

ENDING DIETARY RESTRICTIONS

As you reintroduce the restricted foods etc., into your body and your life, you might like to take time to truly enjoy the singular flavours, fragrances etc., and to also really feel how they sit with you. It's a wonderful time to test what works for you, and to deeply appreciate what you're welcoming back in.

Allow as much positive space for the integration as possible.
We can ask our plant to help us as we go.

Day 1

salt (but take it slowly)
slowly add restricted fruits and vegetables

Day 3-5

begin to slowly welcome back:
coconut and coconut cream
citrus

Day 7-10

begin to slowly welcome back:
coffee
cacao
endive family
natural fragrances (in cosmetics, detergents, etc.)
natural oils (avoid heavily fried or greasy food)
natural sweeteners

Day 11-14

begin to slowly welcome back:
fermented foods (sauerkraut, kombucha, miso, soy sauce, vinegar etc)
slowly reintroduce natural supplements
dairy products (including goat products)

THEN slowly welcome back:

pharmaceutical drugs (over-counter headache tablets etc.)
processed condiments (mustards, pastes, mayo, ketchup etc)
processed sugar or food with processed sugar
sexual activity
prescription drugs or recreational drugs
cannabis or alcohol
pork products or red meat
chili or spicy hot foods

artificial colours, fragrances, flavours

NOTE: these post-dieta reintegrations are for the 4-week dieta with gentle plants.

If you are dieting another plant, or dieting for longer (or shorter) period, or you know your integrations is for three weeks, and I've not sent you guidelines for your specific plant, please kindly remind me 😊

Dieta restrictions change due to the following factors:

the plant being dieted

the length of dieta

the season

the location of the dieta

the type of dieta (healing diet, clearing diet, teaching diet, etc)

the daily needs/physical health of the person dieting