

## BUNAOGAO

BuNaoGao (pronounced Boo Now Gow and literally meaning 'decoction for brain nourishment') is currently being used by hundreds of persons with ALS (PALS) and other motor neuron disease in over 30 countries.

BuNaoGao is the extraordinary accomplishment of Dr Yong Chao Xia, a well respected neurologist formerly associated with Beijing Medical University and currently the Provincial Hospital of Chinese Medicine in Gansu Province. Over a twenty year period, Dr. Xia developed BuNaoGao, which is comprised of fourteen different herbs and related ingredients and is based upon a 3000-year old Traditional Chinese Medicine formula. While BNG was effective in treating a range of neurological disorders including ALS in China, the western world was largely unaware of this treatment.

BuNaoGao was introduced into the United States six years ago by Dr. Xia's daughter, Dr. MengQi Xia, a physician from China and a neuroscientist previously trained with Beijing Medical University, Cambridge University, Massachusetts General Hospital and Boston Children's Hospital. BuNaoGao has now become readily available throughout the world. The compound, in the form of a small lozenge, is easily consumed. At this time, BuNaoGao is widely recognized as a most effective method known in the treatment of ALS and other neurological disorders.

In December, 2007, the results of a five year evaluation of BNG were presented at the Toronto MNDA Symposium which clearly defines the capacity of BNG to help prolong life and avoid artificial support systems such as respirator and feeding tube.

## BUNAOGAO USAGE

Many PALS, have completed over three to four years of continuing 90-day protocols (with one week off BNG in between). Some have had a moderate to near-complete stoppage of further progression. Others have experienced a reversal of some or many of their symptoms (to a greater or lesser extent). Some reduced their BNG usage after as little as two or three complete protocols. Others find continued usage beneficial. This variance depends on the state of the disease when BNG usage begins, specific symptoms, efficacy of the protocol for the individual, emotional well-being, diet, physical therapies and other influences. Because each person responds differently and requires individual attention, an initial Participant Information Profile must be completed. A Bi-Weekly Symptom Report is also requested.

1. There should be no tobacco usage and minimal or no alcohol consumption when taking BNG. Both substances are harmful to an individual's health is general and even more to those with motor neuron disease. We urge discontinuation of tobacco and alcohol in order to allow BNG the greatest opportunity for success.

2. Airline travel should not occur during the first 90 days if the patient is very uncomfortable with air travel. Many people find airline travel extremely stressful because of the cramped conditions, recycled air, lack of proper vascular circulation and resultant foot edema (swelling). Air travel can be accommodated under certain circumstances, such as the avoidance of these problems, but should be discussed in advance .

3. Current medical regimen must be evaluated to determine if there is any duplication or contradiction between these medications and BNG. Some medications may be continued after appropriate discussion in advance of BNG usage.

4. BNG is in the form of a chewable lozenge that can also be dissolved in a small amount of water and consumed as tea. Some individuals prefer to cut a lozenge into very small pieces and consume it with yogurt, pudding, custard, ice cream or other soft foods. Certain patients have found the original form of BNG (dried herbs which must be double-boiled, strained into a liquid and then frozen for later use) to be even more effective than the lozenges. This process is significantly more time-consuming and expensive to ship, but may be better for patient health in certain cases.

5. The cost of BuNaoGao is \$350 per month (a 30 day supply) plus air freight and handling which is approximately \$65 for a three month shipment within the US. Shipments to other countries are higher. Minimum shipments are 3 months within the US and 3 months to other countries. Payment can be made either by credit card (preferred) or wire transfer .

6. The Participant Information Profile must be completed prior to the shipment of first order. Once that is received, a follow-up email and/or telephone conversation will occur to discuss any changes in medication or supplements.

7. During the first three to four months, symptomatic changes may happen that appear negative but are part of the process leading to systemic improvement. These changes may include tiredness, an increase in fasciculations and an apparent weakening in one or more limbs (which is usually a byproduct of lessened rigidity). These are suggestions of increased neuronal activity and evidence of the efficacy of BuNaoGao. Greater energy, decreased fasciculations and

strengthening of limbs usually occur in the second 90 day period, hopefully resulting in significant slowing of progression, stabilization, or improvement of pre-BNG condition.

8. Most participants should expect to be on at least two to three 90-day protocols as a realistic minimum. In fact, many participants find they must stay on BNG indefinitely to maintain the stabilization or improvement recognized from their usage of BNG.

9. Bi-weekly reports completed by participant or their families and emailed to us are the best means of ongoing communication so that we are able to properly monitor a participant's condition. These bi-weekly reports frequently stimulate telephone and further email communication to discuss questions and concerns.

10. The usual dosage of BuNaoGao is 2 lozenges daily. This amount can be increased or decreased depending on many factors, such as body mass (height and weight), age, condition at the start of BNG protocol, specific symptoms, possible side effects and other reasons. Dosage should never be changed from the agreed-to level without discussion and written confirmation. Either too little or too great a dosage can be both problematic and fail to achieve desired results.

11. As discussed elsewhere, the use of BuNaoGao is best implemented when done in conjunction with other complementary supports, such as appropriate level and type of physiotherapy, proper sleep habits, weight maintenance, appropriate nutrition, avoidance of inappropriate or excessive stress, family support and self awareness.

12. We have found the most effective treatment of ALS and other forms of motor neuron disease requires ongoing attention to all details, proper communication and cooperation between participants, their families and / or caregivers and us. Please feel free to make extensive use of telephone and email contact at any time you need guidance.

To order BuNaoGao, contact BuNaoGao Distributors at [bunaogao@yahoo.com](mailto:bunaogao@yahoo.com) for further information.