



Onanya Joni

Pre-diet : 1 week before the retreat

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)



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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

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!