

NO NO'S

BE GENTLE with yourself and enjoy your baptism from within to awaken the new HEALTHY BEAUTIFUL, AWESOME YOU!

- NO alcohol - your cells need to rejuvenate, don't confuse them
- NO bread - flour and water make glue
- NO caffeine - kills natural bowel flora and you need this!
- NO meat - takes too long to digest
- NO milk products - coats the colon and causes mucus
- NO nuts or seeds - rough on healing pockets
- NO salad - (unless juiced)
- NO fruit with seeds or skin - too hard on healing pockets (no berries, cherries, kiwis, grapes)
- NO pakalolo (marijuana) - your clarity is important and your lungs need a rest
- NO tobacco - this is a good opportunity to quit smoking, ask for assistance if you need it
- NO recreational drugs or non-prescription medications or supplements. Focus on rejuvenation! If your miracle is to get off medications, please talk to us!
- NO soy - moves slowly through the system and too hard to digest.
- NO peanut butter or peanuts
- NO soda or any carbonated drinks (carbonation- a molecule of sodium and a molecule of carbon that explodes all the way from your mouth to your butt and depletes your immune system for 12 hours)
- NO mushrooms, too hard to chew