



## Children's 30 Day Reboot Instructions

*Children's Reboot from Tumtree is a simple, proven, plant-based protocol that brings together the most effective cleansing and nourishing agents to remove pathogens (yeast, fungus, bad bacteria and virus) from the body.*

### Day 1 – Sweep the Gut

If your child complains of stomachaches, constipation or diarrhea and is 3 years or older, we recommend sweeping the bowel with 3 doses of **Exodus GI Sponge** in a twelve hour period. A child's dose is ½ tablespoon **Exodus** mixed with juice or water.

**Morning:** 1/2 Tbsp of **Exodus GI Sponge** mixed in ½ cup juice or water. Follow with at least 4 ounces water.

**Mid afternoon:** 1/2 Tbsp of **Exodus** mixed in juice or water. Follow with at least 8 ounces water. **Evening:** (At least an hour after dinner.) 1/2 Tbsp of **Exodus** mixed in juice or water. Follow with at least 8 ozs. water.

This will sweep out your gut, removing trigger foods and other agents contributing to inflammation and will begin easing adverse digestive symptoms right away. Eat if you are hungry (raw or cooked vegetables or salads are best); give digestion a rest if you are not. Drinking enough water is very important for spreading the sponge down through the GI tract and for expelling the waste 24 hours later. (6 cup of water in total).

### Day 2 – Exodus Comes Through

**DO NOT begin taking Body Balance Liquid until the bowel is moving daily.** If your child has not had a major bowel movement by noon on Day 2, their bowels are sluggish and may need encouragement to get moving. Take 1 capsule (or ½ teaspoon) of vegetable laxative like senna leaf or cascara sagrada broken open on the tongue and wash it down with water. If no delivery arrives by bedtime on Day 2, take 1 more capsule (or ½ teaspoon) before bed and the Exodus will come through in the morning.

Daily bowel movements are vital to clear thinking, absorbing nutrients from your food and feeling sustained energy. After Day 2 and forevermore, do what it takes to keep your child's bowel moving daily. (ie. a nightly dose of ½ teaspoon Exodus or 1 capsule vegetable laxative, or a handful of magnesium.) Your bowels ability to have coordinated contractions that produce bulky, floating stool will improve as you remove excess yeast and other pathogens with **Reboot from Tumtree**.

### Days 3-30 – Remove Pathogens (candida yeast, bad bacteria and viruses), Repair Leaky Gut and Restore Friendly Flora

**Morning:** 3 squirts of **Body Balance Liquid**. If your child feels uncomfortable cleansing reactions at a given dose (headache, gas or bloating) cut back to half the dose until the reaction subsides, then build up slowly again. Follow with 1 tsp **Glutamine** powder mixed with cold liquid.

**Evening:** (About an hour after dinner.) If your child's bowel needs a little help voiding each day, take ½ - 1 teaspoon of **Exodus** mixed in 4 oz. juice or water, or take 1 capsule of a vegetable laxative.

**Just before bed:** (Ideally at least 30 minutes after taking **Exodus GI Sponge**) Take 3 more squirts of **Body Balance Liquid**. Follow with 1 tsp **Glutamine** powder mixed with cold liquid and 2 capsules **Probiotic Blend**.

### Day 30 and beyond – Maintenance

If all of your child's gut linked symptoms are now gone Congratulations, you've completed the program. Clean living will lengthen the time before you'll need it again. Consider adopting a maintenance program for the next 2 weeks by taking 3 squirts per day of **Body Balance Liquid** as you reintroduce higher carb foods back into your child's diet. If you love the progress they've made and want more of it, continue carrying out the **30 Day** Reboot from Feel Good Foods system until all gut linked symptoms are gone. It's recommended that you take a 3-5 day break from the **Body Balance Liquid** every 30 days to give your child's cleansing organs a rest. Continue taking **Glutamine**, **Probiotic Blend** and any necessary aid to ensure their bowels keep moving daily. Extreme or long-standing conditions may require cleansing with **Reboot from Tumtree** for 2 or more months.

**Your Cleansing Diet** – If your first goal is to help your child become symptom free as quickly as possible, this is accomplished by avoiding the 5 common allergenic foods: sugar, dairy (except butter), wheat, corn and soy for 30 days. If there are additional foods that you know hurt your child (ie peanuts, garlic, shellfish, etc.) avoid them too. Your child may enjoy a serving of low sugar fruit (berries, kiwi or granny smith apples) each day and use only stevia as a sweetener. Within 2 weeks of avoiding allergenic foods and following the **Reboot** program, your child will feel much better. After 30 days, re-introduce whichever food they miss the most, in its simplest form (ie. a whole wheat tortilla or corn chips). Check your child's resting pulse both before and ten minutes after challenging the food. If your child's body reacts with an elevated pulse, avoid it for another 30 days while continuing restoration with **Kids 30 Day Reboot from Tummytree**. Since you are making a new start now, commit to eating more raw, whole foods for the next 30 days while **Reboot** works its magic on your interior surfaces. **The Feel Good Cookbook** is an excellent resource for Sugar-free, Dairy-free, Gluten-free recipes. Visit [www.myfeelgoodfoods.com](http://www.myfeelgoodfoods.com) for a free weekly meal plan for best results. **Drink sufficient water** - Your body needs water to conduct electrical impulses, carry nutrients to your cells, and flush out metabolic waste. An easy formula is to drink half your body weight in ounces of water daily. Drink more while cleansing if you can. While your child sleeps each night, **Body Balance** slays yeast, fungus, bad bacteria and other pathogens in large numbers while **Glutamine** helps repair the damaged gut. **Probiotic Blend** takes over the freed-up real estate to prevent hostile takeover from happening again and the water you drink flushes away what you no longer need in the morning and throughout the day.

**Record your progress** - Every few days, record how your child is feeling. The first 5 days on **Reboot** seem to be a breaking point for candida yeast. Note the positive results you see (including areas other than the gut) and any cleansing reactions they may feel, like a dull headache, nausea, gas, itchy skin, achy muscles or joints, etc. If they do experience cleansing reactions, celebrate! You know it's working. If their reaction is uncomfortable and not relieved by drinking the recommended amount of water and by having regular bowel movements, discontinue taking **Body Balance Liquid** until the reaction subsides, then build back up gradually and complete the program.

Here are symptoms associated with a leaky gut that respond well to **Kids 30 Day Reboot from Tummytree**.

|                         |                        |                            |
|-------------------------|------------------------|----------------------------|
| Acid Reflux             | Diarrhea               | Painful Menstruation       |
| ADD                     | Ear Infection          | Pounding Heart             |
| Aggressiveness/Anger    | Eczema                 | PMS                        |
| Allergies               | Endometriosis          | Rashes                     |
| Anxiety                 | Fatigue                | Rectal Itching             |
| Athlete's Foot          | Foggy thinking         | Respiratory                |
| Bedwetting              | Food cravings          | Infection/Bronchitis       |
| Bladder Infection       | Herpes virus           | Seasonal Allergies         |
| Bowel Irregularity      | High Blood Pressure    | Sleeplessness              |
| Candida                 | Hives                  | Sugar Craving              |
| Canker Sores            | Hypoglycemia           | Swine Flu (if taken at the |
| Chronic Sinusitis       | Hypothyroid            | first sign of illness)     |
| Constipation            | Itchy Skin             | Tachycardia (sporadic      |
| Colic                   | Inflammation           | racing heart rate)         |
| Colitis                 | Irregular Menstruation | Tooth Decay                |
| Cold Sores (if taken at | Irritable Bowel (IBS)  | Thrush                     |
| first sign of illness)  | Joint Pain             | Urinary Tract Infection    |
| Cradle Cap              | Menstrual Cramps       | Urticaria Pigmentosa       |
| Cysts                   | Memory Loss            | Vaginal Yeast Infection    |
| Dandruff                | Morning Sickness       | Viral Infection (EBV, CMV) |
| Depression              | Mouth Sores            | Yellow Nails               |
| Diabetes                | Oily Hair              |                            |

We're looking forward to hearing from you. Email us at [support@Tumtree.Life](mailto:support@Tumtree.Life) your success story. We'll send you your favorite free product on your next order. Here's to your health and to finally Feeling Good!

*"After trying special diets, increasing my water intake, concocting various fiber drinks, and spending lots of money on natural and not so natural treatments--I was still in search of something that would help me with chronic constipation, cramps and other side effects. I tried Feel Good Foods Reboot and saw immediate positive results. I have shared it with friends and family whose symptoms were similar to my own. Each, including a three year old, reported success." – Mary J., Hartford, CN*

*"I was surprised when a friend told me her baby's eczema was healed in three days with the Body Balance Liquid even though she had not taken severe dietary measures. I have gone off of wheat several times to help my nursing babies with eczema and know what a pain it can be. After 5 days on the Body Balance Liquid and Glutamine, my baby's eczema was completely gone, and it happened in spite of him getting some form of wheat every day. He immediately began sleeping through the night and has continued doing so months later... and eating wheat the whole time. What a gift it is to find this kind of help! I am so grateful." – JF., Provo, UT*

*"My son had small, painful, red and white sores at the back of his throat that immediately spread all over his mouth after taking a course of anti-biotic. They were diagnosed as a form of herpes virus by our doctor. I had him take Body Balance Liquid three times a day and by the end of the second day the sores were gone. Love the results!" – Michelle O., Springfield, Missouri*

*"I've been using Feel Good Foods' 30 Day Reboot system intermittently throughout the past three months and have seen great results! I've struggled with the notorious "irritable bowel syndrome" for almost twenty years, finding only very spotty relief and fearing that I'd never be completely regular (at least intestinally) and forever plagued by randomly occurring debilitating stomachaches. With Reboot, my gut has finally begun to settle down and operate properly and regularly. I'm more able to tolerate those previously intolerable foods, especially gluten and wheat. I feel much healthier overall and have even been able to maintain my ideal weight more easily than in the past. Best of all, I haven't had a single crippling stomach ache!" – M. Brown, UT*

*"After two years of debilitating sickness my symptoms included acid reflux, headaches, back and neck pain and carpal tunnel in my wrist. But the most painful problem was gluten and wheat intolerance that had me on my deathbed. I was unable to tolerate sugars of any kind, not even natural fruit sugar. Then a friend shared The Feel Good Cookbook and I felt like I was reading my personal biography. I have used Feel Good Foods 30 Day Reboot for the past three months now and feel like I am coming back from the dead and a part of life again. I can finally have fruit without my head and neck aching. From here I know I will continue to thrive with a strong body and mind. Thanks for helping me get my life back." – Corina L., Gilbert, AZ*

*"FYI, some very exciting news. In just four short weeks on Reboot from Tumtree I am off of estrogen and my thyroid medication. I am still in the process of tapering off the antidepressant and will be done with that in the next few weeks. And I haven't felt this good in over 28 years!" – JD, Highland, UT*