

Your checklist

Everything in order, one phase at a time. Tick as you go.

20 – 30 SEPTEMBER

Preparation & mindset

Stage 1 — as soon as you enrol

- ☐ Save the key dates: Orientation (Sun 20 Sep, 7pm UK), Full Moon Releasing Ritual (Sat 26 Sep, 7pm UK), New Moon Becoming Ritual (Sat 10 Oct, 7pm UK), plus time for food prep and daily practice
- ☐ Join the WhatsApp circle when the invitation arrives on Sunday 20 September — documents and live-session recordings are linked there
- ☐ Watch “What is naturopathy” and “What is detoxification”
- ☐ Watch “Choosing your foods” and “Choosing your supplements”
- ☐ In the Nutrition & Naturopathy Guide, read 1. Detox schedule and 2. Supply shopping list
- ☐ Decide which supplements and supplies you will use, and order them
- ☐ Complete your [welcome form](#) and your [food filter](#)

Stage 2 — before the Full Moon Releasing Ritual on 26 September

- ☐ Set up your daily companions: the Detox calendar, Detox Quick Guide, Supplement Schedule (mark the ones you will take), Daily Wellbeing Log, and Symptoms First-Aid Guide. Everything lives on the hub — use the digital log there, or print the PDFs if you prefer paper
- ☐ Get a personal journal (optional)
- ☐ Watch the Detox Mindset module with Sandrine
- ☐ Read the “Master Your Cravings” mini-book and start practising

Stage 3 — after the Full Moon Ritual (27 – 30 September)

- ☐ Watch “Detox Kitchen: how to prepare your detox meals”
- ☐ In the Nutrition & Naturopathy Guide, read 3. Food Guide (to the end)
- ☐ Browse the recipe book, pick the recipes you will make, create a meal plan (or use one of the examples), then shop and cook

1 – 7 OCTOBER

Detox

- ☐ Your daily companions: Detox Quick Guide, Daily Wellbeing Log, and Supplement Schedule
- ☐ If symptoms arise, turn to the Symptoms First-Aid Guide, or ask in the WhatsApp circle
- ☐ Watch “Introduction to detox practices”
- ☐ Watch “Lymphatic drainage”
- ☐ Read the [Enema Guide](#) (optional, Deep track)

Towards the end of the detox

- ☐ Read the [Post-Detox Eating & Living Guide](#), which walks you through reintroducing foods safely
- ☐ Read and print the [Post-Detox Quick Guide](#)

8 – 10 OCTOBER

Integration

- ☐ Your daily companions: Post-Detox Quick Guide, Daily Wellbeing Log, and Supplement Schedule

Preparation is not the warm-up. It is the work. Move gently through each stage and let the rhythm carry you.