

## **AMALGAM FILLING REPLACEMENT SUPPORT GUIDE**

BY DR. TIMOTHY RAY, LAC. OMD  
CONTRIBUTIONS BY STEPHANIE RAY



**This is a guide using BioRay's organic products, clinical experience and expertise to safely and successfully complete support the body during replacement of silver amalgam fillings.**

Our bodies have a limited ability to metabolize the level of toxins that we are exposed to by the mercury vapor from amalgam fillings. Metabolizing a substance is the process of using it, breaking it down, and disposing of what we can't use. The human system does not need inorganic materials, so it is not capable of metabolizing them.

Awareness about the effects of mercury vapor excreted by amalgam fillings has many people choosing to replace them with bio-compatible material. The following guidelines assist adult

---

23151 Alcalde Drive, Suite C3, Laguna Hills, CA 92653 • phone: 949-305-7454 • [www.bioraynaturaldetox.com](http://www.bioraynaturaldetox.com)

BioRay, Inc. is providing information only and this not intended as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; readers should consult appropriate health professionals on any matter relating to their health and well being. This content or products have not been evaluated by the FDA. These products and information are not intended to diagnose, treat, cure or prevent any disease.

patients to support the body and minimize any negative effects of amalgam removal. Please use these guidelines while under the supervision of your health practitioner.

Start your intake of each remedy at the minimum dose. Titrate up to therapeutic doses. If you experience any kind of aggravation, resume to the previous day's dosage, take activated charcoal and increase your water intake.

**Amalgam Replacement Support Guide**  
**We've added a calendar for ease of use.**

- Complete and keep BioRay Health Questionnaire for measurement of progress.
- If possible, ask your practitioner to request a Urine Toxic Element Test<sup>1</sup> before beginning.
- *For greater success, remove or minimize toxic products in your home and in your family's foods.*

| RATIONALE   | PRODUCT        |
|---|----------------|
| 1) Begin removing mercury vapor excreted by silver fillings   | Oral Detox Pro |
| 2) Get your bowels moving at least 1-3 times a day  | Oxy Powder     |
| 3) Check first morning urine with pH sticks. Desired range 5.5 - 5.8  | pH Stix        |
| 4) Support your liver and kidney function, open Phase 1 & 2 detox pathways, promote draining toxins and acidic waste through the urine. | Liver Life™    |
| 5)  | Vitamin C      |
| 6) Push unfriendly bacteria out of the gastrointestinal tract and colon, prepare them for colonization with friendly bacteria.          | CytoFlora™     |
| 7) Begin safe heavy metal and chemical detoxification   | NDF™           |

**Before beginning any protocol,** it is relevant to address some lifestyle issues which will enable the protocol to be more efficient and allow you to hold onto the benefits gained.

---

<sup>1</sup> We recommend Genova Laboratories or the immune system response test (HELP) at VIP DX

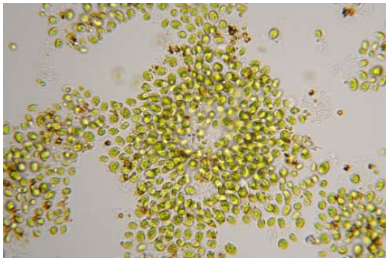
BioRay's approach is based on our clinical experience is that everyone has a unique biochemistry; each phase of this protocol has proven itself to benefit most of the people, most of the time.

### **Protocol Outline**

1. Brush your teeth with Oral Detox Pro drops NDF, rinse and spit, after every meal until all amalgams are gone.
2. Begin Liver Life and Vitamin C at recommended doses and work up to top therapeutic dose. This addresses antioxidant and drainage support, ensuring detox pathways are open. Liver Life and Vitamin C are taken for two weeks before incorporating NDF or NDF Plus and are continued for one week following the procedure.
3. Make sure your bowels are moving 2 -3 times a day. We recommend Oxy Oxc or Oxy-Powder.
4. Before replacement begins take the time to ramp up to a dose of 2 squirts (52 drops) of NDF or NDF Plus twice a day. Any size dose of NDF taken without a healing crisis will assist your body during amalgam removal. It is optimal to allow enough time to increase your dosage of NDF or NDF Plus prior to removal. This will increase your body's efficiency at removing heavy metals prior to your first amalgam removal appointment.
5. On the day of the procedure, take 2 squirts (52 drops) of NDF first thing in the morning.
6. Brush with 10 drops of NDF, rinse and spit immediately before and after the procedure.
7. Take 2 squirts (52 drops) of NDF or NDF Plus in water after the procedure.
8. Take 2 squirts (52 drops) twice a day for three days following the procedure.

**B I O R A Y**  
*The Natural Detox Company*

| Herbs & Supplements<br>Work up to the Suggested<br>Dosage Gradually | Suggested<br>Intake | Times<br>A<br>Day | OK<br>Together | Between<br>Meals / On<br>An Empty<br>Stomach | At Bedtime |
|---|---------------------|-------------------|----------------|--|------------|
| Oral Detox Pro  |                     |                   |                |  |            |
| Oxy Oxc   | 4 -10 caps          | 1                 | No             |  | X          |
| Liver Life  | 3 - 6<br>droppers   | 3                 | Yes            | X  |            |
| Vitamin C   | 2500 mg             | 2                 | Yes            | X  |            |
| NDF/Plus  | 2 droppers          | 2                 | Yes            | X  |            |
| NDF or NDF Plus   | 2 droppers          | 2                 | Yes            | X  |            |



**Chlorella binds metal**



**Safe and effect results for you**

**Oxy-Oxc™** – When the bowels are moving at least once or twice a day the ability to get rid of toxins increases and aggravating behaviors decrease. Constipation causes toxins to be reabsorbed into the body. Oxy Oxc cleans out the colon and bowels.

---

23151 Alcalde Drive, Suite C3, Laguna Hills, CA 92653 • phone: 949-305-7454 • [www.bioraynaturaldetox.com](http://www.bioraynaturaldetox.com)

BioRay, Inc. is providing information only and this not intended as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; readers should consult appropriate health professionals on any matter relating to their health and well being. This content or products have not been evaluated by the FDA. These products and information are not intended to diagnose, treat, cure or prevent any disease.

**B I O R A Y**  
*The Natural Detox Company*

This supplement is in capsule form. Capsules can be opened up and mixed with water, juice or foods. Continue maintenance dose throughout protocol or as needed. The goal is to clean the GI and colon from the mouth down. No colonics.

**Intake:** 6 – 10 capsules at night before bed with 8 ounces of water. Be prepared for 1 – 4 bowel movements in the morning.

**Liver Life™** – Restores liver structure and function and acts as a food for the liver. Opens detox pathways in the liver, drains acids from the body and eliminates them through the urine. Aggravations during detox can occur when more toxins have been mobilized than the organs can comfortably excrete; therefore, it is imperative to support the liver during a detoxification protocol. When the liver is functioning at optimal levels, the body is more efficient at filtering out yeast, bacteria, heavy metals, chemicals, viruses, metabolic waste, etc. and decreasing the body's toxic burden.

**Intake:** Start with 13 drops twice a day. Increase dose by 5 to 10 drops every day, working up to 3 – 4 droppers full 2 x per day.

**Sensitive individuals** may want to start with 1 drop and increase as tolerated. Adjust dose to maintain urine pH of 5.8 and insure the elimination of acidic waste.

**pH sticks.** Check your first morning urine pH. We recommend 12 to 24 hours supplement free to establish an accurate baseline urine pH reading. Desired range: 5.5 – 5.8.

**Vitamin C** - Ascorbic acid removes toxins from the water stores within your body, and ideally, every cell within your body should be bathed in water. When the ascorbic acid levels have successfully reached every cell within your body, the excess vitamin C excretes in your stool, which makes it soft and watery.

**Intake:** Begin with taking 1,000 to 2,000 milligrams (mg) every day and increase by 1,000 mg daily until you have a loose stool several days in a row. Remain slightly below that dosage, daily. You can split the dosage throughout the day.

**NDF™** – A broad-spectrum heavy metal & chemical detoxification remedy for the blood and extracellular (outside the cells) detox. Organic and all natural ingredients.

---

23151 Alcalde Drive, Suite C3, Laguna Hills, CA 92653 • phone: 949-305-7454 • [www.bioraynaturaldetox.com](http://www.bioraynaturaldetox.com)

BioRay, Inc. is providing information only and this not intended as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; readers should consult appropriate health professionals on any matter relating to their health and well being. This content or products have not been evaluated by the FDA. These products and information are not intended to diagnose, treat, cure or prevent any disease.

**Intake:** Start with 6 drops once a day in 6 - 8 ounces of filtered water on an empty stomach. Increase dose by 1 to 3 drops every week. Gradually increase dose up to 52 drops (2 droppers full) 2 x per day. Sensitive individuals *may want to start with one drop and gradually ramp up the dose.*

\*This protocol addresses only heavy metal and chemical detox and does not include other support that may be necessary for metabolic balance.

### **Notes about these guidelines**

It is very important to resolve any constipation issues before having your amalgams replaced. Find a method of provoking a bowel movement that works 100% of the time leading up to and for the day of the dental procedure for safety. No matter how many precautions are taken, it is reported that the blood level of mercury increases by at least three times following replacement of amalgams. NDF removes 80-90% of metals it binds to within the first two urinations following the dose. Some of the bound metals may end up in the bowels, which increases the chance of reabsorption; therefore it is critical to insure the bowels are moving before and after this procedure.

After the procedure take your highest tolerated dose of NDF. The more water you drink following this dose up to the first urination, the easier the metals will be excreted. Have charcoal capsules or an organic coffee enema standing by in case of a healing crisis.

At the end of the protocol retest with your practitioner any labs performed and fill out another of BioRay's Health Questionnaire to evaluate progress.

## HEAVY METAL & CHEMICAL DETOXIFICATION CALENDAR

|  |   |    |    |    |    |                                 |
|--|---|----|----|----|----|---------------------------------|
| 1<br><b>Start<br/>Oxypowder</b>  | 2<br><b>Start<br/>Liver Life</b>        | 3  | 4  | 5  | 6  | 7<br><b>Start<br/>CytoFlora</b> |
| 8<br><b>Start<br/>Nordic Naturals<br/>Omega Complete<br/>3 • 6 • 9</b> | 9<br><b>Start<br/>Sizzling Minerals</b> | 10 | 11 | 12 | 13 | 14<br><b>Start<br/>NDF</b>      |
| 15   | 16                                      | 17 | 18 | 19 | 20 | 21                              |
| 22   | 23                                      | 24 | 25 | 26 | 27 | 28<br><b>Start<br/>NDF Plus</b> |

• Continue for 3 months at top doses  
 The length of this protocol may vary and will depend on dosage tolerance, response and lifestyle choices.