

# Post-detox eating and living

*You have completed a profound reset. Now begins the practice of weaving what you have learned into daily life.*

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In this softened state, your body is listening more closely than ever. What follows is how to come back to ordinary eating without losing what the detox gave you.

## Reintroducing foods with awareness

Your digestion has rested. To honour this reset while easing back into daily life, take the time to reintroduce foods slowly and consciously.

- Choose one food to reintroduce. Eat a small portion and chew with presence.
- Observe for 48 hours. Notice energy, digestion, mood, and skin.
- If all feels well, increase the amount or add another food after the 48 hours.
- If reactions arise, set it aside and try again in a month.

Food intolerances often do not show up immediately. Unlike IgA-mediated reactions (true allergies) in the gut lining, which can be quick and obvious, IgG-mediated responses (intolerances) tend to be delayed, sometimes surfacing a day or two later. This is why the observation window matters so much. What may feel fine in the moment can create subtle inflammation over time, showing up as bloating, fatigue, headaches, skin flares, or mood changes hours or even days later.

By reintroducing slowly, you give your body the chance to show you what nourishes and what burdens. In this way, food becomes a teacher, not a rulebook, and you learn to listen more deeply to your body's wisdom.

## Foods to reintroduce mindfully

### Grains and carbohydrates

Gluten-containing grains: wheat, rye, barley, spelt, couscous, bulgur, semolina. Favour the wholegrain forms for fibre, minerals, and blood sugar balance. Refined flours and sugars may return only as occasional treats, never daily staples.

### Animal products

Keep them varied and mix with plant proteins such as pulses, tempeh, and tofu, to diversify nutrient intake, lighten the digestive load, and nourish your microbiome. Include fresh oily fish (salmon, mackerel, sardines) about twice per week for omega-3 fatty acids, which support brain health and reduce inflammation.

### Dairy

Many people do not tolerate dairy well, but some forms are gentler. If experimenting, start with fermented dairy such as yoghurt, kefir, or cheese. Introduce slowly, in small amounts, and observe carefully for delayed reactions.

## Foods to continue avoiding

### Alcohol

Effectively a toxin with no health benefit. It places heavy stress on the liver. For polyphenols, enjoy fresh grapes rather than wine.

### Coffee and caffeine

Taxing on both liver and adrenals. If you choose to bring it back, keep amounts modest and always pair with protein-rich or fibre-rich meals to buffer the impact.

## Fats

Avoid refined and processed vegetable oils (canola, corn, soybean, sunflower, safflower, cottonseed, hydrogenated and trans fats). These oxidise easily, damage cell membranes, and fuel inflammation. Instead, continue with the stable fats from your detox: extra virgin olive oil, raw or toasted sesame oil, coconut oil, cold-pressed flaxseed oil, wheatgerm oil, avocado oil, and ghee if tolerated. These resist oxidation, provide antioxidants and essential fatty acids, and support detoxification, hormone balance, and cellular repair.

## Packaged foods

Processed, additive-heavy items with preservatives, colourings, flavourings, MSG, and artificial sweeteners. They are also loaded with pesticides if not organic, and with vegetable oils. These disrupt the gut microbiome, inflame the immune system, and carry no true nourishment. They have no place in a sustaining diet. Choose foods that are alive, close to the earth, and free from unnecessary additives.

## Other sensitive foods

If you know you are intolerant to oxalates, lectins or nightshades, or have other allergies, continue to avoid them. Speak to Fay for personalised recommendations.

# Liver load priorities

Our livers carry the heaviest burden in this modern world. Alcohol is its greatest load, coffee its next. To preserve the clarity you have gained, reintroduce them last and hold them off as long as you can. And when they return, welcome them with respect, with food to soften their impact, and with attention to how they shape your inner state.

## Why we pair alcohol and caffeine with a protein-rich or fibre-rich meal

- **1.** When you drink alcohol or coffee on an empty stomach, it is absorbed rapidly into the bloodstream. This puts sudden stress on the liver, for alcohol, and on the adrenal system, for caffeine. Eating protein and fibre first slows stomach emptying and smooths out absorption, so your system is not shocked.
- **2.** Both alcohol and caffeine can cause blood sugar swings, dips that lead to cravings, fatigue, or irritability. Pairing them with protein and fibre buffers this effect, helping keep your energy more stable.
- **3.** Protein foods provide amino acids that help the liver's detox enzymes function, and fibre binds some toxins in the gut and supports excretion. Eating them together gives your body extra support while processing these substances.

*Think of it like walking into a river. If you jump straight in, the current hits you all at once. Step in gradually, with support around you, and you flow more steadily. Protein and fibre are that support.*

# Eating with the season, honouring times of transition

Seasonal transitions ask for attentiveness rather than extremes. Whether the land is moving from winter into spring or from summer into autumn, the body enters a period of recalibration. Light shifts, temperatures change, circadian rhythms adjust, and metabolic activity responds gradually rather than overnight.

This is not simply poetic, it is biological. Human physiology adapts best when change is incremental. Abrupt shifts in diet or lifestyle can feel jarring to the system, particularly during these in-between phases. Transitional seasons are best approached as bridges rather than thresholds, where grounding and warmth remain important while the body is gently supported toward its next phase.

Eating seasonally and locally during these times helps the nervous system and digestion stay regulated. The foods available in nature tend to offer exactly what is needed: nourishment without heaviness, stimulation without depletion. Cooked meals, warm textures, and simple preparations provide steadiness, while subtle shifts in flavour and vegetable choice support either gentle awakening or gradual consolidation.

### Late winter to early spring

As light slowly returns, the body begins to reawaken, but reserves are often still low. This phase asks us to clear stagnation while maintaining warmth and stability.

- Roots: carrots, parsnips, turnips, radishes
- Greens: spinach, watercress, rocket, young kale, dandelion greens
- Early vegetables: asparagus, fennel, leeks, spring onions
- Fruits: apples, pears, citrus, rhubarb
- Grains and legumes: oats, barley, millet, mung beans, split peas (soaked well)

### Late summer to early autumn

As light recedes and temperatures cool, the body shifts toward grounding and conservation. This phase asks us to support nourishment, digestion, and preparation for the colder months ahead.

- Roots: carrots, beets, parsnips, celeriac, Jerusalem artichokes
- Greens: kale, Brussels sprouts, cabbages, cavolo nero, leeks
- Vegetables: squashes, pumpkins, fennel, onions
- Fruits: apples, pears, quinces
- Grains and legumes: oats, barley, rye, beans, lentils (soaked well)

By eating locally, you also reduce the stress of long-distance foods, receive fresher nutrients, and remain more deeply connected to the rhythms of the land. Our inner ecosystem is designed to mirror the outer one, responding to seasonal changes in light, temperature, and food availability.

A simple but powerful goal is to aim for 30 different plant foods each week. Eat the rainbow: the colours of fruits and vegetables reflect the polyphenols and antioxidants they contain, and each colour group supports different detox pathways, cellular repair processes, and immune functions. The more variety you bring in, the healthier your microbiome becomes. And a healthy microbiome does not only improve digestion. It regulates mood, balances hormones, supports cognition, and strengthens resilience to illness. To help reach your 30, use fresh and dried herbs generously in your cooking: parsley, thyme, rosemary, basil, cumin, turmeric, cinnamon. Every herb and spice counts as a separate plant food.

Whenever possible, choose organic produce. This reduces your exposure to pesticides and synthetic chemicals while often providing higher levels of nutrients and antioxidants. Organic foods also carry a greater diversity of microorganisms that feed your gut flora, building resilience and immunity from the inside out.

This is chrysalis time. Nature teaches us to pause, integrate, and store energy. It is not the season for rushing or excess growth, but for nourishing the deepest layers of body and soul. In this inward space, we prepare. So when spring arrives with its surge of light and expansion, we are ready, like the butterfly emerging from the chrysalis, to take flight with energy and clarity.

*As nature draws inward, where in your life are you being asked to rest, to integrate, to hold your energy close?  
What roots, habits, values, relationships, nourish you most deeply now?*

## The everyday plate

Let your food plate be a mandala of nourishment: mostly filled with colourful plants and always with sustaining proteins. At breakfast and lunch, add grounding starches, all held together by the gentle oils and seeds of life. If you continue to anchor yourself in the phase one food plates, this balance keeps blood sugar steady, supports a healthy weight, and nourishes your body without overload.

### Meals at a glance

- Breakfast: 25% protein (fish, pulses, tempeh, tofu, eggs if tolerated), 25% complex carbohydrates (quinoa, brown rice, root vegetables, oats, squashes), and fats in small amounts (olive oil, coconut oil, ghee, nuts, seeds, avocado).

- Lunch: 50% vegetables (a rainbow, lightly cooked or raw, fibre-rich, seasonal), 25% protein, 25% complex carbohydrates, and fats in small amounts.
- Dinner: 75% vegetables, 25% protein, and fats in small amounts.

## Intermittent fasting

Fasting remains one of the most powerful, time-tested practices for health and renewal. Science now affirms what ancient traditions have long known: when we pause from eating, the body does not shut down. It wakes up.

Insulin levels fall, fat metabolism is activated, and cells switch on repair programmes like autophagy, recycling damaged parts and clearing waste. This cellular spring-cleaning reduces inflammation, improves metabolic flexibility, and protects against disease. Research shows fasting supports cardiovascular health, stabilises blood sugar, balances immunity, and even enhances brain clarity.

Spiritually, fasting is a practice of making space. Just as the moon waxes and wanes, fasting mirrors nature's rhythm of activity and stillness. In the quiet of not eating, energy that usually goes to digestion is freed for healing, reflection, and inner clarity.

### Every style of fasting has its gifts

- 12/12. A simple daily rhythm, aligning eating with daylight.
- 14/10. A moderate reset that enhances fat-burning without strain.
- 16/8. More profound metabolic benefits, but requires steady energy.
- OMAD, one meal a day. A weekly ritual that encourages deep rest for digestion. Good for weight loss, chronic health issues, and longevity.
- 24-hour water fast. Weekly, monthly or seasonal, for cellular reset and spiritual clarity.

*For women, the week before menstruation is a time to nurture rather than push. Longer fasts (16/8, OMAD, and the 24-hour water fast) can disrupt hormone balance in this phase, so save them for the follicular and ovulatory times, when the body is more resilient.*

Choose what rhythm serves you. Some days that might be a gentle 12 hours; in some seasons of your life, a longer pause. Fasting is not about control but about listening, creating space for your body to reveal its wisdom. The purpose is not discipline for its own sake, but harmony.

Each fast, whether a daily pause or a seasonal water cleanse, is an act of returning. While daily or weekly rhythms keep the body supple, there are moments in the year that invite us to go deeper. Longer fasts, like the ones we do together in the Detox of Becoming, are opportunities to step beyond the individual experiment and into a shared journey. In community, we are held, guided, and supported to reach depths that are hard to find alone. So every equinox is an invitation: a time to reset, centre, and align with the cycles of nature. Consider repeating this detox at the next turning point, preparing yourself for longer days and the expansion of spring.

## This is a practice

Life is not tidy. There will be days you derail. The invitation is not perfection, but return. Each time you step back onto your path, you strengthen your body, mind, and spirit. Do not fall into all-or-nothing thinking. Every small choice matters.

### Ask yourself: what simple change would help me feel better now?

- Two litres of water a day.
- No screens after 9pm.
- Lights off by 10:30pm.
- A weekly bath, or daily lymphatic massage.
- Morning meditation, breathing, or a walk in the fresh air.

- Structured exercise three times per week.
- Sprouting broccoli seeds on the kitchen counter, or growing a vegetable patch.
- Keep learning about yourself through journaling and self-inquiry.

Choose one or two, and let them anchor you for a season. If they serve you, keep going. If not, shift. This is how awareness deepens, resilience grows, and the spiral of small choices unfolds into a vibrant life.

## The brain as a healing ally

As your body renews, your mind and heart also have a chance to reset. The brain is one of your greatest allies here. Every thought and emotion you carry shapes the chemistry of your body, influencing energy, mood, digestion, and even healing. Just as you have been mindful of the foods you chose during the detox, you can now nourish yourself with thoughts and images of the future you want to live.

The brain does not distinguish between something vividly imagined and something real. When you picture yourself thriving, making nourishing choices, moving with vitality, feeling grounded and at ease, your body begins to experience that future right now.

Your senses are powerful tools in this process. By using your imagination to see, smell, and even taste a vibrant, nourishing plate, you send a signal to your brain that this is what you want. Over time, this mental rehearsal helps shift old habits: what once felt like comfort food begins to fade, replaced by the natural desire for foods that are colourful, fresh, and alive.

### A gentle practice, each morning and each evening before sleep

- Visualise yourself well. See yourself living with lightness, energy, and clarity.
- Picture your plate. Imagine it filled with nourishing colours, fresh tastes, and vibrant foods that support you.
- Feel it now. Let gratitude, joy, and peace fill your body.
- Release the old self. Gently notice patterns or habits you no longer want to carry, and reaffirm who you are becoming.

### Guiding reflections

- How do I want to feel each day beyond this detox?
- What choices support my body and spirit in that vision?
- Which emotions will I choose to carry with me on this path?

## Closing

Each equinox is a threshold, a chance to begin again. Each day is too. You have given yourself the gift of clarity. Now you can carry it into your everyday life, one meal, one breath, one choice at a time.

Every time you return to this practice, whether after a season or a single meal, you are strengthening the path of resilience, clarity, and joy. This is not the end but the beginning of a spiral, one that draws you back to centre, and then upward, toward new strength and freedom.

We will gather again, at the next cosmic turning, to deepen the work, to reset together, to remember what it feels like to live in rhythm with the earth. Until then, may you walk with the quiet knowing that every choice is a chance to begin again.

*Wishing you health, happiness, and luminous renewal, and à bientôt for more soulful, transformative gatherings.*

*Sandrine & Fay*