

## **Byron White Formulas (BWF)**

The company of Byron White Formulas was created by Dr. Byron White when he was unable to find a company to mass produce his products at the level he desired (including VOC free, potent and with the correct energetic herbal formula). This is how his private manufacturing company was then born so Dr White could produce the same high quality formula's he had made on a smaller scale himself to treat Lyme Disease in his clinic for the rest of the world to use.

You must have a referral from a treating doctor for it to be dispensed (as long as they know how to manage BWF's), otherwise you will need to have an appointment with a qualified practitioner who is trained in dispensing the products so that they can manage your dose to avoid huge reactions (also known as herxing). The Health Space Clinics my husband and i own and run have practitioners in every clinic that can dispense to you either face to face in the clinic or over the phone (postage applies). Below is some information about the formula's and how to take them and you can log onto their website for further information [www.byronwhiteformulas.com](http://www.byronwhiteformulas.com) or contact the Australian distributor John Coleman via email [pdfree@returnstillness.com.au](mailto:pdfree@returnstillness.com.au) .

***Always follow the instructions given to you by your Health Practitioner.** The recommendations below are general in nature and intended only to help you care for and take the formulas with ease.*

### **What are the BWF's used for?**

Research groups and clinical results have shown that BWF's work on many levels including:

1. Supports immune system's response to current issue - most people feel responses to the formula's immediately
2. Increased emotional well being
3. A large percentage of clients reported symptom relief, better response to stress, decreased anxiety and depression
4. Improved sleep and energy
5. Improved pulse diagnosis and chi flow when assessed pre and post by acupuncturists

### **Getting ready and when to take BWF's:**

- The BWF's should be taken away from other oral medications by at least 2 hours if possible.
- The BWF's are best used on a empty stomach or at least 30 minutes before eating.
- Please take the BWF's at least 30 minutes away from supplements and homeopathics where possible.

### **How to take BWF's:**

- Shake well before each use (helps combine the micronized herbs with the liquid extract and enhance the activation of the formula's powerful effects.
- Its also suggested the the bottle be succussed by hitting the bottle on the palm of the hand 6 times before taking
- Put the amount of drops you are taking in a small amount of filtered water (10-15 ml is sufficient) in a glass or ceramic cup. Swish the glass (do not stir it with anything metal). Do not mix with juice.

- Take the formula into your mouth and hold it there for 30-60 seconds. This allows the formula to absorb into all the energetic pathways and increase absorption.

*Continue to increase your dosage as per your health practitioners recommendations as long as you are not herxing (in which case contact your health practitioner immediately).*

Generally its recommended that clients start with 1 drop 1-2 times a day. For extremely sensitive people or those with a heavy microbial loads and toxins may need to drink one drop over a day or require "K dilutions" which must be supervised by the prescribing practitioner. Always start each BFW one at a time.

*In the absence of definite instructions from your health practitioner, always start the remedy at one drop only per day and observe your response before increasing the dose. If your practitioner has given you instructions, always follow their advice.*

### **Other Useful Information**

- The Byron White Formulas are highly viscous. To keep the stoppers flowing properly, please shake thoroughly to prevent build-up. If there is a blockage, you may use a clean pin or toothpick to clear the tip or remove the rubber bulb and flush the tube with clean water.
- **Note:** Each 1-ounce (30 ml) bottle contains approximately 900 drops.
- Formulas are gluten free. Organic grape alcohol is used in the formulas so if you need to decrease the amount of alcohol due to sensitivity, put the drops in WARM filtered water instead to help dissipate the alcohol. NEVER use in hot or boiling water and dont use a microwave to heat water.
- MUST continue to take your max dose for at least 2 months past symptom resolution and then slowly taper.