



Onanya Joni

PRE AND POST DIET RECOMMENDATIONS

Pre-diet: 1 week before the diet

Reduce:

- refined sugar
- stevia
- salt
- red meat

DO NOT eat:

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

Post-diet: until 2 weeks after the diet

DO NOT eat/use/do:

- x dairies (*except fresh cheeses = ok*)
- x fruits (*except lemon = ok*) !banana = fruit!
- x honey, agave syrup, stevia
- x sparkling water
- x soy sauce (*contains sugar*)

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



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Post-diet: until 1 month after the diet

DO NOT eat/use/do:

- x refined sugar
- x stevia
- x alcohol
- x dried fruits
- x red meat, pork, mutton, duck, turkey
- x sea food, clams, oily fishes (*sardines, tuna, mackerel,...*)
- x animal fat
- x oily dishes
- x fried food
- x canned food
- x strong or hot spices and industrial condiments (*mayonnaise, ketchup, mustard,...*)
- x balsamic vinegar / soy sauce (*contain added sugar*)
- x fermented food (*sauerkraut, cheeses,...*)
- x cold or frozen drinks and food
- x having sex (*with or without condom*), erotic contact, masturbation
(*on the first sexual intercourse after the post-diet period (1 month), blow mapacho or perfume before and after intercourse*)

OK:

- ✓ vegetables (*all types, avocado & sweet potato ok*) (*beetroots, carrots and tomatoes preferably cooked*)
- ✓ lemon
- ✓ fresh cheese, mozzarella, gruyere, gouda
- ✓ yogurt
- ✓ butter in small quantity
- ✓ whole-grain bread
- ✓ chicken
- ✓ eggs
- ✓ white fishes (*avoid oily fishes like tuna, cod, salmon*)
- ✓ herbal tea, tea, coffee (less possible)
- ✓ soy/almond milk, WITHOUT added sugar
- ✓ cereals
- ✓ legumes (beans, lentils)
- ✓ olives
- ✓ raw vegetable oils (1st cold-pressed)
- ✓ walnuts, almonds, hazelnuts (in small quantities)
- ✓ vinegar **!NOT balsamic = with sugar!**
- ✓ pepper in small quantity

IMPORTANT:

Failure to follow these recommendations could cancel the effects of the plants taken during the diet and all work done during the diet. In some cases, failure to follow these recommendations may also result in undesirable effects (such as skin lesions, among others).



The work is not just done during the diet period. An essential part of this process is to integrate all the work done during the diet after the diet by following these recommendations.

When you come out of the diet, you are still sensitive so you should, the same day, limit your interactions with others and the time you spend all together. After dinner on the day before leaving, you will be requested to go back to your cabins or rooms to have a good night. The following morning, departure day, you will gradually interact more and will feel less vulnerable. It is not allowed to go into each other's cabins. Unfortunately, a number of dieters feel emotionally overwhelmed after making those mistakes. You are still under our responsibility before leaving.

Respect all your efforts and the shaman's work!

Respect these recommendations for the best results!

