



OPTIMUM CHOICES, LLC

*Healthy choices for people and pets*

## **Digestive System and BioSuperfood**

Algae are a film that covers the Earth. They are in every natural body of water, in the soil and on plants. Since algae are at the bottom of the **food chain**, they are native to all plants' and animals' (2-legged and 4-legged) diet. Therefore, the holistic principles discussed below apply equally to both people and pets.

### **Pancreatic Cancer**

*After losing five members of my immediate family to **cancer of the pancreas**, a hereditary problem in my family, and having obtained successes with bio-algae concentrates in clinical research and practical applications, I intensified my research with BioSuperfood. Today, none of the remaining members of my family that have been using BSF show any trace of cancer. I am committed to my research in bio nutrition, and in sharing this extraordinary product with the world.*

—Doctor Michael Kiriak, PhD, N.D., Laval, Canada - January 2002.

### **Stomach doing well**

*"From childhood I suffered (strong word - probably annoyed by) a nervous/irritable stomach. Couldn't really tell which drove which the stomach or the nervous worry.....I have noticed zero acidity since the BSF. I scarcely remember to check my stomach any longer as I've become so placid. I clearly connect this to BSF. I have also noticed my **allergies are lessened** and my immune system stronger. Strikes me that a food that acts as a medication is a tremendously valuable ally in life. Thanks."*

—Bill Obrien, USA - September 2004

### **Energy and digestion**

*"I have only been on F2 for 3 months but have seen some wonderful **improvements in digestion and energy** and feel like it will continue to get better with time. I thank you for this fantastic product that helps people in so many areas of good health!"*

—Gary Lloyd, Gilbert, South Carolina, June 2004

### **Energy, digestion, focus**

*"I have taken both F2 and F3 at 3 each per day for two months. My **mental focus and concentration has greatly improved** resulting in increased sales and revenue with my full time job, which is selling printing presses. I can handle stress much more positively and my sleep patterns are improved, I believe because of BioSuperfood. I have more energy to perform both business and personal challenges. I consult to individuals concerning health related issues and problems and in this aspect of my life I find improved awareness of how to assimilate the entire scope of the situation. Because of my increased metabolism and more efficient use of foods with this product, I have noticed that I can fit back into my size 32 blue Jeans that I have used as a measuring stick for the last 30 years. I am very excited not only about my results but also the*

*benefits that I have seen. Because of this product my wife is able to digest her food. This has been a major problem for my wife for 20 years but now she can assimilate her food without getting a stomach ache for the first time in 20 years. And all she has to do is take 4-6 algae capsules per day. Thanks and congratulations to Michael Kiriak and those involved with the bringing of this product to the people in need."*

—Michael Lawson, Lexington, Kentucky, June 2004

### **Digestion**

*"My situation consisted of severe digestive problems and a related eyes problem since over five years. Even after having tried all the supplements that I was recommended, my situation was still getting worse. I was not in panic, but I was losing hope of ever recovering my health. After listening to Professor Kiriak's radio talk show with Celine Goudreau, I concluded that what Professor Kiriak said was possibly my solution. After using BSF now for three months, my **digestion and my eyes problem have return to normal** health. I have been able to eat again and also enjoyed half a bottle of wine with my friend this weekend. My energy and endurance that I had lost has also come back. Truly a MIRACLE of NATURE. Thank you Professor Kiriak."*

—G. R. (Male 66) / PQ, Canada – July 2002

### **Pancreatic Cancer**

*"My pancreatic cancer had reached level 2 and was climbing rapidly - After two months and 2 bottles of Dr. Kiriak's BSF Forte F3 Forte, my cancer level is down to 1.28..."*

—Gilles T. (Male, 65) / Montreal, QC - January 2002.

### **Ulcerative Colitis & Crohn's Disease**

*"Two years ago, at the age of 17, I became ill and was diagnosed with **Ulcerative Colitis**. By the fall of 2002, I had terrible stomach pains and bloody diarrhea 20 to 30 times a day. My health failed rapidly, and I experienced swelling and pain in my legs and joints, weakness, muscle spasms, headaches, and high fever. I was finally so weak I had to be hospitalized in November of 2002. During my 7-day hospitalization fluid was drained out of my painfully swollen knee, and I was given massive antibiotics, steroids, intravenous TPN feedings and more to save my life. While in the hospital I was told by my doctors that I needed my colon removed or I would never be well again. Being only 19 with my whole life ahead of me I was not willing to take such a drastic step, and felt that I would rather research alternative methods of healing for myself. I was then released to finish my recovery at home.*

*I was on Prednisone when I left the hospital, and in a weak but stable condition. A few weeks out of the hospital I had a massive reaction to the Prednisone, experiencing intense paranoia and hallucinations. Of course my doctors had never explained that this is one of the more severe side effects of the drug Prednisone that a person can experience. Just days before Christmas I had a psychotic break from the Prednisone and was again admitted to the hospital. I was in the hospital for 10 days and not getting better. I finally released myself, left and went home.*

*My mom began an intense search for alternative solutions. We spent thousands of dollars on alternative products not covered by insurance trying to find the answers. We tried hundreds of*

*solutions, supplements, herbal remedies, etc. suggested by doctors, friends and relatives, and although I would get some relief, I wasn't healing. My condition began to deteriorate further. By April of 2003 it looked like I might not make it. I am 6 feet tall, but my body weight was down to 110 pounds. I had constant pain in my stomach and abdominal area. I was in the bathroom night and day with bloody diarrhea, and exhausted from disrupted sleep. I was so weak I needed a walker just to get to the bathroom and couldn't shower or take a bath without passing out. I had constant muscle spasms, chest pain, migraines, swollen joints, and my legs and feet were hugely swollen with edema. My joints and muscles ached, and my hair was falling out. My sinuses were full of infection, and my skin was yellow and pale because my liver wasn't functioning very well anymore. I was totally bed ridden. Things were not looking good and I was at a point where I needed hospitalization again.*

*But on May 3, after months of searching my mom came home with one more thing for me to try. She had heard about an algae product called BioNutrition from a health practitioner studying to be a naturopathic physician. It sounded promising. I began to take the BioNutrition. In about a week I felt my strength returning and I was feeling better. At about a week and a half I was showing major improvements. The yellow color in my skin began to improve and the edema in my limbs began to go down some. I could get up for short periods of time around the house to do things, my appetite was improving, and my stomach pains were lessening. I have continued to improve in every area over the last few months. It's now August. I continue to take BioNutrition, I've gained 15 pounds, and I'm feeling great! I'm able to stay up all day, and I sleep better at night. My stamina is increasing daily with the algae, and I'm able to do things I once wasn't able to do. Another factor I should probably mention that has helped is the Vibe Machine, something we found while looking for things to help with my Ulcerative Colitis. The Vibe Machine has helped lessen my stomach pain and give me more energy. Recently I was able to start work at my mom's center, the Healing Light Center. I'm healing slowly but surely, and life is looking up once again. For anyone with **Crohn's Disease** or **Ulcerative Colitis** or any other colon related illnesses, I suggest you look into the BioNutrition."*

—Aaron Booth, (Male 19) - September 2003 - Denver, Colorado

### **Gall Bladder, Gastric By-Pass, Chronic Gastritis**

*My name is Cheryl F. and I live in the Seattle area. In 2005, I had emergency surgery for a bad **gall bladder**. When I woke up, in the hospital, I found out that, I had also had a complete **gastric by-pass**. No, I am not heavy or have I ever been heavy. I had a quarter size hole in my stomach, was jaundice and was not doing very well. My Doctor later told me that I had about 2 weeks to live.*

*When I left the hospital, I thought my life would be back to normal and I would be on my way to healing and good health, once again. I was mistaken. I began to have little pains and not very much energy. The pain grew and grew until I wasn't able to eat anything except, yogurt, kefir and soup. When I did try and put anything in my stomach, it would blow up like a balloon and be very uncomfortable.*

*In October this year 2007 I had an endoscope and was diagnosed with Chronic Gastritis. I was given medication that wasn't working and the pain was still there, and getting worse.*

*About the same time, I have a friend that met a lady named Jan. Jan's testimony was so amazing. Her testimony was about how a product named Bio-Algae totally changed her life. I decided right there to give it a try and the following morning I called Dr. Thomas.*

*I received the product on the 22nd of October and took one that night. Right away I had results, no stomach ache and I slept through the night. I started my program the next day and I am happy to report, that I have not had another stomach ache since that day. I am able to eat food, I have energy and am so happy to have found such a wonderful healing product. My friends have seen a change in me and so has my husband. Some of them are now taking or thinking about taking Bio-Algae.*

*Thank you Bio-Algae; Dr. M. Kiriak and Dr. Thomas for giving me my life back!*

*- Cheryl F., November 2007  
Seattle area, Washington state*

The above testimonies were taken from the manufacturer's website at: <http://www.biosuperfood.com/e-testimonials.html>

*These results are individual case studies. We cannot guarantee your results will be the same. Since each individual body responds differently to the super nutrition in BioPreparation/BioSuperfood your results will be different. These statements have not been evaluated by the FDA. This information is not intended to diagnose, treat or cure any disease.*