

Pre-diet : 1 week before the diet

Reduce :

- refined sugar
- stevia
- salt
- red meat

Stop :

- alcohol
- spices and chillies (hot)
- pork : meat AND cold meats (charcuterie)
- turkey
- can food

Post-diet : until 1 week after the retreat

Ok :

- vegetables (all types, avocado & sweet potato ok)
(beetroots, carrots et tomatoes preferably cooked)
- lemon
- fresh cheese, mozzarella, gruyere, gouda
- yogurt
- butter in small quantity
- whole-grain bread
- chicken, eggs
- white fishes (no oily fishes like tuna or cod, salmon)
- herbal tea, tea, coffee
- soy, almond milk, WITHOUT added sugar
- cereals
- leguminous plants (beans, lentils)
- olives
- raw vegetal oils (1st cold-pressed)
- walnuts, almonds, hazelnuts in small quantities
- vinegar !NOT balsamic = with sugar!
- pepper in small quantity

Prefer raw, boiled, steamed, grilled or braised
food ; soups, salads ok
Eat salty ! Avoid industrial processed foods.

DO NOT eat :

- dairies (except fresh cheeses = ok)
- fruits (except lemon = ok) !banana = fruit!
- honey, agave sirup
- sparkling water

- essential oils
- shampoos & soaps with smell
- perfumes
- chemical products
- drugs
- dental treatments
- smoking
- weed, joints
- hugs (except closed family = ok)
- massages (to give or to receive)
- healing techniques
- sauna
- noisy atmospheres, parties, social events (until appropriate adaptation that can last longer according to each person)

Post-diet : until 2 weeks after the retreat

DO NOT eat :

- refined sugar
 - stevia
 - alcohol
 - dried fruits
 - red meat, pork, mutton, duck, turkey
 - sea food, clams, oily fishes (sardines, tuna, mackerel,...)
 - animal fat
 - oily dishes
 - fried food
 - can food
 - strong or hot spices and industrial condiments (mayonnaise, ketchup, mustard,...)
 - balsamic vinegar / soy sauce (contain added sugar)
 - fermented food (sauerkraut, cheeses,...)
 - cold or frozen drinks and food
 - having sex (with or without condom), erotic contact, masturbation
(for the first post-diet sexual relation, blow mapacho or floral water before and after the relation)
 - Smoking or taking Cannabis, joints, weed, LSD, MDMA, etc.
- ! Watch out with industrial food, it often contains added sugar and other chemical conservatives ! -
> to avoid