

Children's Immune Recovery Guide†

Nutrition

Stay Hydrated

Adequate hydration is essential for healthy fluid movement and immune function. Drinking lots of pure, filtered water can help reduce headaches, relieve congestion, and replenish fluids lost during illness, ultimately diminishing the duration of sickness altogether. If your child is not a fan of plain water, you can also offer warm herbal tea, as well as water-rich fruits and vegetables like watermelon, grapes, pineapple, and cucumbers. Other hydrating liquids include soup, broth, and smoothies. To determine normal fluid needs: Child's weight in pounds x .45 = ounces of fluid needed per day.

Mind the Microbiota

This is especially important if your child has been taking antibiotics. Antibiotics can help eradicate unfriendly bacteria that cause us to feel unwell, but they also reduce the beneficial bacteria in the gut, making it harder to digest food. An imbalance in gut bacteria may also weaken immune function, and lead to skin and mood changes. While there is a time and place for antibiotic use, rebuilding healthy flora as soon as possible is crucial. Foods like kimchi, miso, kombucha, and sauerkraut can support healthy gut bacteria directly. A high-potency probiotic with multiple helpful species to keep the microbiota thriving.

Add a Boost of Protein

Having consumed less protein and calories than usual while unwell, children typically feel fatigued while recovering from an illness. To help ease their energy levels back, offer small frequent meals plus healthy snacks. If your child is resistant to protein in meals, start with the carbs your child likes best, like waffles, toast, pasta, or fruit. Then add high-protein foods that you know your child likes, like eggs, meat, peanut butter, yogurt, tofu, cheese, or beans. Additionally, it might be easier for them to drink than to eat, so smoothies with a scoop of protein powder are an excellent choice as well.

Avoid Processed Foods

Processed foods are often high in refined carbohydrates and unhealthy fats and low in fiber, protein, and healthy fats. Like sugar, processed foods include negligible amounts of the nutrients required to support healthy immune system function. Encourage your child to eat more fresh fruits and vegetables by offering a "rainbow on the plate." Vary the fruits and veggies you offer for each meal and snack and aim to eat all the colors (yellow, orange, red, purple, blue, green) each day.

Lifestyle

Get Enough ZZZ's

Sleep is essential to promote the body's natural capacity to both heal itself and fight off infections. Help your child adjust their sleep routine to include as much resting time as possible. Encourage a relaxing bath or quiet time without electronics before bedtime.

Take a Sick Day

Resting at home and preventing the cyclical spread of microbes is the surest way to both support your body's natural recovery and safeguard others from the further spread of infection.

Teach Relaxation

Psychological stress can suppress immune system function, increasing susceptibility to illness and making it more difficult for your body to mount a proper immune response. Stress is a part of life but helping guide your child to a more relaxed state can go a long way toward supporting healthy immune function. A simple and effective relaxation technique for children is mindful breathing. Teaching kids to take slow, deep breaths helps them feel and be calmer. It also makes kids stop and think about how they feel right now, which helps them get a handle on anxious feelings. A fun way to implement one technique called stomach breathing is to have the child lie on the floor with a stuffed animal on their stomachs. Guide them to take slow breaths in and out as they think about putting the animal to sleep by gently rocking it as it rises and falls.

Promote Calmness with Drawing and Coloring

The act of coloring or drawing has a calming effect on most children. The back-and-forth motion of the crayon on the paper is soothing and reduces anxiety. Children can focus on the activity because it is for simple enjoyment versus an assignment from school. Coloring is also one of the easiest ways to introduce children to mindfulness because the activity is closely associated with meditation: It helps stop the "brain chatter" that interrupts novice mediators, and it has been shown to slow children's heart rates and improve neurological responses due to the repetition and concentration on patterns and detail.

Get in Some Gentle Movement

Taking a slow walk or doing some gentle stretches with your child can encourage lymphatic flow. Because of the tight-knit relationship between the immune and lymphatic systems, gentle movement can help strengthen immune system function, lessening the duration of cold symptoms, and supporting your kiddo's ability to fight off infection.

Immune Recovery Protocol Optimized Children's Supplement Plan



Equazen® VitaSpectrum®

Comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential vitamins and minerals that are easy to absorb and utilize.†

Nutritional insurance for children that may have reduced food intake or absorption challenges.† (SKU# VTSE)

Ther-Biotic® Kids

High-potency, multi-species chewable probiotic for immune support.†

Provides intensively researched probiotic species that have been and clinically shown to support gastrointestinal health and immune function in children.† (SKU# K-TCC)

Children's immune response is a unique evolutionary adaptation that allows them to respond to illness broadly rather than pathogen-specifically.

This protocol helps support the healthy development and function of your child's immune system, as well as how to support them during seasonal immune challenges.†

Enhanced Support Option

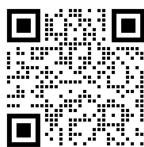
Ther-Biotic® ABx Support™

Gut microbiota support during antibiotic therapy.†

Provides probiotic support to help reinforce your beneficial intestinal bacteria in circumstances when the intestinal microbiota might be disrupted.† (SKU# ABX)

Product Name	Serving Suggestion*	Purpose
Equazen® VitaSpectrum®	Mix 1 scoop of this unflavored powder into smoothies, yogurt, milk or milk alternatives, or other soft foods daily. (For children 4+)	Equazen® VitaSpectrum® is a comprehensive multiple vitamin/mineral supplement providing an excellent source of 20 essential nutrients in amounts designed to address nutritional imbalances observed in many children.† Picky eating, undereating, and absorption challenges can all cause vitamin and mineral gaps. Equazen® VitaSpectrum® helps fill these nutritional gaps.†
Ther-Biotic® Kids	Chew 1 tablet daily preferably at the beginning of a meal. (For children 2+)	Ther-Biotic® Kids is a broad-spectrum, hypoallergenic probiotic supplement designed for children 2 years of age and older. Our 25 billion CFU formulation contains eight total Lactobacillus and Bifidobacterium species which have been intensively researched and clinically shown to support gastrointestinal health and immune function in children.† The natural cherry flavor makes daily supplementation easy.
Enhanced Support Option		
Ther-Biotic® ABx Support™	1 capsule twice daily with food. Take 1 hour or more before or after antibiotics.	During antibiotics use, if/when needed Ther-Biotic® ABx Support™ is a blend of the non-pathogenic yeast <i>Saccharomyces boulardii</i> with <i>Lactobacillus rhamnosus</i> , <i>Bifidobacterium bifidum</i> , and <i>Bifidobacterium breve</i> . These species have been shown in controlled clinical trials to reinforce friendly gut bacteria.† This formula is a great adjunct to use during antibiotic therapy to support a healthy intestinal microbiota.†

*Or as directed by your healthcare provider



Equazen® VitaSpectrum®



Ther-Biotic® Kids



Ther-Biotic® ABx Support™

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.