

Nutritional Guidelines for Divine Feminine

For both client and practitioner to follow for 24 hour prior to sessions:

Foods and things to avoid:

- Coffee (other forms of caffeine are okay like mate tea, dk chocolate, etc)
- Smoking – nicotine
- Processed foods
- Artificial sweeteners – sucralose/Splenda, aspartame/NutraSweet/ Equal, aceulfame-K, etc
- Wheat and most gluten – 90% elimination
- Excessive sugar
- Cow' milk products – cheese, milk, yogurt, etc. Goat, sheep or raw cow's milk is okay but limited quantities
- Artificial colors
- Preservatives- nitrates, nitrites, sodium erythorbate, diisocyanate, etc
- Hydrogenated/trans fats
- GMO (Genetically modified organism) – soy, corn, wheat are the main ones
- Farm raised fish
- Animal proteins fed grains and corn (GMO contamination); processed lunch meats.
- High fructose corn syrup, excessive sugar intake

Foods to include:

- Fizzy water – mineral, seltzer, sparkling
- Green vegetables and green leafy greens – local if possible
- Root vegetables – beets, sweet potatoes, red potatoes, celery root, carrots, turnips, parsnips, etc
- Non-gluten grains – amaranth, buckwheat, quinoa or rices (brown, wild or white)
- Fruit – local and in season preferably
- Ginger
- Mushrooms
- Grass fed beef, organic natural chicken and eggs, turkey and other animal proteins. Wild game meats (venison, buffalo, rabbit, etc). Wild fish