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Why use Liver Life?

It is an unfortunate fact of modern life that we live in a polluted world and that these toxins are absorbed into the body's cells. Of primary concern are the status of Phase 1 & 2 Liver Detoxification Pathways and the ability to eliminate acids via the urine. The inability to process and eliminate these toxins can result in debilitating and chronic illnesses. Eliminating these toxins is important to everyone's health and well being.

Deleted:

LiverLife helps drain acids from the body, which greatly assists with restoring the alkaline reserve. When the alkaline reserve is stable and the daily production of metabolic acids can be eliminated, we are also more stable. This makes us less susceptible and sensitive to the changes around us and in us. Liver Life also helps normalize liver enzymes and restore liver function.

Saliva pH is the most relevant in the following measurements. It reflects tissue acidity; our nemesis (robs oxygen, irritates the nervous system, and predisposes us to fungus or rot). Saliva pH is difficult and slower to change than urine pH, which reflects the bodies varying degrees of ability to deal with the acidity. Saliva = what we keep. Urine = what we excrete. Desired range of first morning baseline saliva pH is 6.8-7.2. Desired range for healthy first morning urine is 5.8-6.2; during detox first morning urine pH should be 5.5-5.8.

Dosing Information for Liver Life:

Check and note your first morning pH's every morning for the first week or so while beginning Liver Life.

Remember, we are always measuring and talking about 1st morning urine below.

- 1.) If the first morning, baseline, un-medicated urine (you only do a baseline the first time, before the first dose) is above 5.8, and the saliva is below 6.8 or above 7.4 = start LiverLife.
- 2.) If the urine pH is below 5.8 and the saliva pH is out of range, start LiverLife – but more slowly (a smaller dose less frequently) and with the use of digestive enzymes and a multi-mineral per the guidelines below.
- 3.) If the saliva is at 7, and the urine is above 5.8, wait a day or two and test again. The alkaline urine may be a temporary reaction to an acidic meal or emotional event the night before and not reflective of liver detox pathway dysfunction.
- 4.) If the saliva pH is above 7.4 use Kelp or Dulce* as the mineral supplement, which can be sprinkled on food instead of salt.
- 5.) While on LiverLife, if the urine pH is hovering around the 5.5 mark, adding in digestive enzymes (Wobenzyme or Biozyme*) and minerals (potassium citrate* is one of the few which is low in heavy metals) will assist with easing the process and speeding up replenishing the alkaline reserve. Alkaline ash vegetables, veggie broth, also assist.
- 6.) If the urine pH drops below 5.5 lower the dose. Eliminating so much acid too fast will be hard on the system.
- 7.) If both pH's are above normal, also give 1) lemon in water (or salad dressing) during the day if the local water is soft (low minerals) or 2) raw unfiltered apple cider vinegar in water (or salad dressing) if the local water is hard (high minerals, calc forms in cooking pots, itch after a shower). If both pH's are below normal, give a little Alkala (bicarb of soda, no aluminum) in water. Both of these last suggestions are in addition to the above specifics.
- 8.) Adjust your dose so that the first morning urine is between 5.5 and 5.8 during detox. Increasing the dose lowers the number, and increases the rate of excretion of the acids.
- 9.) If the urine pH is at 5.8, but the saliva is staying out of range (<6.8, >7.2) resume the Liver Life as more acids need to be drained.

Dosing Instructions for Liver Life:

1.) Test first morning urine pH. Desired range is 5.5 - 5.8. If pH is lower than 5.5, give enzymes with minerals and Liver Life. If pH is above 5.5, start Liver Life.

2.) Start Liver Life at 1 drop, twice a day. Ramp up by one drop per day.

Example: **Day 1** – 1 drop in am, 1 drop in pm, **Day 2** – 2 drops in am, 1 drop in pm, **Day 3** – 2 drops in am, 2 drops in pm, **Day 4** – 3 drops in am, 2 drops in pm.

3.) Once the first morning urine pH is between 5.5 - 6.2, add in the NDF Plus (Follow Children's Brochure for dosing instructions).

Dosing Instructions for Potassium Citrate*:

- 15-20 mg once a day for a 40 lb. child
- decrease the dose by 5 mg for each 10 lb.
- 99 mg once a day for adults

Dosage Instructions for Kelp or Dulce*:

- Start at ¼ gram for children 40 – 60 lb.
- ½ gram for children 60 – 90 lb.
- 1 gram daily for adults

*It is important that the source of sea vegetables used is not cooked during processing.

Enzymes*: For Children

- Zyme Prime is a broad spectrum enzyme for general digestive support.
- AFP increases breakdown of casein, gluten, and soy protein.
- <http://216.114.78.114/webcenter/sites/HNI/Section.asp?SID=3438&N=Products>

For Adults

- Wobenzyme, or Biozyme are best.
- Dosage intake per the label.
- The point here is that when the pH's are 'very' off, the assimilation goes down.

Special considerations:

Liver Life enables the body to better absorb vitamins and minerals. We recommend lowering the dose or stopping your other supplements while ramping up the dose of Liver Life. When you are done ramping up, resume the other supplements one by one to determine if needed and at what dose.

As with any new remedy, add it in alone, so you can see and feel what it is doing, and start at a very small dose. If you start at too high a dose some of the acids may erupt suddenly, usually seen as cold-like symptoms, rashes, nausea, or through temporary and non-significant emotional outbursts in the areas of anger and frustration. If viral type symptoms or rashes appear, lower the dose.

Some things noted with autistic kids are that emotions go up and down as they start to drain the acids and restore pH balance. This subsides as they reach the proper pH level. Focus, comprehension, and the ability to retain information have been reported to steadily increase.

When to stop using Liver Life:

Stop Liver Life after the saliva pH has stabilized between 6.8 and 7.2 for about a week. Check the first morning pH's occasionally to see if one might need it sporadically.

It is a good idea to take Liver Life a few times a week, if you are in polluted areas, using poor quality or chlorinated water to cook, bathe in or drink, eating inorganic foods and during emotional stress, if having indigestion or mild constipation. This can also be gauged according to pH. Constipation and gut dysbiosis are a major cause of acidity, so if it persists, re-evaluate these.