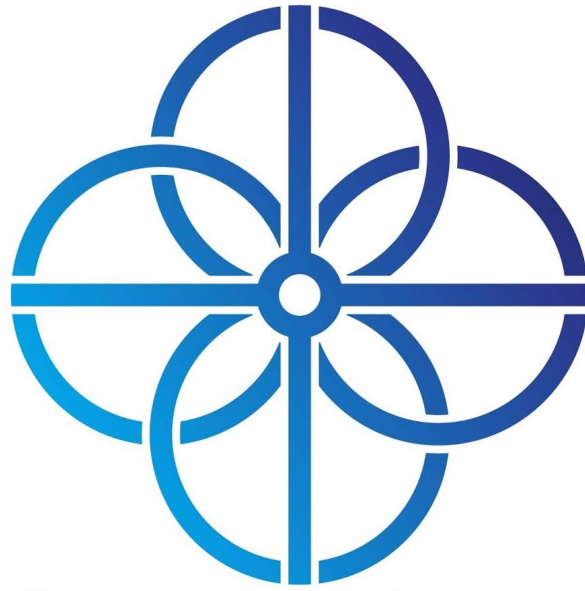




Cultural Detox

40 DAY PROTOCOL

Authentic Relationships

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Supplement Schedule

Renew Days 1 - 14

Begin the process, rest well, drink plenty of water, move your body... Find your rhythm and enjoy each day.

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 3 tablets	Power Shake 5 tablespoons Biome Medic 1 capsules	Super Aminos 23 3 tablets Biome Medic 2 capsules	Apothe-Cherry 1.5 tablespoons

Release Days 15 - 25

For the parasite cleanse abstain from sweet foods including fruits. May feel more emotional - focus on eliminating unhealthy habits.

***Please Note:** Adjust 1-2 capsules of Super CleansR based on your body's elimination response

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 5 tablets	Power Shake 5 tablespoons Biome Medic 2 capsules Super CleansR 2 capsules	Super Aminos 23 5 tablets Biome Medic 2 capsules *optional* Power Shake 5 tablespoons	Apothe-Cherry 1.5 tablespoons Super CleansR 2 capsules

Restore Days 26 - 40

Expect to feel more energy, better digestion, deeper sleep, and increased mental clarity. Nourish your body with high quality foods and plenty of water.

Wakeup	Morning	Afternoon	30 Minutes Before Bed
Water 24-32oz Super Aminos 23 3 tablets	Power Shake 5 tablespoons Biome Medic 1 capsules	Super Aminos 23 3 tablets Biome Medic 1 capsules	Apothe-Cherry 1.5 tablespoons

Regenerative Lifestyle Protocol Summary



Sleep

8 hours of sleep each night, in a dark room, with no phones, stop eating ideally 2 hours before



Nutrition

Diversity of fresh, seasonal, local, organic, non-gmo, whole foods



Heart / Mind Coherence

Reduce stress & practice self regulation techniques throughout the day



Hydration

Drink half your body weight in oz of clean water each day



Nature

Sunshine, fresh air, natural beauty



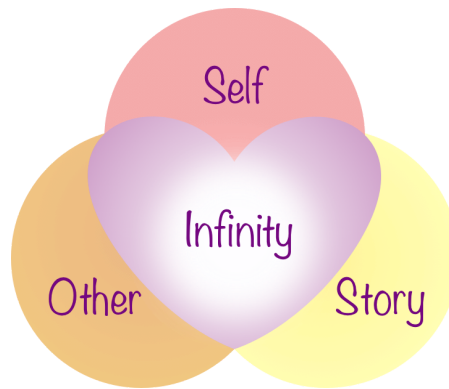
Movement

Dynamic natural movement as cellular nutrition

Detox

Eliminate toxic household and personal products, practice intermittent fasting of 12-16 hour fast each day





Authentic Relationships Protocol & Practice

Bring the Authentic Relationships core concepts and practical implementation guidelines to life each day. Explore these concepts deeper throughout the 40 days.

Core Concepts

1. **Authentic** - genuine and truthful
2. **Relationship** - a two way relay
 - Person 1 give -> Person 2 receive
 - Person 2 give <- Person 1 receive (also works with non-persons)
3. **Conscious** - aware of as many angles as possible
4. **Communication** - information exchanged to form common unified reality
5. **Resonance** - attunement to form connection
6. **Deep listening** - words, sounds, rhythm, tempo, body language, what's said & unsaid
7. **Hidden Agendas** - subtle underlying motivation / hook
8. **Projection** - what is desired to be seen or identified with
9. **Shadow** - what is desired not to be seen or identified with
10. **Own your experience / Do not deny another's experience**
 - Communicate from I - I feel, I think, I observe, I believe

Conscious Communication

- 1) **Speak what is True**
 - Avoid lies and deception
- 2) **Speak at the Right Time**
 - Avoid interrupting - listen deeply
- 3) **Speak Respectfully**
 - Avoid harsh speech, avoid vain talk
 - Speak in ways that touch the heart, be polite
- 4) **Speak Purposefully**
 - Avoid idle chatter
 - Speak what is useful
- 5) **Speak in ways that Unify**
 - Avoid gossip and divisive speech
 - Avoid judgement and criticism
 - Create harmony, reconcile what has been broken apart

Conscious Conversation

- 1) **Pause** before immediately responding
- 2) **Relax** any tension in the body
- 3) **Open** to the unknown and release any fixed views
- 4) **Trust Emergence** of the perfect unfolding dialog, release any agenda or idea of steering the conversation
- 5) **Listen Deeply**, pay attention to the sound of voice, tempo, rhythm, silence between words, body language, what is unspoken, what is unspoken, etc.
- 6) **Speak the Truth** from your own personal experience, respect others' experience

Conflict Transformation

Conflict is an absolutely normal and unavoidable part of life. Conflict arises when a need that we have is not being met - that need could be safety, or it could be a preference that differs from our experience. How we respond to conflict is what determines if the conflict becomes an opportunity for greater harmony and growth or further conflict.

A conflict begins within us. The outside is not the cause of the conflict, it's our own unique conditioning that creates preferences and windows of tolerance that may or may not agree with the reality of the moment. When our experience differs from what we want or don't want, then a stress response is triggered and our energy starts moving. If we understand that this whole process is subjective and it's all inside of us, then we are empowered to work more consciously when we are triggered, and choose our response wisely.

Depending on the degree of conflict and the situation - here are some helpful tips:

- 1) **Down Regulate / Self Soothe** - If you feel triggered by a situation take the space to neutralize the inner charge as much as possible before engaging the other(s)
 - Reflect on the situation - Is it necessary to get upset? Is there something else being triggered? What is the need not being met?
- 2) **Communicate Nonviolently** - If it is necessary to communicate, do so in a nonviolent way (description below)
- 3) **Be Neutral** - The only way through a conflict is if one of the parties involved is able to neutralize the charge - let that be you
 - If both parties are charged then the conflict can escalate until exhaustion / depletion of resources
- 4) **Make the goal not to WIN**, but instead to communicate your experience in a way that the other is able to hear
- 5) **Allow the Conflict to Resolve Naturally** from a place of mutual understanding and authentic connection / empathy
 - Sometimes this will not happen - weigh the situation to see what to do next
 - Hopefully the situation didn't blow up further
 - Ideally it was neutralized at its source & transformed from a huge outer problem to an empowered inner solution that was able to resolve the outer situation

NonViolent Communication

- 0) Own your experience and communicate from I
 - I feel, I believe, I think, I saw
 - Talk about feelings, thoughts, perception of experience - *Radical Honesty*
- 1) State your observation
 - *"When I came home, I found all the cushions on the floor in the living room"*
- 2) Identify feelings
 - *"I felt anxious and frustrated"*
- 3) Identify needs
 - *"I really need everyone to help keep our home neat and orderly - so when I come back I am coming back to a clean house"*
- 4) Make a clear request
 - *"Please before you leave the house could you help make sure everything is picked up?"*

Daily Ritual

A 15 minutes of daily morning practice can make a subtle but profound impact upon our sense of wellbeing and ability to show up to our lives. The following 3 practices + a proper setting are recommended elements for a morning ritual as a way of tuning in to ourselves more deeply and interrupting the autopilot self and shifting into . The plant essences have unique qualities that are chosen to help facilitate your psycho-emotional process

Altar

Your altar is an outward representation of your inner center. Your altar is a space where inner and outer meet - it is a place for alchemy. Place objects that have meaning to you, that represent qualities of your ideals or that inspire or uplift your consciousness.

- Its recommended to have representation for the 4 elements, Air, Fire, Water, Earth
- As well as a photo of yourself / your family

Each morning, or whenever you perform your daily ritual, come to your altar

- 1) Light a candle, burn some incense
- 2) Shift into an attitude of prayer / gratitude
- 3) Become present and just be

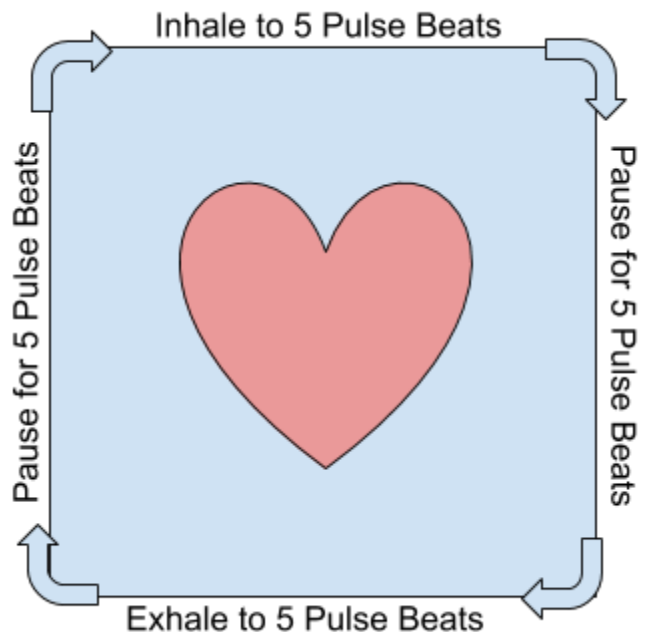
Quantum Pause

This practice has also been called box breathing or square breathing. It's a powerful way to drop into deeper awareness - out of the head and into the presence of the heart. It's also a tool you can utilize throughout your day to disrupt the default mode network / sense of "normal" self. Use this technique if there are repetitive thoughts, a negative state, low emotions, or just to return to center.

This simple practice is extremely effective, the key is consistency and building a rhythm that includes dropping out of the head.

In the beginning fear may arise, especially during the exhale pause - simply observe curiously and if needed - reduce the count to 4 pulse beats instead of 5.

- 1) Find your pulse
 - Place your index & middle fingers of the right hand onto your left wrist
 - Or index & middle fingers of the right hand to the neck
- 2) Tune into the pulse for a few moments
- 3) Begin inhaling to the count of 5 pulse beats
- 4) Pause for 5 pulse beats
- 5) Exhale to the count of 5 pulse beats
- 6) Pause for the count of 5 pulse beats
- 7) Repeat this 5+ times



Forgiveness

"Forgiveness is not about saying that someone shouldn't be held accountable for their actions. Forgiveness is about saying that someone else's actions are not going to define who I am. " ~Corey Webster

One of the simplest definitions of forgiveness is to simply let go. Forgiveness operates from the understanding that everyone is doing the best they can to the best of their ability at any given moment and in this light forgiveness is a natural state of allowing things to be as they are.

When a person holds on to anger, resentment or desire for retaliation, our nervous system also holds on to a perceived threat and produces a continual biochemical stress response. In reality, if we hold onto the past, we are the ones that suffer most.

"When you don't forgive you release all the chemicals of the stress response. Each time you react, adrenaline, cortisol, and norepinephrine enter the body. When it's a chronic grudge, you could think about it twenty times a day, and those chemicals limit creativity, they limit problem-solving. Cortisol and norepinephrine cause your brain to enter what we call 'the no- thinking zone,' and over time, they lead you to feel helpless and like a victim. When you forgive, you wipe all of that clean." ~Dr. Frederic Luskin of the Stanford Forgiveness Project

From neurobiology's point of view, the part of the brain that is responsible for empathy is also responsible for forgiving. By re-framing the situation we can disentangle from subconscious perpetual stress drivers and see the other as a real human being with their own pains and problems. We can access the parts of our psyche responsible for forgiveness and truly let go.

But forgiveness is not just about forgiving people in our lives or situations that we've felt hurt about. **The first place to start with forgiveness is with ourselves.** We often harbor deep internal conflict and judgement about ourselves that by its nature fragments our sense of wholeness and capacity to fully show up.

The power of forgiveness is to release, dissolve, and allow. It transforms our habitual tendencies to try to control or judge, into a more tranquil relationship with the moment.

The following meditation is extremely effective in helping to release the past, allow new angles of understanding to arise and give new meaning to what happened.

It's not necessary to target a story to forgive or even remember a past situation. **The most important aspect of forgiveness is the genuine feeling of letting go - and for this we can practice.**

One last note about forgiveness... Forgiveness is a frequency of energy that serves a very specific role. We do not have to conjure up forgiveness inside ourselves - we merely need to tune in to it and allow it to flow through us, vibrating us like an instrument. The energy has its own intelligence and will do its thing.

Forgiveness Meditation

- 1) After dropping in to a heart space / practicing Quantum Pause place attention at the area of the heart
- 2) Visualize and / or feel the following affirmation unfolding within
- 3) *"As the light of my heart brightens, so does my capacity to forgive"*
 - See the heart area lightening
- 4) *"As forgiveness flows into my heart, it moves upwards"*
 - See / feel the light of the heart flowing up to the head
- 5) *"Filling my entire head with the most delicate and refined light imaginable"*
 - See / feel the head completely filled with subtle living, intelligent, golden light
- 6) *"And in this light a compassion for my past settles in"*
 - Feel safety, care and ease
- 7) *"And all that has occurred is re-written"*
 - Allow the subtle intelligence of the light to organize and shift the memories of the past - allowing new insight and understanding / peace
- 8) Inhale deeply, visualizing the breath coming in through the heart
 - Breathe in all feelings, thoughts, perceptions, doubts, fears, everything we are aware of - allow it to be included
- 9) Suspend the breath and allow the feelings to be transformed by the heart's intelligence / vibration
- 10) Exhale completely, radiating peace and wellbeing out from the heart in all directions
 - With each release mentally repeat the affirmation - *"leave it in the mystery to shine of its own light"*
- 11) Repeat this inhalation & exhalation 7-8 times

NOTE - if visualization is challenging, tune in to the feelings instead

Forgiveness On-the-Go Practice

The entire premise of forgiveness is rooted in the understanding that all are doing the best they can within given circumstances. If we wish to release resentment or held pain it can be helpful to tune into this understanding.

A simple phrase that is incredibly potent and can help us tune into this space of forgiveness in a heartbeat is:

"I forgive myself for not understanding"

This phrase immediately helps neutralize any self righteous view, take responsibility for our feelings, release subtle judgement / tension, and shift into a deeper awareness of our inner environment.

This phrase can be a potent tool to help move through challenging situations that we feel stuck in. With regular practice we also begin to shift our relationship with ourselves, from judgement or criticism to more loving acceptance.

Plant Essence Meditation

The plants play an integral yet subtle guiding role in the Cultural Detox work. Plants have the ability to communicate directly with our biology in many different ways. We can receive inspiration and subtle impressions from the colors / form of a plant, we can ingest a plant, we can burn a plant for purifying qualities, we can apply a plant to the physical body like a poultice, we can bathe with plants, we can we can receive the aroma of the plant - there are countless forms.

Plants are considered an expression of the consciousness / wisdom of nature. It's believed that plants can help guide us back to our own innate sense of unity with nature and ourselves. From a Shamanic perspective all of creation has a subtle counterpart that is the living nonphysical intelligence that governs the physical expression - a spirit. By connecting with the plants we are connecting not just with the physical, but with the nonphysical. We are not mechanically creating a cause effect result, but we are developing a relationship - and this is an art that is lost to western society.

To establish a relationship the first step is respect, we need to genuinely approach the situation with an attitude of humility and respect towards that which we do not know or understand. All of modern tech word, message, or image may become clear - but most often the plants are communicating on dimensions of our being that we are not typically aware of. Communication may come through unique sequences of thoughts, feelings, &/or emotions that communicate universal order in such a way that is understood by the heart and later translated to the mind. So pay attention to everything through understanding that by experiencing the wholeness of life we are more and more receptive to the language of the spirit.

In my experience plants also speak to us through the language of dreams. Writing down dreams and inspiration is a good idea. Symbols in dreams, visions during meditation / prayer, or living 3D synchronicities or symbols that enter biological advancements still do not understand the miracles of how nature works. We are approaching a great mystery and the single most important factor for developing a relationship is genuine respect.

Second is awareness. The plants speak a language that our western minds do not initially understand. It's possible that a word, message, or image may become clear - but most often the plants are communicating on dimensions of our being that we are not typically aware of. Communication may come through unique sequences of thoughts, feelings, &/or emotions that communicate universal order in such a way that is understood by the heart and later translated to the mind. So pay attention to everything through understanding that by experiencing the wholeness of life we are more and more receptive to the language of the spirit.

Allow these 6 weeks to be the initial introduction to the world of the plants. They are reaching out to us all the time, yet we are most of the time focused on worldly pursuits that we don't notice anything. Our subtle faculties shut down and we feel isolated as a species, from the other life forms that we share the Earth with. This is our own doing, and these 6 weeks are an opportunity to reestablish our connection with nature, and form a bond with new allies who are happy to help guide and protect - and literally forever open to new dimensions of ourselves.

Aromas and the sense of smell bypass the brain's natural filtration systems and have the effect of penetrating deep into the psyche and disrupting the default mode network (our conditioned sense of self). By working with aromas we are brought into the present moment and given the opportunity to respond to familiar triggers in new ways - as well as create new neural pathways for new ways of perceiving / interacting in the world.

Through the 40 Day process it is recommended to work with ONE plant essence at a time, each for a 2 week period. The plants have been carefully chosen to help facilitate the 40 day process and assist as allies upon Our Hero's Journey.

Week 1 & 2	Vetiver / Ruh Khus	Feel at Home in the Body - Presence - Grounding Thoughts / Emotions / Feelings in the Body - Self Love
Week 3 & 4	Galbanum	Healing Trauma - Ancestral Connection - Strength / Freedom - Commitment on the Path
Week 5 & 6	Helichrysm	Healing Soothing Balm - Integrating Wounds - Inner Peace

Plant Essence Guidelines

- 1) Take a few moments to connect with the spirit / intelligence of the plant
 - o You may wish to hold the essence close to your heart or head
 - o Come to the present moment and release any tension in the body - relax into the moment
- 2) Deepen awareness of your current state
 - o Notice physical, mental, emotional, your expansiveness / contractedness, your general sense of wellbeing
- 3) Calmly remove the lid of the plant essence
- 4) Breathe in the aroma, calmly, slowly, reverentially - savor the experience
- 5) Enter deeply into the experience, becoming absorbed in the process of respiration and the wisdom that we are communing with even though its not necessarily known to our minds
- 6) Allow the essence to enter into your entire body - into the psyche - just relax into it
- 7) After about a minute or two, you may replace the lid of the plant essence and simply sit
- 8) Sit with open awareness and allow the breath to ground presence in the moment
- 9) Gently observe your psycho-physiological state and allow all thoughts / emotions / feelings to come and go
 - o Notice anything that may be charged or triggering, these are opportunities to forgive and let go of anything that catches attention
- 10) Sit for 5-10 minutes in a calm and receptive state
- 11) Allow subtle shifts to happen, trust the process, even if it brings up unpleasant thoughts, feelings, memories, etc.
- 12) Thank the plant for its wisdom, its guidance, its healing, its protection as a way of closing your session with the plants



Regenerative Lifestyle Protocol

The 40 Day Cultural Detox Program aims to establish regenerative lifestyle habits that support highest health and wellbeing. Lifestyle is the root of health, and the following protocol is a blueprint of essential factors that make up Vibrant Health. By following the protocol each day, your 40 day detox process will lead you into a more and more sustainable and regenerative healthy lifestyle. If you choose to adopt the protocol as a way of life, you'll find a solid foundation of health built-in to who you are.

Reflective Journaling

Optional ~ Use the 40 Day Workbook

1. What went well - Celebration
 2. What was Challenging?
 3. What can you do better tomorrow?
 4. What are you grateful for
 5. What are your Intentions for the next day
- Best practice - Journal every night before bed

Your Intentions

- What are your intentions? What would you like to get out of the 40 days?
- What would you like to release - depleting emotions, unhealthy habits / behaviors, etc.
- What may be your biggest challenges towards accomplishing your goals?
- What ways are you best supported?
- List word(s) that represent your intention(s)



Detoxification

- Eliminate cosmetics plus other household / personal items such as cleaning supplies that contain chemicals
 - Choose organic / chlorine free Women's hygiene products
- Steam room / sauna or hot springs
 - Contrast hot with cold plunge or cold shower
- Colonic
- Ionic Foot Bath
- Daily Intermittent fasting
- Weekly mono-meal
 - E.g. a day of apples
- Quarterly cleanse with the seasons

Sensory Detox

- **Social Media** - Limit or eliminate your social media time.
 - Best practice - notify all your friends / post that you will be doing a social media cleanse for the next 40 days and that you can be reached by email or phone, etc.
- **News** - Limit or eliminate your news consumption - television, radio, internet, etc. See how this affects your psyche and sense of wellbeing, and see how much more alive your immediate local universe is.
- **Entertainment** - Limit or eliminate your entertainment consumption. If you wish to watch programming, find programs that are educational, inspirational, or otherwise aligned with purpose.
 - Entertainment includes, magazines, television, netflix, radio, internet shows, random internet browsing, etc.
 - Observe the patterns of seeking entertainment and replace those behaviors with productive / creative / purpose aligned activity.
- **Social Engagement** - assess your daily engagements, which engagements are uplifting, nourishing and meaningful? Which engagements are draining, depleting, and perhaps not supporting your highest wellbeing? Begin to be more conservative with your use of time and energy and surround yourself with inspiring, uplifting, and purposeful people, situations and environments

Nutrition & Dietary Guidelines

- Fresh, local, seasonal, organic, non-gmo whole foods
- Shop at the farmers market and enjoy local / seasonal
- Practice food combining and food stacking
- Try snacking on Flex food when you are hungry between meals - listed below



Eliminate:

- Processed foods
- Fried foods
- Spicy food
- Refined Sugar
- Alcohol
- Coffee, caffeinated tea, & other forms of caffeine
- Tobacco
- Marijuana
- Recreational Drugs
- All Forms of Meat
- All Forms of Dairy
- Flour / Gluten
- Best Practice - eliminate salt

Replace:

- At least one meal a day with a power shake
 - 5 TBS of Power Shake blended with water or non-dairy milk
- Evening meal / eating with Intermittent Fasting
 - Create a 12-16 hour period of "fast" each day
 - ex. Last meal by 6pm = break-fast 6am, 8am, or 10am
 - ***don't eat less - eat less often***



Movement

- Daily dynamic natural movement - some suggestions
 - 4 Minute Workout
 - 13 Joints Practice
 - Kundalini Yoga
 - Yoga Practice
 - Dynamic Movement
 - Dynamic Dance
 - Rock climbing
 - Hiking

Hydration

- Drink at least half your body weight in ounces of water each day
 - E.g. 150lbs = 75 oz of water
- Drink 24 - 32oz of water each morning upon rising
 - Best Practice - do not drink with meals and wait at least 1 hour after meals
 - Ideally drink 30 minutes before or 1-2 hours after a meal
- Source a nearby spring - <https://findaspring.com/>
- Drink fluoride free water - <https://www.berkeyfilters.com/pages/water-quality-search>
- Good water options: Reverse osmosis, spring water, alkaline water

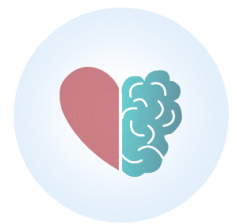


Outdoors

- Be outdoors at least 10 minutes each day
 - Try to get fresh air with no mask on

Stress & Resilience

- Be aware of our response to challenging situations and take 100% responsibility for our own stress response / experience
- Practice Quick Coherence technique after stressful experiences to shift out of depleting emotions and into regenerative emotions
 - Step 1: Focus your attention in the area of the heart.
 - Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
 - Inhale 5 seconds, exhale 5 seconds
 - Step 2: Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.
 - Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc. or focus on a feeling of calm or ease.
- Practice Quantum Pause / Loving Kindness / Forgiveness or Gratitude meditation for at least 5 minutes a day.
 - Best Practice - choose a consistent time to practice each day, such as upon waking up or before going to bed.
- Include a review of your emotional responses to stressors in your daily journal entries
- *Optional* - purchase Inner Balance technology and practice daily - www.heartmath.org





Sleep

- Take Naps when possible
 - 11 - 22 minutes leave us feeling better rested than 30 - 1 hour nap
 - It takes at least 1.5 hours to complete a cycle of sleep, if the cycle is interrupted the result will be feeling groggy and confused rather than rested
 - 7-8+ hours of rejuvenative sleep each night
- Best Practices:
 - Sleep in a dark room
 - Turn electronic devices off / airplane mode
 - Avoid electronics use 1 hour before bed
 - Early to bed (closer to sundown the better!)
 - Create a healthy bedtime ritual - read, listen to music, take a bath, meditate, journal, etc
 - Avoid eating 2+ hours before sleep



In Depth - Nutrition & Dietary Guidelines

ELIMINATE

Grains: white rice, wheat, corn, barley, spelt, kamut, rye

Fruits and vegetables: oranges, grapefruit, bananas, strawberries, corn, tomatoes, eggplants, peppers

Vegetable protein: soybean products

Nuts and seeds: peanuts and peanut butter

Oils: shortening, canola oil, corn oil, processed oils, salad dressings, and spreads

Drinks: alcohol, caffeinated beverages, and soft drinks

Sweeteners: white and brown refined sugars, high-fructose corn syrup, and evaporated cane juice

Condiments: ketchup, relish, chutney, barbecue sauce, teriyaki sauce, gum, breath mints

SHOPPING LIST

Fruit: Whole fruits, unsweetened, frozen, fresh squeezed juices, dried fruit (sparingly)
(Acai Berries, Apple, Apricot, Blackberry, Blueberry, Cantaloupe, Cherry, Coconut, Dates, Figs, Kiwi, Lemon, Lime, Mango, Melons, Mulberry, Nectarine, Papaya, Peach, Pear, Persimmons, Pineapple, Plums, Pomegranate, Raspberry, Watermelon)

Dairy Substitutions: Unsweetened milks such as Almond, Coconut, Hemp Seed, Flax Seed

Grains: Amaranth, Buckwheat, Millet, Quinoa, Rice: (brown, red, black, wild), Teff, Tapioca

Plant-based Proteins: Hemp, Pea or Brown Rice proteins, Beans [Cannellini, Chickpeas, Black, Black-eyed Peas, Fava, Kidney, Lima, Mung, etc., EXCEPT Soy]. Lentils, Split Peas, Bee Pollen, Spirulina, and Blue-Green Algae

Nuts and Seeds: Almond, Brazil Nut, Chia, Hazelnut, Hemp, Macadamia Nuts, Pecan, Pine nut, Pistachios, Pumpkin, Sesame, Sunflower, Flax, Poppy, Walnut Nut and Seed butters, (EXCEPT Cashew - these can be irritating)

Vegetables: Fresh, raw, steamed, sautéed, juiced, roasted, fermented
(Artichoke, Arugula, Asparagus, Avocado, Beet & Beet Greens, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Carrot, Cauliflower, Celery, Cucumber, Daikon Radish, Dandelion, Jicama,

Kale, Leek, Lettuce, Mushrooms, Okra, Olives, Onion, Parsnip, Radish, Rutabaga, Snow peas, Spinach, Sprouts [all], Squash, Swiss Chard, Sweet Potato, Taro, Turnip, Yucca and Zucchini.)

Bread & Baking: Baking Soda, Baking Powder (non-aluminum), Arrowroot Powder, Agar Agar

Flours: Almond, Brown Rice, Coconut, Garbanzo Bean, Millet, Sorghum, Tapioca, Teff

Oils: Almond, Avocado, Coconut, Cold-Pressed Olive, Flax, Hemp, Palm, Pumpkin, Safflower, Sesame, Sunflower, Truffle, Walnut

NOTE: Please make sure oils are unrefined, extra virgin, non-GMO, organic, cold-pressed, etc.

Beverages: Coconut Water, Filtered Water, Herbal teas, Spring Water

Sweeteners: Stevia, Coconut Nectar/Coconut Sugar, Yacon, Whole/Fresh Fruit, Dried Fruit (sparingly), Monk Fruit, Dates (sparingly)

Condiments: All Spices, Brewers Yeast, Coconut Amino Acids, Garlic, Ginger, Miso, Mustard, Nama Shoyu, Nutritional Yeast, Oregano, Parsley, Raw Cacao, Rosemary, Sea Salt, Tamari (Wheat-free only), Thyme, Turmeric, Vinegar (Apple cider, Balsamic, Rice, etc), Whole Fruit Jam

Spices: Allspice, Anise, Basil, Bay leaf, Caraway seeds, Cardamom, Carob, Celery seeds, Cinnamon, Clove, Coriander, Cumin, Dandelion, Dill, Dry mustard, Fennel, Garlic, Ginger, Mint, Nutmeg, Oregano, Parsley, Rosemary, Saffron, Sage, Sea Salt, Tamarind, Tarragon, Thyme, Turmeric, Vanilla Extract (pure)

Sea Vegetables/Seaweed: Arame, Dulse, Kelp, Nori, Wakame

Noodles/Pasta: Brown Rice Pasta, 100% Buckwheat Noodles, Glass Noodles, Kelp Noodles, Mung Bean Noodles, Lentil, Garbanzo, and other types of Pasta

Snack / Flex Foods:

- Avocado
- Apple
- Berries
- Broccoli
- Carrots
- Celery
- Cauliflower
- Coconut water
- Cucumbers
- Kale
- Mushrooms
- Unsweetened Non-Dairy Milk
- Sauerkraut or kimchi
- Spinach
- Summer squash
- Watermelon
- Decaffeinated herbal tea
- Green Juice
- Spirulina, Chlorella