

Tumtree's Flu Fighter Protocol for Adults

Tumtree's flu fighter protocol is twofold: 1) to help increase your output of waste through the bowel by drinking Exodus Gut Sponge and 2) to kill off the unwanted pathogen with Body Balance capsules.

Tips:

- During flu season tune into your bowel. If you are not pooping 2+ cups of waste a day, take preemptive measures to get pooping more with a nightly dose of Exodus Prebiotic Gut Sponge. Your body will detect and expel invaders in the air and food and water that enters your body through the bowel. So keep that channel of elimination open.
- 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, opening Body Balance Capsules and mixing them in water before swallowing will help the bloodstream uptake the pathogen fighting herbs faster than swallowing capsules will. This is important for help with symptoms above the stomach, like the upper and lower respiratory tract (ears, eyes, nose, throat and lungs).
- **Warning:** If you've never used Body Balance capsules before, nor done an antifungal program, you will want to step gently into them, taking only 1 capsule the first morning/evening. If you feel headachy, nauseous or bloated within 15 minutes of taking Body Balance, then take another scoop of Gut Sponge to mop up this die-off symptom. You will want to take just one capsule each morning and night until you no longer feel die-off. If the die-off is too uncomfortable, try drinking Tumtree's Antiviral Hot Lemonade to get over the flu instead of taking Body Balance capsules right now. When you are feeling better, consider stepping up to a full 30 Day Reboot to restore balance to your gut microbiome to clear your permeable membranes of systemic candida overgrowth for much stronger immunity overall, and to correct [gut linked symptoms](#) you may be experiencing year round.

Click the links to read how flu fighter fixes [stomach flu](#) and [viral infections](#).

Here's a short video review of Tumtree's Flu Fighter protocol for fever and UTI. <https://youtu.be/HVPGXr0Dm6w>

Body Balance Capsules and Exodus Gut Sponge Dosages:

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).

Adults (12 and up)

At first signs of infection, or if viral flu is already in your home, begin the protocol.

Sweep the Bowel - Take 2-3 teaspoon scoops Exodus Gut Sponge mixed in a cup juice or water. Do this 3 X a day to really open up elimination while locking up invading pathogens in the digestive tract.

Body Balance Capsules - 3 caps 2X daily. The broad spectrum anti-pathogenic herbs in Body Balance will hit an overgrowth of bacteria like E.coli, Staph, Strep, fungus like Candida albicans and even viral infections. Once the body is saturated with viral flu, Body Balance, like most antiviral medications is less effective at removing it. If you are already sick with viral flu, we strongly recommend adding Tumtree's Antiviral Hot Lemonade to your regimen.

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.