### What is NDF<sup>™</sup> & NDF Plus<sup>™</sup>?

NDF<sup>™</sup> and NDF Plus<sup>™</sup> are patent pending, proven dietary supplements for the treatment of heavy metal and chemical toxicity. Both NDF<sup>™</sup> and NDF Plus<sup>™</sup> are made from organic, raw whole food and herbal ingredients.

NDF<sup>™</sup> Ingredients: Nanocolloidal cell wall decimated Yaeyama Chlorella, Nanocolloidal Organic Cilantro, 12 strains of cell wall broken beneficial lactobacillus, 3 strains of cell wall broken bifidobacterium, Silica, 18% grain neutral (gluten free) spirits.

NDF Plus<sup>™</sup> Ingredients: Contains all of the above ingredients plus, fulvic acid complexes & concentrates of PolyFlor<sup>™</sup> predigested agaricus blazei, ganoderma lucidum, cordyceps sinensis, milk thistle seeds, horsetail herb, Silica, 18% grain neutral (gluten free) spirits.



Taking normal chlorella is the equivalent of trying to get the nutritional value out of swallowing a potato whole, compared to chewing mashed potatoes, that are "predigested", full of bio-available nutrients, and beneficial for the gut and colon.

The predominant route of excretion of heavy metals & chemicals when using NDF™ & NDF Plus™ is via the urine, decreasing the possibility of resorption through the bowel and decreasing the burden on the liver. NDF™ & NDF Plus™ do not remove necessary and beneficial minerals from the body as do other chelators.

# **Using NDF with Other Chelators**

While adding in other treatments, such a Methyl B-12 and Trans Dermal DMPS, the dosage may need to be adjusted. Increasing the frequency or dosage of other treatments can increase the pull of toxins. A lower dose of NDF Plus and/or NDF may need to be given to reduce the chance of a healing crisis. Prior chelation, even with prescription chelators, does not mean the child will tolerate a higher dose. It is advised that all children start their NDF Plus protocol at the recommended beginning dose.

After toxic metals levels are down to normal, a lower maintenance dose of NDF PLUS or NDF can be given to help detox daily exposures to toxins.

#### Shelf life & Storage

NDF<sup>™</sup> & NDF Plus<sup>™</sup> are UV sterilized and preserved in gluten-free alcohol. They do not require refrigeration.



Distributed by:

Healing\*Edge Science 7451 Warner Avenue, Suite E169 Huntington Beach, CA. 92647 714-847-4685

# A guide for using NDF<sup>™</sup> and NDF Plus<sup>™</sup> as your child's heavy metal chelator.



"There have been so many gains since starting NDF Plus; my only regret is that I didn't start it sooner." -Mother of 7 year old son.



#### Starting Your Childs Heavy Metal Detox Protocol

Give 1 drop of NDF Plus when child wakes in morning (by 8am or 9am). Give under the tongue, in some diluted juice or distilled water. Push liquids until the child urinates 2 times after the dose. Around 3 pm or 4 pm (7 or 8 hours after first dose) give another 1 drop dose followed again by a push of liquids until the child urinates 2 times after dose. Do not give NDF Plus or NDF before bedtime as the release of toxins into the urine could cause. If your child shows signs of a 'healing crisis' such as flu like symptoms, worsening of any

such as flu like symptoms, worsening of any behaviors, frustration, biting, screaming, crying, anything that would indicate the child is under stress, stop the NDF Plus. Wait for all symptoms to go away before restarting at a lower dose. Loose stools are common as the toxins come out and are not usually considered an aggravation. Continue the 1 drop dose, 2 times a day for 2 weeks if your child shows no aggravations.

Some kids maybe able to increase the dose very quickly with no aggravations; while others will stay at a 1 or 2 drop(s) dose for many months. Each dose should be increased based on the tolerance of that dose and not how long the child has been using NDF Plus.

#### When giving 1 drop is too much.

Kids who are very sensitive and show aggravations with only 1 drop of the NDF Plus should use a diluted version. Add 1 drop of the NDF Plus to 8 ounces of distilled water. Mix or shake well before using. Start with 1 teaspoon of the NDF Plus dilution, 2 times a day for 2 weeks. If no aggravations, ramp up to 2 teaspoons 2 times a day for 2 weeks. Continue ramping up to 1 tablespoon, 2 tablespoons, 3 tablespoons as long as there is no aggravations. When the child can tolerate 3 tablespoons of the NDF Plus for 2 weeks, you can then try 1 drop of NDF Plus for 2 weeks.

# Ramping up the dose of NDF Plus™

Assuming the child is tolerating the 1 drop 2 times a day, after 2 weeks you would then increase the dose to 2 drops, 2 times a day for 2 weeks. After every 2 weeks, you can increase the dose by 1 drop, if the child is tolerating it well. If aggravation occurs, start back on the previous dose where there was no aggravation.

# Adding NDF<sup>™</sup> to the NDF Plus<sup>™</sup> Protocol

After the child is tolerating at least 5 drops of NDF Plus 2 times a day and has finished 1 bottle of NDF Plus, you can add 1 drop of NDF to the current dose of NDF Plus.

When the child tolerates 1 drop of NDF added to the current dose of NDF Plus, do not continue to ramp up the NDF Plus, just the NDF. For example, if your current dose is 10 drops of NDF Plus, add 1 drop of NDF to the 10 drops of NDF Plus for 2 weeks. If no aggravations, increase the dose to 2 drops of NDF with 10 drops of NDF Plus. After 2 weeks if no aggravations, add 3 drops of NDF to the 10 drops of NDF Plus. Continue this protocol until the NDF and NDF Plus are at equal parts. Then begin ramping up NDF Plus and NDF in equal doses.

The maximum dose to work up to is 1 dropper full of NDF PLUS and 1 dropper full of NDF.

# Special Considerations when giving NDF™ and/or NDF Plus™

In 1999, during the development of NDF and NDF Plus, BioRay had considerations about taking these formulas with proteolytic enzymes. Scientific theory suggested that the binding of NDF to heavy metals could be broken if taken together, especially if the enzymes were taken on an empty stomach and entered the blood stream. To date, we have not seen a complication or delay in

detox resulting from taking proteolytic enzymes while on NDF or NDF Plus. Many metal toxic patients need to continue

enzymes when beginning a NDF protocol. If the enzymes are taken with food, they are used up in the digestive process and will not enter the blood stream. Always erring on the side of caution, take your enzymes with food during detox.

Several scientific studies show that various microorganisms (acidophilus, sac. cervicea, streptococcus) methylate mercury. If your child has been taking live probiotics with no symptoms of a healing crisis, this is not relevant. At the beginning of detox you might want to try taking probiotics out of the regime to see if there is an improvement. Remember, do one thing at a time so you notice any difference. Once a majority of the heavy metal body burden has been cleared, two weeks or more on NDF or NDF Plus, resume the probiotics.

Giving enough liquids to push the toxins through the body quickly will lessen the chance of aggravations. If aggravations occur and are severe you may consider giving activated charcoal to soak up the toxins and continue to increase the liquids. NDF Plus will take out neurotoxins, mycotoxins, exotoxins, petrochemicals, pesticide residue, certain pharmaceutical drugs, and plaque before it gets to the heavy metals. Making sure your child is not drinking or bathing in chlorinated water should help the detox process go faster.

NDF and NDF Plus increase the elimination of mercury, lead, cadmium, platinum, aluminum, colbalt, tin, arsenic, thallium, tungsten, nickel, antimony, gallium, lithium, and uranium per urine lab results with Great Smokies and DDL.