upon waking, drink a glass of lemon in water. Gently grab the small intestine packet (tummy) and jiggle it in a clockwise direction for one minute every few minutes while the water and lemon are moving through your bowels. This loosens old fecal matter from the walls of your colon so that it can then be flushed out of your system.
- Breakfast consists of hard stale millet or rice cakes, stale yeast-free bread or wheat-free crackers. Think roughage. Take a small piece and chew it 50 (not a typo- it's FIFTY) times, until it becomes sweet tasting in your mouth. The point of this is to stimulate the production of saliva, so your choice of food must be dry or stale (not molded, stale means hardened not ancient or rotten). After the mouthful has turned sweet, take a teaspoon of well tolerated milk (animal or grain) and suck it from the spoon, thoroughly mixing it with saliva. Swallow and repeat the process, starting with the stale bread/cracker. Remember to stop eating BEFORE you are full. If you have a history of gut imbalances, make sure your milk is not sweetened.
- 30 minutes after breakfast, begin drinking 3 oz. of good clean water every 15-20 minutes. You can also drink tea with a bit of honey in it.



LUNCH

- Lunch consists of recommended foods for your blood type. All foods should be well-steamed or well-cooked. Use fresh, organic foods only. Normally fish would be allowed, but as we are detoxing heavy metals with this cleanse, we will be avoiding fish due to their high toxic metal content.
- Remember to take your supplements (calendar is outlined later in this book). The flora supplement is essential as this is one of the products that specifically cleans the GI tract and colon.
- If you get hungry between meals, you may drink as much lemon and water or warm tea and honey as you like; 3 oz. at a time. You can also have a snack of 1 or 2 crackers or leftover steamed veggies, chewed well. Use common sense: if you feel weak, eat or drink something from your list of foods. If you feel the need for protein, eat small portions and chew very well.



DINNER

- Dinner should consist of well-cooked veggies and a small amount of chicken, beef or vegetarian protein, chewed 50 times (to a liquid). One indication that you are doing a good job of sticking to the program is that you will only be able to eat a small amount of protein, because you are chewing it well and your body is able to digest it properly. Try to eat dinner no later than 6pm to give your body time to digest before bed. Your gastrointestinal system goes to sleep when you do, so whatever food has not been digested sits in your intestines and putrefies. Stop eating at least 2 hours before bedtime.
- Drink a cup of herb tea that corresponds to your blood type:
 - Type A = chamomile
 - Type B = licorice
 - Type AB = ginger & licorice
 - Type O = licorice
- If you ever need to “cheat” with a midnight snack, steamed zucchini is best.

BEDTIME

- Take an Epsom salt bath to assist with detox, re-mineralize your body, and simply relax. Use a loofah over your entire body. This will stimulate lymphatic drainage and remove dead skin cells. Rinse after your bath.
- If you get a headache, feel fatigued or groggy, a fever, excess mucus, etc., reduce your dosage of **NDF® or NDF Plus®**. These symptoms mean that you are detoxifying toxins faster than your organs of elimination can excrete them. Make sure you are staying hydrated and if symptoms prove uncomfortable, take 2 - 4 tablets of activated charcoal.

6-Day

SAMPLE MENU

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 ½ cups steamed broccoli with lemon, garlic, olive oil, and salt over top. 2 - 3 oz. Lean grass fed steak, cooked in garlic and 1 tbsp olive oil. Roasted pear with cinnamon and honey.	Hot green tea and two Ryvita millet crackers with a tbsp of honey chewed to a liquid.	1 cup steamed zucchini, ½ cup steamed cauliflower with lemon, garlic, olive oil, and salt over top. 2 - 3 oz. organic roasted chicken with garlic and tarragon.
2	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 cup steamed peas with olive oil and salt over top. 2 - 3 oz. Turkey patty, topped with ½ cup onions and ½ cup mushrooms cooked in garlic and 1 tbsp olive oil.	Hot green tea and two Ryvita date crackers chewed to a liquid.	1 cup well steamed carrots, ½ cup steamed cauliflower with lemon, garlic, olive oil, and salt over top. 2 oz. grass fed beef pan cooked with olive oil, garlic, and salt.
3	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 ½ cups steamed asparagus and yellow squash. Heat olive oil & garlic, sauté ½ cup onions for 5 minutes. Add 3 oz. chicken breast cut into strips, cooked over medium heat.	Hot green tea and two Ryvita date crackers chewed to a liquid.	1 cup steamed broccoli, ½ cup peas with 2 oz. chicken pan cooked with olive oil, garlic, and salt. Serve over slice of toasted bread.

DAY	BREAKFAST	LUNCH	SNACK	DINNER
4	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	1 steamed artichoke served with lemon-garlic vinaigrette. 1 chicken thigh baked in olive oil and tarragon. 1 piece of whole grain toast with a light drizzle of olive oil.	Hot green tea and two Ryvita date crackers chewed to a liquid.	2 cups stir cooked zucchini, yellow squash and asparagus. Drizzle with lemon-garlic vinaigrette. 2 oz. grass fed beef pan cooked with olive oil, garlic, and salt.
5	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	Turkey or chicken soup with celery, parsley, swiss chard and carrots. Use organic chicken broth and add meats and vegetables. Stew for 1 ½ hours.	Hot green tea and two Ryvita millet crackers with a tbsp of honey chewed to a liquid.	1 ½ cups of steamed cauliflower drizzle with lemon-garlic vinaigrette and salt. 1 organic chicken & apple sausage.
6	Glass of water with fresh squeezed lemon. Jiggle your stomach. 2 - 3 stale crackers or bread. Chew to a liquid. Sip 3 to 4 oz. of the milk of your choice slowly.	2 cups steamed broccoli drizzled with lemon-garlic vinaigrette and salt. 2 chicken thighs roasted in ¼ cup water and ¼ cup white wine with marjoram and ½ teaspoon mineral salt.	Hot green tea and two Ryvita date crackers chewed to a liquid.	5-6 ounces frozen spinach, sautéed with olive oil and garlic. Drizzle with lemon. 2-3 oz. filet mignon steak pan cooked in olive oil and garlic. 4 minutes on each side.







INTAKE CALENDAR

45-Day Total Body Detox

BEGIN PROGRAM HERE

IMPORTANT!
Please Read Entire Guide Before Beginning Program

Work up to the suggested dosage GRADUALLY! The method suggested is 'optimal' and anytime you take your remedies is better than not at all.

A Helpful Tip: In the top right corner of each daily time frame there is a triangle  that is meant to "help you keep track of your daily intake". Simply put a check mark  or color it in  to let yourself know you have finished that daily intake. More than one triangle  means you have more than one day to mark off.

DAY	MORNING	AFTERNOON	EVENING
1	Suggested Pre Testing: • BIORAY® Questionnaire • Urine Toxic Heavy Metal Test • Organic Acid Test (OAT) • Saliva Hormone		• Oxy-Powder®: 3 - 5 caps at bedtime
2	• Check first morning pH (desired range: 5.5 - 6.2) • Liver Life ®: 5 drops	• Liver Life ®: 5 drops • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch	• K-Min: 3 caps with dinner • Oxy-Powder®: 3 - 5 caps at bedtime
3	• Check first morning urine pH (desired range: 5.5 - 6.2) • Liver Life ®: 10 drops • Pines Barley Grass: 10 tablets • K-Min: 3 caps with breakfast	• Liver Life ®: 10 drops • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch • Wobenzym N®: 6 tablets	• K-Min: 3 caps with dinner • Oxy-Powder®: 3 - 5 caps at bedtime
4	• Check first morning urine pH (desired range: 5.5 - 6.2) • Liver Life ®: 15 drops • CytoFlora ®: 2 ml • Pines Barley Grass: 10 tablets • K-Min: 3 caps with breakfast	• Liver Life ®: 15 drops • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch • Wobenzym N®: 6 tablets	• K-Min: 3 caps with dinner • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Oxy-Powder®: 3 - 5 caps at bedtime

DAY	MORNING	AFTERNOON	EVENING
5	• Check first morning urine pH (desired range: 5.5 - 6.2) • Liver Life ®: 1 ml • CytoFlora ®: 2 ml • NDF ®: 5 drops • Pines Barley Grass: 10 tablets • K-Min: 3 caps with breakfast	• Liver Life ®: 1 ml • CytoFlora ®: 2 ml • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch • Omega Oil: 2 caps • Wobenzym N®: 6 tablets	• K-Min: 3 caps with dinner • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
6	• Check first morning urine pH (desired range: 5.5 - 6.2) • Liver Life ®: 1 ml plus 5 drops • CytoFlora ®: 2 ml • NDF ®: 10 drops • Artemisia & Clove ®: 4 droppers in grape juice • Pines Barley Grass: 10 tablets • K-Min: 3 caps with breakfast	• Liver Life ®: 1 ml plus 5 drops • Artemisia & Clove ®: 4 droppers in grape juice • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch • Omega Oil: 2 caps • Wobenzym N®: 6 tablets	• K-Min: 3 caps with dinner • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken w/BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
7	• Check first morning urine pH (desired range: 5.5 - 6.2) • Liver Life ®: 1 ml plus 10 drops • CytoFlora ®: 2 ml • NDF ®: 10 drops • Artemisia & Clove ®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • K-Min: 3 caps with breakfast	• Liver Life ®: 1 ml plus 10 drops • Artemisia & Clove ®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch • Omega Oil: 2 caps • Wobenzym N®: 6 tablets	• K-Min: 3 caps with dinner • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
8	• Liver Life ®: 1 ml plus 15 drops • CytoFlora ®: 2 ml • NDF ®: 15 drops • Artemisia & Clove ®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • K-Min: 3 caps with breakfast	• Liver Life ®: 1 ml plus 15 drops • CytoFlora ®: 2 ml • Artemisia & Clove ®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • K-Min: 3 caps with lunch • Omega Oil: 2 caps • Wobenzym N®: 6 tablets	• K-Min: 3 caps with dinner • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime



DAY	MORNING	AFTERNOON	EVENING
20	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF®: 2 droppers • Artemisia & Clove®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets 	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF Plus®: 1 dropper • Artemisia & Clove®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N®: 6 tablets <p>(Discontinue Artemisia & Clove® for 7 days)</p>	<ul style="list-style-type: none"> • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
21 & 22	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF®: 2 droppers • Pines Barley Grass: 10 tablets • For breakfast, can begin adding toast with ½ avocado & squeeze of lemon sprinkled w/salt 	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF Plus®: 1 dropper • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N®: 6 tablets • Lady Passion®: 1 dropper • Red Rooster®: 1 dropper 	<ul style="list-style-type: none"> • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
23 & 24	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF®: 2 droppers • Pines Barley Grass: 10 tablets 	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF Plus®: 2 droppers • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N®: 6 tablets • Lady Passion®: 1 dropper • Red Rooster®: 1 dropper 	<ul style="list-style-type: none"> • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime

DAY	MORNING	AFTERNOON	EVENING
25 to 27	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF®: 2 droppers • Pines Barley Grass: 10 tablets • Loving Energy®: 2 droppers 	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF Plus®: 2 droppers • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N®: 6 tablets • Lady Passion®: 1 dropper • Red Rooster®: 1 dropper 	<ul style="list-style-type: none"> • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
28	<p>(Begin Artemisia & Clove® again)</p> <ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF®: 2 droppers • Artemisia & Clove®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Loving Energy®: 2 droppers 	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 droppers • NDF Plus®: 2 droppers • Artemisia & Clove®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N®: 6 tablets • Lady Passion®: 1 dropper • Red Rooster®: 1 dropper 	<ul style="list-style-type: none"> • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime
29 to 33	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF®: 2 droppers • Artemisia & Clove®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Loving Energy®: 2 droppers 	<ul style="list-style-type: none"> • Liver Life®: 3 ml • CytoFlora®: 2 ml • NDF Plus®: 2 droppers • Artemisia & Clove®: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N®: 6 tablets • Lady Passion®: 1 dropper • Red Rooster®: 1 dropper 	<ul style="list-style-type: none"> • BioMins II®: 3 caps 30 minutes before Oxy-Powder® • Omega Oil: 1 cap taken with BioMins II® • Oxy-Powder®: 3 - 5 caps at bedtime



DAY	MORNING	AFTERNOON	EVENING
34 to 41	<ul style="list-style-type: none"> • Liver Life[®]: 3 ml • CytoFlora[®]: 2 ml • NDF[®]: 2 droppers • Artemisia & Clove[®]: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Vital 10[®]: 3 caps opened in water • Loving Energy[®]: 2 droppers 	<ul style="list-style-type: none"> • Liver Life[®]: 3 ml • CytoFlora[®]: 2 ml • NDF Plus[®]: 2 droppers • Artemisia & Clove[®]: 6 droppers in grape juice • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Wobenzym N[®]: 6 tablets • Vital 10[®]: 3 caps opened in water • Lady Passion[®]: 1 dropper • Red Rooster[®]: 1 dropper 	<ul style="list-style-type: none"> • BioMins II[®]: 3 caps 30 minutes before Oxy-Powder[®] • Omega Oil: 1 cap taken with BioMins II[®] • Oxy-Powder[®]: 3 - 5 caps at bedtime
	<ul style="list-style-type: none"> • Liver Life[®]: 3 ml • CytoFlora[®]: 2 ml • NDF[®]: 2 droppers • Pines Barley Grass: 10 tablets • Vital 10[®]: 3 caps opened in water • Loving Energy[®]: 4 droppers 	<ul style="list-style-type: none"> • Liver Life[®]: 3 ml • CytoFlora[®]: 2 ml • NDF Plus[®]: 2 droppers • Pines Barley Grass: 10 tablets • Omega Oil: 2 caps • Vital 10[®]: 3 caps opened in water • Wobenzym N[®]: 6 tablets • Lady Passion[®]: 1 dropper • Red Rooster[®]: 1 dropper 	<ul style="list-style-type: none"> • BioMins II[®]: 3 caps 30 minutes before Oxy-Powder[®] • Omega Oil: 1 cap taken with BioMins II[®] • Oxy-Powder[®]: 3 - 5 caps at bedtime

CONGRATS YOUR PROGRAM IS COMPLETE!

- Continue Vital 10[®] for 15 days to continue colonizing GI with beneficial bacteria.
- The length of this program may vary and will depend on dosage, response, and lifestyle choices.
- At the end of the program, re-test any labs performed with your practitioner and complete another BIORAY[®] Health Questionnaire to evaluate progress.



Food Suggestions

AFTER THE 45-DAY TOTAL BODY DETOX

Stay on cooked foods for first 5 days. Add grains and legumes into your diet per day for the first 5 days, increasing to two servings a day on day 6 and maintaining until day 14. Going forward, add grains, legumes, and raw foods in accordance with your blood type. If you notice gas or slowing of bowels use Oxy-Powder® at night and increase warming foods according to your blood type. Remember raw foods need to be chewed thoroughly as they are very “cold” to the digestion and slow it down.



Continuing Supplementation After The 45-Day Total Body Detox

HERE ARE OUR SUGGESTIONS

(To be adjusted by you based on what you notice):

PRODUCT	INTAKE	SUGGESTED LIQUID
Liver Life®	2 droppers daily	in water or juice
CytoFlora®	2 droppers daily	in water or juice
NDF® or NDF Plus®	1 dropper, 2 x daily	in water or juice
Vital 10®/ Probiotics	4 capsules, 2 x per day	
Pines Barley Grass	7 tablets, 1 x per day	
Energy Tonics (Loving Energy®, Lady Passion®, Red Rooster®)	Loving Energy® 2 droppers, 2 x per day Lady Passion® & Red Rooster® 1 dropper (each), 2 x per day	in water or juice
BioMins II®	3 capsules, 1 x per day	
Omega Oil	3 capsules, 1 x per day	
Oxy-Powder®	as needed at bedtime	

Frequently Asked Questions

1. CAN I EAT FOODS OTHER THAN JUST THE RECOMMENDATIONS IN THE EAT RIGHT 4 YOUR TYPE BOOK?

We advise following the food recommendations in the book while you are doing the BIORAY® 45-Day Total Body Detox Restorative Program. This is a complete program, so there is no extra benefit to adding anything else. It should be noted that it becomes difficult to monitor your response when you add supplements not recommended by our BIORAY® 45-Day Total Body Detox Restorative Program.



2. WHAT DO I DO IF I GET HUNGRY BETWEEN MEALS?

Snack on a couple of crackers - chewing them to a liquid. Eat some leftover soup with veggies and meat, take 4 or 5 Pines Barley Tablets, or eat some steamed zucchini.

3. CHEWING 50 TIMES PER BITE OF FOOD IS A LITTLE EXCESSIVE. IS IT NECESSARY?

It is completely necessary! Most people eat a sandwich in three bites and swallow! It sits in the gut and putrefies or ferments. Once you get used to chewing each bite to a liquid it averages about 30 times per bite.

4. HOW LONG DO I HAVE TO EAT STALE CRACKERS OR BREAD AND MILK FOR BREAKFAST, AND WHAT SHOULD I START EATING FOR BREAKFAST ONCE I CAN EAT OTHER THINGS?

Eat stale crackers or bread for breakfast for the first 18 days. During this period you are cleaning the walls of the colon thoroughly. After day 18 you can still have crackers for breakfast if you choose, but you can begin to alternate with the foods previously noted in this book that correspond to your blood type.

5. WHAT IF I EAT FOODS THAT ARE NOT RECOMMENDED FOR ME?

It happens. When it does, supplement with two of your recommended foods. You won't gain great benefits, but you won't do damage either. If it is not possible to add in the two recommended foods take 6 Wobenzym® to assist with breaking down the food and ease the work for your digestive system.

6. HOW MANY BOWEL MOVEMENTS SHOULD I BE HAVING IN A DAY?

3 - 5 bowel movements per day is a good average during this program. The morning abdominal therapy often stimulates the bowels to move.

7. IF I GET A HEADACHE, WHAT DO I DO?

Drink some fresh lemon in water and take 6 Wobenzym®. This can be a symptom of a detox reaction, so it might be appropriate to take 2 charcoal capsules. Having a bowel movement will help too.

8. IS IT OKAY TO TAKE MY REMEDIES TOGETHER AT ONE TIME OR DO I NEED TO SPACE THEM OUT?

Taking your remedies throughout the day keeps the detox balanced and is the preferred way to ingest them. If trying to space them out means that you won't end up taking them all, go ahead and take them together. The exception is Oxy-Powder®, which must be taken separate from food and other remedies.

9. SHOULD I EXPECT TO FEEL WEAK OR LETHARGIC AS I HAVE WITH OTHER DETOX PROGRAMS AND FASTS?

You should definitely more energized, not weak or lethargic. This response means that you are mobilizing more toxins than your body can comfortably excrete. If this occurs, revert to the doses you were taking before this feeling began. Drink fresh lemon in water and if you have not had a bowel movement in the last 5 hours, take 3-5 Oxy-Powder® with water. Taking 2 charcoal capsules can mitigate any type of detox reaction very quickly should you take too high of a dose of any of the remedies in this program.

10. I KNOW THIS PROGRAM IS FOR DETOXING YOUR BODY, BUT WILL I ALSO LOSE WEIGHT FOLLOWING THIS PROGRAM?

This program will facilitate your body's natural desire to function properly and come into balance. Weight loss has been reported by each participant that has completed this program.

11. WHAT DOES IT MEAN IF MY MORNING PH IS HIGHER THAN THE DESIRED RANGE OF 5.5 - 6.2 LISTED ON THE BIORAY® 45-DAY TOTAL BODY DETOX CALENDAR?

This indicates that your ability to filter toxins is not at optimum level. In particular, phase 1 and 2 liver detox pathways are probably congested. Gradually increase your intake of **Liver Life**®. Drink more fresh lemon in water. Add in more foods that support liver function, as recommended earlier in the booklet.

12. WHY CAN'T I EAT GRAINS, RICE AND PASTA FOR THE FIRST 18 DAYS OF THE PROGRAM (EXCEPT THE STALE CRACKERS AT BREAKFAST)?

We are minimizing foods that turn into sugar, which is what grains, rice, and pasta do. These foods feed unwanted organisms and contribute to dysbiosis.

13. SHOULD I BE TAKING MY MORNING REMEDIES BEFORE BREAKFAST, AND DOES IT MATTER HOW CLOSE TO MEALS I TAKE THEM?

Take the morning remedies any time between waking up and 20 minutes before breakfast. If you take them with your breakfast that's okay, but they are stronger on an empty stomach.



14. ARE MY AFTERNOON REMEDIES MEANT TO BE TAKEN AFTER LUNCH?

Any time after lunch.

15. WHAT IS A DETOX REACTION AND HOW DO I KNOW IF I'M HAVING ONE?

A detox reaction occurs when your body tries to remove more toxins than your organs can comfortably excrete. Symptoms may include head pain, achy joints, nausea or sluggish bowel function.

16. ARE THE VEGGIES LISTED AS LIVER SUPPORT MEANT TO BE EATEN RAW?

No, they are cooked.

17. CAN I EAT RAW FOODS DURING THIS PROGRAM?

No. This closes down the digestive system, making it difficult to absorb nutrients from your food and increasing the likelihood of putrefaction and fermentation in your gastrointestinal track. Raw foods can be reintroduced upon completion of this program.

18. REGARDING "WHAT TO EAT AND WHY" (PAGE 9), IT SAYS TO USE KEFIR, COW, SHEEP, GOAT, OAT OR RICE MILK, BUT IN THE DAILY PROGRAM, BREAKFAST INCLUDES SOY, RICE OR ALMOND MILK. WHICH SHOULD I USE?

Use the milk suggested for your blood type. You are really using very little milk, but if you notice gas or bloating, or any kind of intestinal discomfort, try a different milk. This reaction means the milk you are drinking is NOT the milk for you.

19. HOW OFTEN IS IT RECOMMENDED TO DO THE BIORAY® 45-DAY TOTAL BODY DETOX?

It is essential to detox once a year to rid yourself of unwanted organisms, heavy metals and chemicals. Twice a year is optimal.

20. AFTER COMPLETING THE BIORAY® 45-DAY TOTAL

BODY DETOX, IS IT OKAY TO START EATING FISH AGAIN? DOES THIS MEAN I'LL BE PUTTING HEAVY METALS RIGHT BACK INTO MY SYSTEM?

You can introduce fish back into your diet, however, you should be conscientious and make informed decisions regarding eating fish that are considered 'clean', meaning free of or low in heavy metals. You can download a guide that will tell you what kinds and quantities of fish are safe to eat from websites such as the Environmental Defense Fund website. (www.edf.org/page.cfm?tagID=1521) Taking **NDF®** as a preventative measure before and after any meal that includes fish will keep heavy metals and chemicals at a minimum, excreting them before they can be come lodged somewhere in your body.

21. F I DON'T LIKE THE TASTE OF HONEY IN MY TEA IS THERE ANOTHER SWEETENER I CAN USE? AGAVE NECTAR OR STEVIA?

Honey is the preferred sweetener. This is in part because it contains many vitamins, minerals and trace elements that your body needs in order stay healthy. However, you can substitute with a small amount of brown sugar or stevia. Do not use agave. Agave starch is converted into syrup through a chemical, enzymatic process that results in a higher, more concentrated level of fructose than is contained in high fructose corn syrup.

22. IS IT OKAY TO TAKE NDF® OR NDF PLUS® WITH MY PHARMACEUTICAL MEDICATION?

Yes, it is. Take **NDF®** or **NDF Plus®** first thing in the morning two hours before your prescribed medication. When used alongside of any pharmaceutical, your intake of **NDF®** will be once a day (morning only). For further instructions or questions, please call our office at (888) 635-9582 or post your question on the BIORAY® Facebook page and a specialist will address your concern.

About Stephanie Ray and BIORAY® Inc.

“We bridge the gap between ‘herbal folk remedies’ and science based, clinically tested, herbal, whole food supplements.”



STEPHANIE RAY, BCN
-Founder & President BIORAY®,
Board Certified Naturopath and mom

With over 30 years of experience as an herbalist, Stephanie brings to her position as President of BIORAY®, a wealth of formulating knowledge, clinical experience and a commitment to providing the highest quality organic products along with comprehensive information and excellent customer support. BIORAY’s customers are like family.

OUR MISSION:

“BIORAY® herbal formulas are tinctured using organic ingredients with purpose and excellence. Cultivating from ground to bottle. Helping people find their own unique path to healing.”



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