After the detox

Reintroducing foods with awareness, and carrying the reset forward.

Reintroducing foods with awareness

- Choose one food at a time; eat a small portion, mindfully
- Observe for 48 hours: shifts in energy, digestion, mood, or skin
- If well tolerated, increase or add another. If not, remove it and try again in a month

Foods to reintroduce mindfully

- **Grains & carbohydrates:** whole grains first. Refined flours and sugars only as occasional treats
- **Animal products:** vary your sources and combine with plant proteins. Include oily fish twice a week for omega-3s
- **Dairy:** start with fermented forms (yoghurt, kefir, cheese), gently and in small amounts

Foods to continue avoiding

- **Alcohol:** effectively a toxin — best kept out
- **Coffee / caffeine:** taxing on liver and adrenals; if reintroduced, use sparingly and with protein or fibre
- **Fats:** avoid refined vegetable oils; favour stable fats — olive, sesame, coconut, flax, wheatgerm, avocado, ghee
- **Packaged foods:** processed, additive-heavy, inflammatory, and devoid of nourishment
- **Other sensitivities:** oxalates, lectins, nightshades, or other known intolerances and allergies

Eating with the season: autumn & winter

- **Eat seasonal.** in the colder months, the land offers grounding, warming foods: roots (carrots, beets, parsnips, celeriac, Jerusalem artichokes), greens (kale, Brussels sprouts, cabbages, cavolo nero, leeks), squashes and pumpkins, fruits (apples, pears, quinces), and grains and legumes (oats, barley, rye, beans, lentils). These sustain energy, immunity, and warmth.
- **Eat organic.** organic foods reduce toxic load, deliver more nutrients and antioxidants, and carry beneficial microbes that strengthen your gut and immune system.
- **Eat local.** local produce is fresher, more nutrient-dense, and keeps your inner ecosystem in rhythm with your environment.
- **Eat diverse.** aim for 30 different plant foods each week. Each colour carries unique antioxidants, supporting detox and repair. Herbs and spices count too — every sprinkle adds flavour and vitality.

The brain as a healing ally

Your brain does not distinguish between imagined and real. When you picture yourself thriving — eating vibrant foods, moving with ease, feeling clear and grounded — your body begins to live that future now. Each morning and evening, pause to:

- Visualise yourself vibrant and light
- Picture your plate, colourful and nourishing
- Feel gratitude as if it is already here
- Release the old self and affirm the one emerging

This is a practice

Small choices matter. Choose one or two habits 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 each choice spirals into a more vibrant life.

Two new healthy habits I choose to create:

1. _____

2. _____