

NDF PLUS Protocol

To start

Give 1 drop of NDF PLUS when child wakes up (by 8am or 9am). Give it under the tongue or in some juice or distilled water, whichever the child will take best. Push liquids until the child urinates 2 times after the dose. Around 3pm or 4pm (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. IF your child shows any aggravations 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 is not usually considered an aggravation. Continue the 1 drop dose, 2 times a day for 2 weeks if your child shows no aggravations.

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 there is any question of aggravation, always stop using the NDF PLUS until it goes away. Start back on the previous dose where there was no aggravation.

When you can add the NDF to the NDF PLUS protocol

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

Ramping up the dose of NDF with NDF PLUS

When the child tolerates the 1 drop of NDF to the current dose of NDF PLUS, you would not continue to ramp up the NDF PLUS, just the NDF. For example, if your current dose is 10 drops of NDF PLUS, you would do 1 drop of NDF to the 10 drops of NDF PLUS for 2 weeks. IF no aggravations, you would then increase the dose to 2 drops of NDF with the 10 drops of NDF PLUS. After 2 weeks if no aggravations are seen, you would increase to 3 drops of NDF to the 10 drops of NDF PLUS. Continue this way until the NDF and NDF PLUS are at equal parts. For example, 10drops of NDF to 10 drops of NDF PLUS. When at equal parts, you can ramp up both the NDF PLUS and NDF dose together.

When giving 1 drop is too high a dose

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 assuming there is no aggravations. When the child can tolerate 3 tablespoons of the NDF PLUS for 2 weeks, you can then try the 1 drop of the NDF PLUS for 2 weeks.

Special considerations when giving NDF and/or NDF PLUS

During the development of NDF and NDF Plus BioRay had considerations about taking them 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, several years later, we have not seen a complication or delay in detox resulting from taking proteolytic enzymes while taking 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 you or your child have been taking live probiotics with no symptoms of a healing crisis this may not be 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 can see any difference. If there is an improvement, stop the probiotics temporarily. Once a majority of the heavy metal body burden has been cleared (a month or more on NDF or NDF Plus), it will be safe to 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.

Never give NDF PLUS or NDF before bedtime as the release of toxins into the urine could cause irritation to the bladder.

NDF PLUS will take out things like 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 chlorinated water will make the detox process go faster.

Some kids maybe able to increase the dose very quickly with no aggravations while others stay at a 1 or 2 drops 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. Prior chelation, even with prescription chelators does not mean the child will tolerate a higher dose of the NDF PLUS. All kids should start off no more than 1 drop.

While adding in other treatments, the dosage may need to be readjusted.

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

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.

If your child gets sick, stop NDF PLUS and NDF immediately. Restart only after all symptoms are gone.

NDF PLUS chelates 25% less than the NDF and has liver and kidney support. Autistic kids should not start chelating with NDF, it is way too strong and does not have the kidney and liver support. NDF should only be used after the child has lessened the body burden of toxins using the NDF PLUS.