

## Tumtree's Flu Fighter Protocol for Kids

Tumtree's flu fighter protocol is twofold: 1) to help increase the child's output of waste through the bowel by drinking Exodus Gut Sponge and 2) to kill off the unwanted pathogen with Body Balance Liquid. It's best to shake the exodus in a lidded container and drink it right down to prevent the prebiotic fibers from clumping or thickening. Also, do not mix body balance in water - better to put it right in the mouth and chase it with ½ cup of water.

3 doses a day will get your child to the goal faster, but let them decide if twice a day is all they will do.

Here's a short video review of this protocol.. <https://youtu.be/HVPGXr0Dm6w>

Please reach out on our text chat with any questions. We're here to help you! (435) 260-4843 or look for the little blue bubble on our website home page.

### **Body Balance Liquid and Exodus Gut Sponge Dosages:**

**0-3 months** - 2 squirts Body Balance Liquid by mouth 2-3 times daily (just before daytime breast or bottle feeding then latch baby to drink it down. (No gut sponge)

**3-12 months** - 3 squirts Body Balance Liquid by mouth 3 times daily (at each daytime breast or bottle feeding.) No gut sponge unless baby is constipated and does not poop ½ cup of stool per 24 hr day. Try feeding baby prune juice to get a BM daily. Or consider administering a bulb syringe enema of warm water. This elimination is important for fastest healing.

**1-5 years** - 3 squirts (½ teaspoon) Body Balance 3 times daily. Drink ½ cup water after Body Balance to help wash it down the GI tract. Wait 10-15 mins to give Body Balance a 10-15 minute headstart before the Sponge so it does not get mopped up before removing all the pathogens it's designed to fight. Take 1 teaspoon scoop Exodus Gut Sponge in ½ cup juice or water 3 times daily. This will bulk up bowel movements and Increase output of stool which will speed healing and cut a persistent fever.

**6-12 years** - 1 teaspoon Body Balance 3 times daily. Drink ½ cup water after Body Balance to help wash it down the GI tract. Wait 10-15 mins to give Body Balance a 10-15 minute headstart before the Sponge so it does not get mopped up before removing all the pathogens it's designed to fight. Take 1-2 teaspoon scoops Exodus Gut Sponge in ½ cup juice or water 3 times daily. This will bulk up bowel movements and increase output of stool which will speed healing and cut a persistent fever.

**12+** - When your child can swallow capsules, they can use Flu Fighter Protocol for adults which calls for Body Balance capsules (3X stronger than Body Balance Liquid).