

The Biosanctuary

6 Week Temple Body Transformation



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6 WEEK TEMPLE BODY TRANSFORMATION

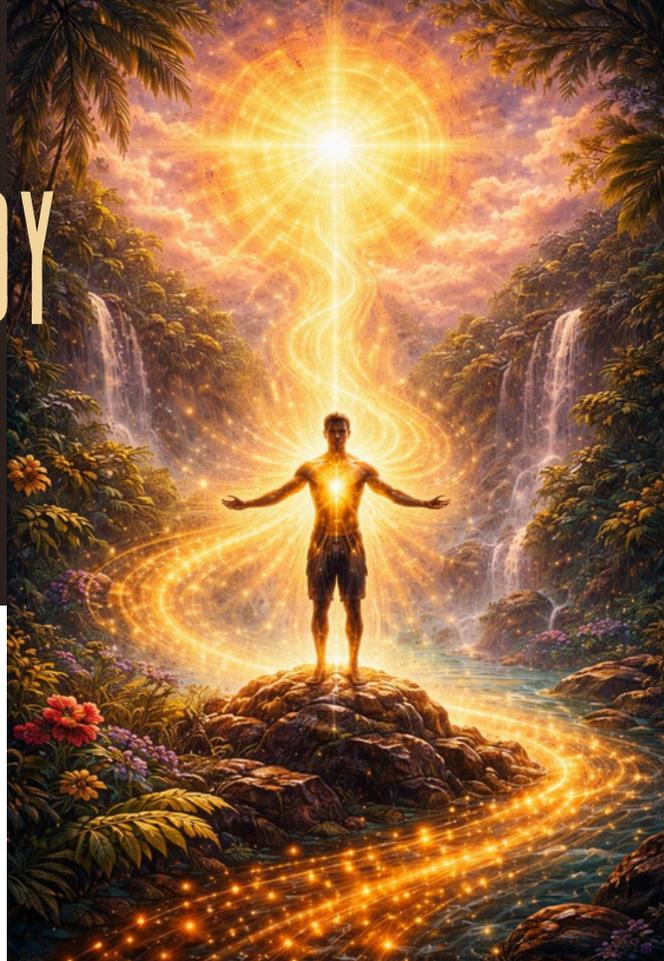
Welcome: Before You Begin Your Sacred Journey

This is your initiation.

The next six weeks are not a "diet plan" or temporary cleanse—they are a deep, reverent reset of your Temple Body, the sacred vessel that carries your Spirit through this lifetime. You will move through three sacred phases: Liberation from Disease Patterns, Sacred Purification, and Resurrection Renewal—releasing bondage, cleansing to the core, and rising into your radiant, eternal vitality.

This booklet is your daily guide. Each week builds perfectly on the last, creating momentum that becomes effortless rhythm. Clinic retreat guests will recognize these as the structure behind your transformative experience. Home healers will discover how to replicate that same power with home remedies and intention.

Think of this phase not as a rule-bound protocol, but as a sacred clearing of the altar. You are preparing your Temple Body to receive the rites of healing—without resistance, with open arms.



Preparation:

Building the Temple Foundation

Before your Phase I: Detox, prepare your Temple. In the 3–7 days preceding Week 1, lovingly simplify your life and environment:

- **Commitment:** Sun 30 min–1 hr. total daily, early bed, no screens after dark, spiritual practice
- **Preparation:** All supplements/foods purchased
- **Remove** processed foods, refined sugars, all grains, and dairy. Let go of alcohol, caffeine, and any recreational substances
- **Knowledge:** Read [The Biosanctuary Guidebook](#): All 3 phases, food ethics, protocols
- **Mindfulness:** Tune in on symptoms, energy, sleep, and your emotional landscape.

You were born for this. Your cells remember their original blueprint. These six weeks awaken it.

Daily Movement & Sun Practice: Your Body's Original Medicine

Sunlight is cosmic plasma energy. For millions of years, your ancestors moved with the rising and setting sun, drinking photons through the lungs, door of Brahma, eyes and skin. Modern life stole this. We reclaim it.

Movement is prayer. Not gym punishment, but gentle remembrance—breath uniting body and Spirit, lymph flowing like sacred rivers, earth holding you as you reconnect to Source.

This simple daily rhythm (detailed below) requires no equipment, works for all fitness levels, and multiplies every supplement, fast, and protocol tenfold. Sunlight structures your water. Movement opens detox pathways and replaces stagnation with healing Light. Breathwork entrains your nervous system to coherence.

Daily Movement & Sun Practice

1 hour total sun exposure daily (morning + late afternoon safest). Walk barefoot when possible. No sunglasses—let eyes drink photons.

DAILY MOVEMENT

Time of Day	Movement	Duration	Spiritual Focus	Weeks
Morning	Walk, bike or run + 4-4-4 breathwork (4 sec in, 4 hold, 4 out x5)	10 min	Breath unites body/spirit	All
Midday (if possible)	Rebounding (mini-trampoline) OR brisk walk	15 min	Lymph flow, earth connection	1-2: Light 3-6: Full
Evening	Yoga or stretching + grounding (bare feet on earth)	10 min	Temple restoration	All
Progression	Add 5-10 lb weight vest, or outdoor cycling	30 min total	Sun = cosmic plasma to cells	Weeks 5-6

Make time each day to do what you love, but spend it close to the earth—under the open air and warm sun—immersed in as much nature as possible.

WEEK 1

Phase I Detox:
Liberation from
Disease Patterns



"True healing begins not with addition, but subtraction."

This week is the sacred clearing—the banishment of toxins, stagnant emotions, and limiting frequencies. Like an ancient exodus from bondage, **Liberation from Disease Patterns breaks the chains of illness that have held your temple captive.** It is the return to Source instruction for your cells. Whether at the Biosanctuary or in your own home, the work is the same: make space for the Divine to flow through you.

YOUR PATH: Choose One

IN-CLINIC RETREAT (Biosanctuary 7-Day Intensive)

AT-HOME (DIY Home Healing)

IN-CLINIC:

This is not a vacation—it is a sacred immersion. Each day, your blood, cells, and energy field are bathed in the light of advanced therapies:

DAILY CORE TREATMENTS:

- **10-Pass Ozone Blood Detox** w/ Rife toroid field (2.2L purification)
- **BioLightLink Ozone, Infrared, & Carbonic Sauna** – Cellular pathogen destruction + oxygenation
- **IV Laser Therapy** – Laser Light directly into bloodstream, raises voltage
- **Detoxifying Colonic Enemas** – Clears 35 feet of internal terrain while killing pathogens
- **NAD Brain Restoring IVs** – Mitochondria repair, cognition restoration
- **BioWell Energy Scans** – Real-time progress tracking
- **Rife Frequency PEMF Toroid Treatments** using Orgon Coils to reset the body's toroidal field focusing on dis-eased areas
- **Infrared Saunas** – Mobilize deep toxins
- **Myers' Cocktail IVs** – High-dose vitamins/minerals/vitamin C
- **High-Dose Glutathione IVs** – Liver detox support
- **Bioharmonics VIBE Beds** – Re-entrain dis-ease frequencies to Source Bioenergetics
- **Targeted Nutrition** – Organic nut milk smoothies, blood toning elixirs, Blended Salads (VeggieBlast), cultured veggies, broths
- **Lectures** – Food ethics, environmental truth, ancient protocols

Optional Add-Ons: EBOO ozone, spike protein testing, live blood cell analysis. Ultraviolet & IR Fiber Optic, EDTA chelation, and phosphatidylcholine IVs

PHASE I FOODS ONLY:

- **Breakfast:** Organic nut milk + fruit smoothie, natto, cultured veggies, blended salad/VeggieBlast, nutritional care: supplements
- **Lunch/Dinner:** cultured veggies, bone or vegetable broth, natto
- **NO dairy, grains, sugar, processed foods**



AT-HOME: 7-Day DIY Detox

Clinic Treatment	Home Healing Practices
Ozone blood detox + Rife field	Sun bathing, fasting, hot Epsom salt baths, contrast showers, deep breathing, rebounding, home ozone sauna units
Infrared Sauna	Sun bathing, intense workouts, hot Epsom or magnesium salt baths, hot/cold showers, one deep sweating session per day (overdressing, movement), plus grounding afterward.
Myers' & glutathione IVs	High-dose liposomal vitamin C, oral glutathione or precursors (NAC, glycine, glutamine), fresh green juices and blended salads.
Bioharmonics VIBE/frequency beds	PEMF mats, sound healing tracks, tuning forks, barefoot grounding, and intentional sun therapy.
Colon Hydrotherapy	Chlorine dioxide (MMS1) enemas, Specialized organic, heavy metal-free coffee enema
NAD IVs	Oral niacin protocol + mitochondrial cofactors (B-complex, R-ALA, minerals), fasting
Education & Lectures	This Biosanctuary Guidebook + daily journaling

CLINIC REPLACEMENTS

MORNING RITUAL (Hydration First)

- BioActive Silica Water: 2 oz. 2x daily
- Sole recipe or 1 tsp pH powder in water
- BioLight Defense Drink: 5 oz.
- 1 TBL Antioxidant Powders in 4-6oz of water (with food)
- 1 Tsp Turpentine (for 2 days only if water fasting)

Success Signs: Fatigue lifting, tongue clearing, deeper sleep, looser clothes.

Pause If: Dizziness, light-headedness, severe weakness. Listen to your body—honor the temple.

MEALS #1 (Microbiome Rebuild)

- 3 oz. Colostrum (see trusted farms in appendix)
- 1/2 tsp Bifido powder
- 2 oz. Veggie Blast, 2 Tbsp. cultured veggies, 1 Tbsp. natto
- 12 oz. Mylk Smoothie

MEAL #2 (Wait 5 hours between meals)

- 3 oz. Colostrum
- 2 Tbsp. cultured veggies, 2 oz. Veggie Blast, 1 Tbsp. natto
- 16 oz. Bone/Vegetable broth

NIACIN THERAPY (Week 1 Starter)

- 250mg (1/16 tsp) 2x daily and increase 100mg/dose every 2-3 days to 2-3g total daily
- Embrace the flush (histamine release + circulatory awakening)

WEEK 1 CHECKLIST

Daily Essentials:

- ✓ Morning hydration ritual
- ✓ Colostrum 6 oz total
- ✓ 2x cultured veggies, natto + VeggieBlast
- ✓ Niacin starter dose
- ✓ 1 sweat session (bath/sauna)
- ✓ Daily Sun and Movement

Week 1 purges the old so Week 2 can awaken the new. Your Temple Body remembers.

WEEK 2

Water Fast Reset:
Sacred Purification

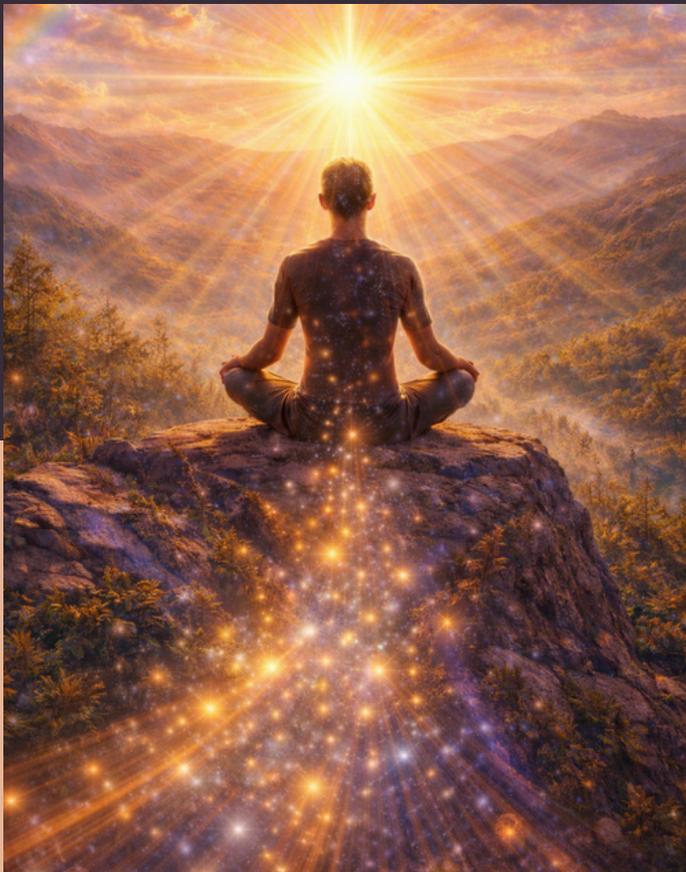


WEEK 2: WATER FAST RESET

“Silence is where the body remembers how to heal.”

Week 1 cleared the toxins and opened your drainage pathways. **Sacred Purification now calls your temple through fierce waters that wash away what the purge began to loosen.** Week 2 invites deep rest—a sacred fast that lets your gut stop working and your cells turn inward for repair. This is where autophagy activates, old immune cells are recycled, and stem-cell-driven renewal begins.

This week's practice is a pure water fast. Think of it as stepping out of doing and into being. Fasting is not deprivation; it is deliberate medicine—an ancient language through which your body speaks healing.



CHOOSE YOUR WATER FAST DURATION

For this temple body reset, we recommend a 5–7 day water fast to receive the full metabolic and cellular benefits. Shorter fasts can be helpful, but they often end right as the deeper healing phase begins. Throughout your fast, drink about one gallon of Sophia water daily to stay hydrated and support gentle detoxification.

5–7 DAY WATER FAST – DEEP RESET PHASE

Days 1–2 are an adjustment period as your body uses up stored glucose and begins to lean more on fat for fuel. On day 3, your body's internal alarm system often “goes off”: blood sugar drops, and you may feel lightheaded, shaky, or as if you're about to pass out. This is a normal but intense turning point, not a sign of failure. When this happens, take 1–2 jaggery sugar cubes to gently support your blood sugar, then keep going.

By that evening or early day 4, your body switches more fully into ketosis and begins burning fat for fuel. Around day 4, many people notice they feel clearer and more stable, feeding off stored fat and ketones rather than willpower. This is why extending your fast beyond 3 days is so important for accessing deeper metabolic repair, detoxification, and cellular renewal.

"EATING THE SUN" DURING FASTING

Fasting sensitizes your cells to absorb photons through the top of the skull, skin, eyes, and lungs. 1–3 drops photosensitizing essential oil (lemon/lime/clove/turmeric) in water + 10 min sun often eliminates hunger. Digestion unpacks sunlight from food—fasting lets your body drink light directly.



DAILY RHYTHM

This daily rhythm is designed to support those maintaining full-time work while committing to deep healing. For those with more flexibility, adding sunlight, movement, or reflection throughout the day can deepen your connection to this phase.

QUIET INTENTION

Begin your morning with a few mindful breaths and barefoot grounding to center yourself for the day ahead. Sunlight is a non-negotiable ally in this work—whenever possible, give yourself at least 30 minutes of natural sun each day to feast on light directly—eating the photons. Reflect on thoughts such as, “My body is loving this rest. My physician within is awakening.”

EMOTIONAL SHEDDING:

Throughout the day, make space for emotional release. Fasting can bring stored emotions to the surface—tears, anger, or deep waves of sadness are all part of purification. Allow these feelings to move through you without judgment. Ask yourself, “What is leaving?” and “What feels lighter today?”

MORNING (6–10 AM)

- 16oz. Sophia Water or Sole
- Feast on the Sun

MIDDAY (12–2 PM)

- 16oz. Sophia Water

AFTERNOON (3–5 PM)

- 16oz. Sophia Water

EVENING (6–8 PM)

- Final 16oz. Sophia Water
- One “sweat” practice: warm bath with Epsom salts or portable sauna
- Dim lights and step away from screens
- Bed by 9 PM for deep repair

This week is about **deep rest and reset**, not performance. Move slowly, rest often, and let silence do its work. Each hour of fasting is an hour the body remembers how to heal itself.

OPTIONAL SUPPORTS:

- Pine Needles tea
- Hyland’s Cell Salts: 2–3× daily dissolved in water to maintain electrolyte balance
- Ancient Mystery Water (AVA)

Remember, hunger pains are primarily caused by the body actively killing harmful bacteria and pathogens, which also causes gas. The more of these microbes your system needs to clear, the stronger your hunger signals will be in the beginning and will quickly subside.

WHAT’S NORMAL VS. WHEN TO SLOW DOWN:

Normal: Hunger days 1–2, mild headache, coated tongue, vivid dreams, “ketone breath.”
Pause/Modify: Dizziness, severe headache, extreme weakness—gently break the fast.

BY THE END OF THE WEEK:

- Hunger has softened, not controlled your choices
- You experienced more nights of deeper sleep
- Dreams feel more clear, “cleaner,” or spiritually connected — even if physically tired.

WEEK 2 CHECKLIST

Every Day:

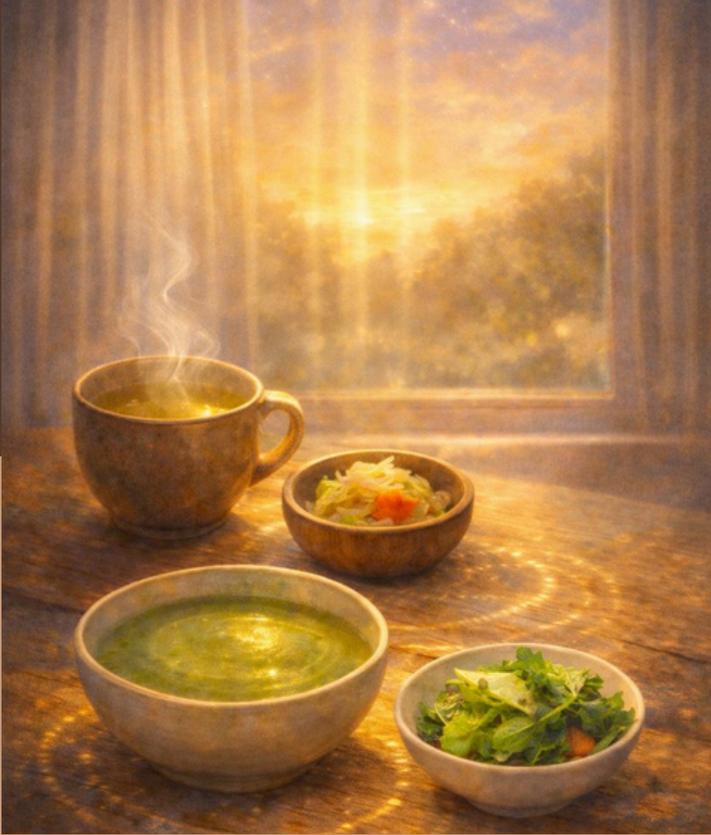
- ✓ Commit to your fast
- ✓ Morning hydration ritual
- ✓ Sun/grounding, movement
- ✓ 1 sweat practice
- ✓ Honor hunger cues, celebrate clarity

WEEK 3

Rebuilding the
Body Temple:
Resurrection
Renewal



WEEK 3: REBUILDING THE BODY TEMPLE



“HOW YOU END A FAST IS AS IMPORTANT AS HOW YOU BEGIN.”

The Fasting Purification has softened the terrain. **Resurrection now calls forth new life from these purified depths—your temple rising, refined and radiant.** Now begins the sacred re-entry—not into heaviness, but into precision nourishment. This week is the bridge between fasting and rebuilding, where you reintroduce food in a way that supports, not overwhelms, your healing.

For the next 7 days, follow this simple nourishment practice twice daily:

- 8–12 oz VeggieBlast
- 4 oz cultured vegetables
- 3 oz natto
- 1 Tbsp organic wild “seed” rice

This protocol is especially supportive for those restoring the gut from yeast, mold, fungal overgrowth, or bacterial imbalance. Many choose to continue this practice beyond seven days, as it offers a gentle yet powerful way for the body to cleanse, reset, and rebalance.

These living foods form a potent probiotic and immune-supporting blend, rich in beneficial bacteria and digestive enzymes. Each serving provides only what the body needs to heal, repair, and optimize every organ system, creating a foundation for deep vitality and renewal.

To make this practice simple and sustainable, prepare a large batch and freeze it in 16-ounce jars, thawing as needed to maintain freshness, potency, and ease throughout the week.

DAILY RHYTHM

Morning (6–10 AM)

- Sole Drink
- 8–12 oz VeggieBlast
- 4 oz cultured vegetables
- 1 Tbsp wild “seed” rice
- 3 oz natto

(No eating for 5 hours between meals)

Midday

- Rest, meditation, hot sauna
- Walking/biking in the sun

Afternoon/Evening (2–5 PM)

- 8–12 oz VeggieBlast
- 4 oz cultured vegetables
- 3 oz Natto
- 1 Tbsp wild rice
- Pine and peppermint tea
- PEMF mat or sound healing exercise

SUCCESS SIGNS

- Energy stabilizes and feels “lighter”
- Digestion becomes more regular and comfortable
- Cravings for heavy or processed foods diminish
- Emotional clarity and calm increase

WHEN TO ADJUST

- If you experience bloating, gas, or discomfort, reduce the Veggie Blast volume and increase water intake.
- If you feel weak or lightheaded, add a small amount of bone broth or clear vegetable broth to your routine.
- If you are tired you are eating too much- don't reward yourself with what damaged you.

This week is not about pushing through, but about honoring the delicate return. You are not “falling off” if you need to adjust — you are listening.

BY THE END OF THE WEEK:

- You feel more stable and grounded after the fast
- Digestion is improving and discomfort is minimal
- You are ready to begin Phase II nourishment

WEEK 3 CHECKLIST

Every Day:

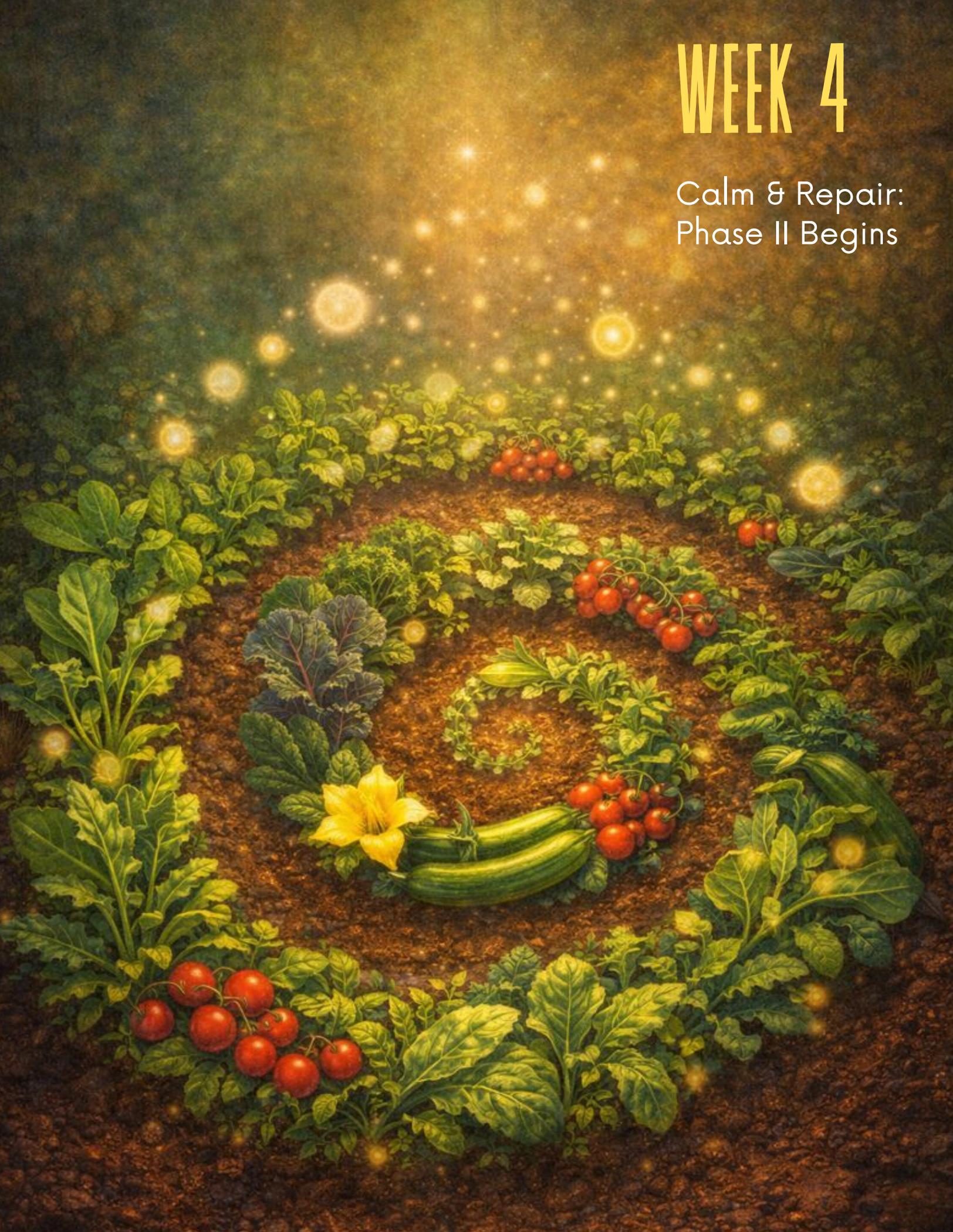
- ✓ 2 servings Veggie Blast, cultured veg, natto, wild rice
- ✓ Morning Sophia/Sole water + 4-4-4 breathing
- ✓ 20 minutes of sun or grounding
- ✓ One sweat practice (bath or sauna)

This week has prepared the soil. Next week, we plant the seeds of Phase II — the Inner Garden begins to grow.



WEEK 4

Calm & Repair:
Phase II Begins



WEEK 4: RECLAIMING YOUR INNER GARDEN

PHASE II BEGINS "Your gut is the root of the Tree of Life."

Week 3's gentle re-entry has softened the terrain and reawakened your digestive fire. Week 4 now plants the first seeds of Phase II — rebuilding the microbiome that creates 90% of your immunity, is the bedrock of your brain health, and your longevity foundation. This is not a diet; it is a sacred covenant with your inner garden.

The Foundational Protocol is your daily longevity anchor and is non-negotiable through Phases 2, 3, and beyond. Do this first every day, before all else. Follow the same protocol during Week 1: Detox.

Foundational Protocol

- BioLight Defense drink
- Antioxidant & pH powder
- Bifido powder
- Niacin
- Sophia Water
- Veggie Blast (2x daily)
- Natto (2x daily)
- Cultured veggies (2x daily)

Phase II = 60-day minimum commitment. Two meals daily. No snacking. Maximum diversity = maximum resilience.

PHASE II FOOD PHILOSOPHY

YES – All Organic:

- **Above-ground vegetables:** arugula, peppers, squash, kale, cabbage, lettuce, zucchini, spinach, bok choy, green beans
- **Fermented foods:** coconut yogurt, kefir, kimchi, sauerkraut (daily essential)
- **Fats:** olive oil, avocado oil, coconut oil, ghee
- **Proteins:** grass-fed meats, wild fish, eggs
- **Morning fruits:** berries, citrus, grapes, melons, pineapple, papaya, kiwi

NO:

- Grains, roots, processed foods, dairy, soy – except for fermented natto
- Sugars = rocket fuel for bad bacteria

(See full list for Phase II foods in The Biosanctuary Guidebook)



SAMPLE DAY

MORNING

- Sophia Water/Sole + **Foundational Protocol** (ph and antioxidant powder, bifido, BioLight defense drink)
- VeggieBlast, cultured veggies, natto
- Niacin progression (2-3g total daily target)
- Daily Movement & Sun Practice

Meal #1:

- Protein (4-6 oz): grass-fed beef/pasture chicken/wild salmon/wild cod/eggs
- Above-ground veggies (2+ cups): zucchini, spinach, kale, peppers
- Fats (2-3 Tbsp): olive oil, coconut cream, avocado, ghee
- Ferments: sauerkraut, kimchi, coconut kefir

AFTERNOON

- Walk/stretch/grounding
- Mindfulness: "what nourishes me today?"

DINNER – MEAL #2

- Rotate protein + different veggies from lunch
- Same structure: protein + 2+ cups veggies + fats + 2 oz cultured veggies + 2-4oz Veggie Blast, + 2 Tbsp Natto

EVENING

- Bone broth
- Epsom salt bath or restorative yoga/stretching
- Early bedtime

SUCCESS SIGNS:

- Reduced bloating/gas
- 1-2 formed bowel movements daily
- Steady energy between meals
- Fewer sugar/grain cravings

RECIPES

Refer to our e-book,

A GUT Feeling: Food for Human Microbiome Health, accompanied by a 6 week meal planner to enjoy delicious healthy meals throughout Phase II

6 Week Meal Planner

A Gut Feeling: Microbiome Health

WEEK 4 CHECKLIST

Daily:

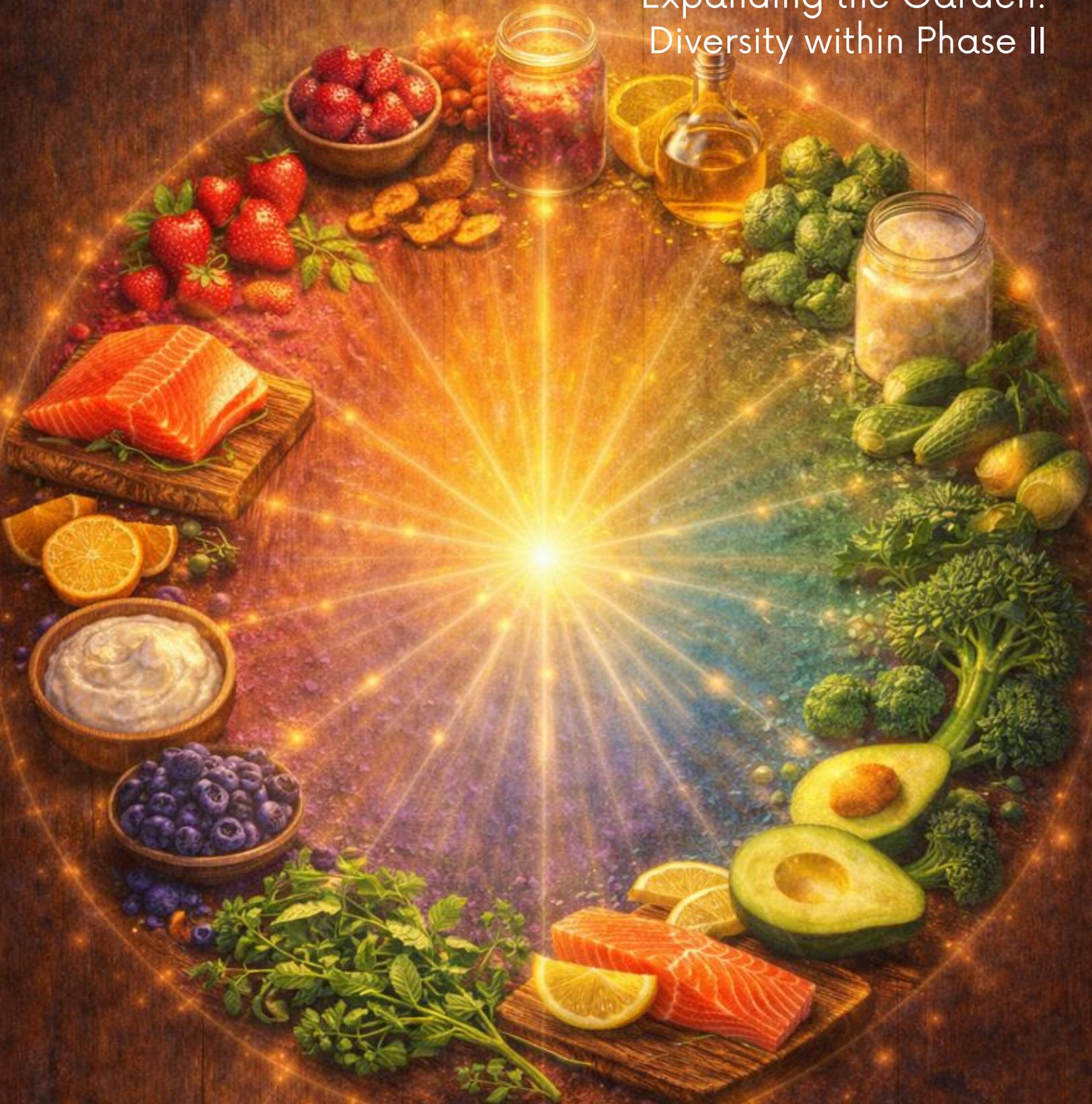
- ✓ 2 Phase II meals only (5+ hours apart)
- ✓ **Foundational Protocol**
- ✓ No snacking/drinks between meals
- ✓ Niacin Progression
- ✓ Daily Movement & Sun Practice
- ✓ Rainbow salad
- ✓ Chlorine Dioxide enema if constipation appears

**Week 4 plants the seeds.
Week 5 helps them grow.**



WEEK 5

Expanding the Garden:
Diversity within Phase II



WEEK 5: EXPANDING THE GARDEN — DIVERSITY WITHIN PHASE II

"Resilience grows through variety, not repetition."

DAILY RHYTHM

Same as Week 4 + these upgrades:

MORNING

- Add personalized protocol supplements (if applicable) & ensure all products are organic only.
- **14-16 hour overnight fast** (stop eating by 7 PM, next meal not before 9 AM)
- Try new healing tools from [Chapter 22: Energy Medicine & Mindfulness](#):
- Optional: Pre-cut a variety of vegetables and store them in glass containers in the fridge; a food processor makes this fast and sustainable

MEALS – NEW FOCUS

- 8+ diverse veggies per plate
- Rotate proteins: wild fish 2x, pasture meat 2x, eggs 2x
- Experiment with fats: coconut cream, olive oil, ghee, avocado oil

EVENING

- Gratitude practice before bed: "Thank you for today's abundance"

Your gut now trusts the Phase II rhythm. Week 5 increases diversity within boundaries—more colors, textures, proteins, fats. This builds microbiome resilience without overwhelming your healing terrain.

SAMPLE DAY MENU

Lunch:

- Pasture chicken thighs, roasted eggplant + zucchini + sweet bell pepper, kale + swiss chard, garlic, onion + chives (8 different veggies), (cultured veggies, Veggie Blast, natto)

Dinner:

- Wild cod, asparagus + celery + green beans, coconut cream (cultured veggies, Veggie Blast, natto)

Evening:

- Bone broth with Himalayan salt

WEEKLY 5 CHECKLIST

- ✓ 8+ diverse veggies per meal
- ✓ **Foundational Protocol**
- ✓ 3 different protein sources this week
- ✓ Daily Movement & Sun Practice
- ✓ 14-16 hour overnight fasts
- ✓ Try 1 new healing tool from Chapter 22

SUCCESS SIGNS:

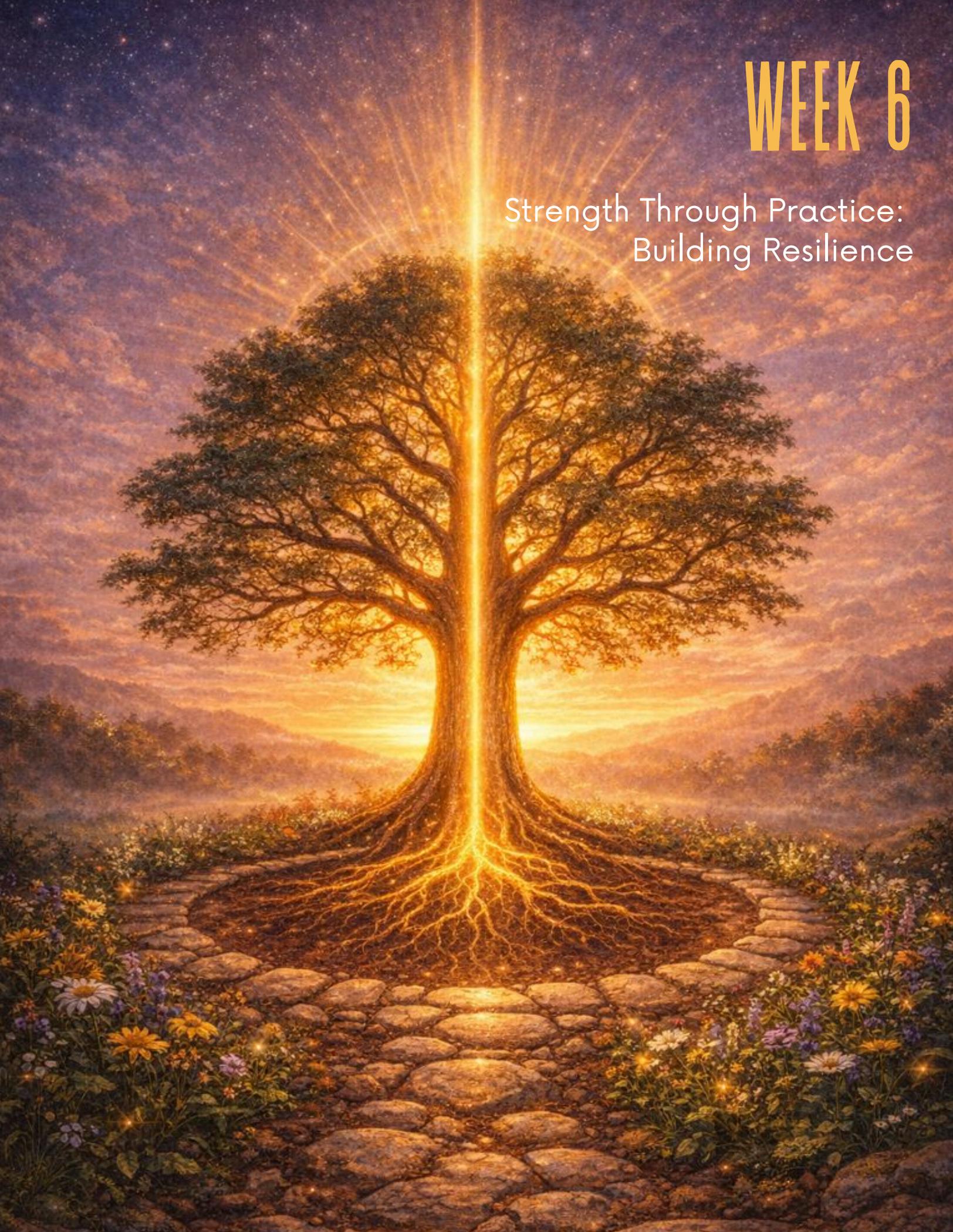
- Rarely having to manage a craving
- Satisfied on 2 meals (no hunger between)
- Social eating feels manageable

**WEEK 4 BUILDS STRENGTH.
WEEK 5 TESTS IT IN REAL LIFE.**



WEEK 6

Strength Through Practice:
Building Resilience





“Anchor your strength: savor chaos without surrender.”

SAME AS WEEK 5 + REAL-LIFE PRACTICE: MORNING

- **Foundational protocol**+ pre-meal gratitude practice: “I give thanks for eating what I am—Light—and how it makes my Temple body shine.”

MEAL # 1 – SOCIAL PRACTICE

- Invite family or friends for a home-cooked meal—skip restaurant “social death traps.”
- Host intentionally: Gather loved ones around real food that honors your body temple.
- If heading to their home, share your food ethics upfront; this is your new belief system.
- Bring cultured veggies, Veggie Blast, and natto in a small container

AFTERNOON

- 30 min sun therapy + breathwork
- Notice: “How do I feel after eating with others?”

MEAL # 2

- Phase II Meal
- Higher-fiber test: raspberries/blackberries and avocado

WEEK 6: STRENGTH THROUGH PRACTICE- REAL LIFE RESILIENCE

Week 6 bridges Phase II mastery with real-world resilience. Practice social eating, family gatherings while staying Phase II-compliant. This proves your Temple Body foundation holds under pressure.

Gratitude becomes reflex. Your body now chooses alignment over old patterns.

WEEK 6 CHECKLIST

- ✓ Pre-meal gratitude (100% of meals)
- ✓ Practice a social meal
- ✓ Test 1 higher-fiber Phase II food
- ✓ 30 min-1 hour total sun + breathwork + movement daily
- ✓ Review Weeks 1-5 transformation
- ✓ **Foundational Protocol**

SUCCESS SIGNS:

- Navigate social eating without derailment
- Say “yes” to connection, “no” to tempting foods - quietly be the example
- Food feels like nourishment, not a battleground

**Week 5 proves your power.
Week 6 confirms your readiness**

PHASE II MASTERY:

Advanced Protocols



PHASE II MASTERY: GATEWAY TO ADVANCED PROTOCOLS



"You are no longer following a program. You ARE the program."

This section is your gateway to advanced protocols. Healthier individuals may begin integrating these tools as early as Week 4–6. Those with persistent symptoms may wait 1–2 more weeks. Continue Phase II for a full 60 days (another 8 weeks) to solidify your fortress.

By now, you've retrained your body and befriended the beast within—on your rightful throne as the Alpha. Most initial struggles like inflammation, insomnia, and fatigue that plagued you before this program have faded into memory. With those surface layers lifted, it's time to dive deeper, confronting what remains: stubborn remnants such as spike protein and the path to advanced detox, reclaiming your body temple at its core.

DAILY RHYTHM – PHASE II PERFECTION

- Perfect Phase II protocol each day:
- 2 meals only, 5+ hours apart
- Overnight fasting
- **8+** diverse veggies per plate
- No grains/dairy/sugar/processed foods

READY FOR ADVANCED PROTOCOLS: ASSESSMENT

(Week 4–6):

- Steady energy between meals
- 1–2 formed bowel movements daily
- Minimal bloating/cramping
- Cravings minimal/absent
- Brain fog lifted

Wait 1-2 Weeks If:

- Bloating/gas after meals
- Irregular bowels
- Energy crashes
- Sugar/grain cravings persist

SUCCESS SIGNS:

- Phase II feels natural, not forced
- Ready for advanced protocols
- Excited for continued Phase II mastery

PHASE II MASTERY CHECKLIST

- ✓ Flawless Phase 2 protocol
- ✓ Daily Movement & Sun Practice
- ✓ Complete Readiness Assessment
- ✓ Plan first advanced protocol from the guide

Advanced Protocols Ready to Layer In

Protocol	Focus
Biotoxin/Spike Protein/Graphene	Modern bioweapon detox
Lung Repair	Respiratory regeneration
Dragon's Blood/Radiation	EMF + tech protection
Chelation Therapy	Metals/mRNA detox
Ozone/Light/Quantum	Cellular oxygenation
Prolozone/Urine Therapy	Advanced regeneration
Biological Dentistry	Oral toxin removal & microbiome balance
Fecal Matter Transplants	Gut microbiome restoration
Hydrogen Therapy	Antioxidant inflammation reduction
Cholestyramine	Mold Detox
Nicotine Treatment	Neurodegenerative disease
CBD	Inflammation & stress reduction
Parasite Pâté	Parasite cleanse and drainage
NeuroStarLink Brain Protocol	Neuroplasticity and consciousness expansion

ADVANCED PROTOCOLS

Advanced Protocol Planning

Week 6: Select one protocol at a time from the list above.

Week 7 and beyond: Begin implementation while continuing Phase II nourishment.

All protocols are detailed in *The Biosanctuary Official Guidebook*, Chapters 11-22

LIFE BEYOND

Living the
Bio-Logical Way





LIFE BEYOND THE RETREAT: YOUR ETERNAL TEMPLE BODY

"The retreat ends. The Temple endures."

CONGRATULATIONS—you've walked the sacred six-week path from Detox: Separation to Phase II mastery. What began as discipline has become devotion. Your microbiome now hums with diversity, your energy flows steadily, your intuition speaks clearly. Phase II is no longer a protocol—it's your sacred rhythm.

Now comes the sacred work of eternity. The next eight weeks complete your 60-day Phase II commitment, forging an unshakable foundation. Only then does Phase III's abundance await. This is not the end of healing—it's the beginning of lifelong guardianship of your divine vessel.

Phase III Reintroductions (Slow and Sacred)

Introduce new foods one at a time, ideally one new item per week, while keeping everything else in the diet stable:

Keep your Phase II foundations in place: blended salads, cultured veggies, natto, defense supplements, clean proteins, and healthy fats do not go away—they become the spine of your lifelong diet.

AFTER 60 DAYS PHASE II:

ENTERING PHASE III

You've earned the celebration—but only with discernment. Phase III expands your table while protecting everything you've built. Transition when these markers confirm mastery:

PHASE III READINESS (Week 12+)

- Biotoxins, fungus, pathogens cleared
- 1-2 well-formed bowel movements daily
- Stable energy all day (no crashes)
- No bloating after diverse Phase II meals
- Intuitive eating established

RESUME PHASE II IF THESE SIGNS APPEAR

(they often signal a drift from your food ethics):

- Bloating, gas, or irregular bowels develop
- Energy dips between meals
- Old symptoms return (brain fog, joint pain, etc.)
- Deep-rooted disease or metabolic symptoms reemerge—especially if you were actively recovering from serious illness.

PHASE III REINTRODUCTION ROADMAP (Weeks 13-16)

One new food per week.

Week	Test These
13	Roots and resistant starches: sweet potatoes, beets, carrots, parsnips, burdock, chicory, dandelion greens
14	Carefully sourced organic heirloom einkorn wheat and parboiled heirloom white rice (see product page for trusted sources)
15	Fruits: Banana, apple, cherries, stone fruits
16	Seeds: Chia, hemp, sesame seeds

ROADMAP

FOREVER FOUNDATIONS:

- 2 meals 5+ hours apart
- **The Foundational Protocol**
- 14-18 hr nightly fasts
- Sun & Movement
- Spiritual Cultivation

ABSOLUTE BOUNDARIES:

- No processed sugar—ever
- No return to factory foods or “becoming a slave to the Beast”
- Organic Heirloom grains only (UK/Russia/Germany)
- Be mindful of Treats and Caffeine intake = coconut butter desserts, ceremonial dark chocolate (no machining; no lead)

LIFELONG RHYTHM: YOUR SACRED CYCLE

Daily → Phase III foods + food ethics

Weekly → Movement & Sun Practice

Annual → Labs + EDTA chelation

Seasonal → Water fasting

Lifelong → Consciousness/Spirit leads body

When symptoms return: Immediate 5-7 day water fast following by Week 3's protocol- “Rebuilding the Body Temple.”

YOUR ETERNAL ROLE: Temple Guardian

You are no longer a patient seeking healing. You are the healer. Every organic carrot, every moment of gratitude, every fast that silences temptation writes the next chapter of radiant health.

Phase II gave you the fortress. Phase III gives you the garden. Advanced protocols give you the shield. Together, they create The Eternal Temple—your body as living prayer, your life as sacred medicine.

The retreat was the spark. You are the eternal flame.

THE LONGEVITY PROGRAM

“For those finished rearranging furniture on the Titanic”

After completing your transformative 6-week wellness journey, you're now ready to dive deeper into spiritual work that aligns your body, mind, and soul with divine design and purpose.

Genita M. Mason's Signature Masterpiece:

The AVA BioStarNET Spiritual Alchemy Longevity Program

This isn't just another program—it's a fully devoted practice that reminds you of who you are while preparing you for being who you truly are. It's training into the Sacred Secretion practice of Spirit-to-Body health, as opposed to the popular and very limited body-centric health goals systems, which only rearrange furniture on the Titanic.

For three months, we go all the way, remapping your biological, psychological, and emotional realms to your spiritual blueprint to reclaim your connection to your Light Body and work toward Ultimate Regeneration. We draw from the same core values I apply to treating serious diseases like cancer, heart disease, autoimmune illness, mental health conditions, addiction, and biotoxin disease to dive deep into your conscious and emotional health by using rituals, ceremony, and meditation to become what you were always meant to be here: the master of your experiences and destiny while only expressing and receiving Love. The fact is, without Spiritual Alignment to your Light Body/Higher Self involvement practice, biological health is not sustainable, and your Spiritual Awareness is dulled by fear and on the Matrix's timeline for the death you fear. Once you know that there is no such thing as death because you are a spirit—one that has been and will always be for eternity—age and death disappear, and your body in this time/space expresses that Truth.

We begin with alignment: Purification of Body. Mind. Soul/Heart. You commit to 100% removal of toxicity in all of those realms from your system. You can't stay young and disease-free when immersed in the Matrix and experiencing/transmitting its chaotic and toxic energies while accepting and trying to adapt to the lies and illusions you were programmed to believe. Whatever inside you that is inconsistent with Truth will cause dis-ease and aging, as the incoherence with Truth detaches you from Source.

In a private cohort of ten, we work step by step—reversing biological age and recalibrating your perspective while remembering the Mind is All; the Universe is Mental. This means that you, in truth, have not aged a day since the day you were born. Remembering that and practicing the spiritual alchemical processes that endorse that truth through returning to Christ Consciousness, you will purify your body, mind, and soul to align with the One and, within your time/space of where you are in Spiritual Evolvement, receive your Awakening. When it arrives, we never know, but Life is always so much better practicing the Spiritual Alchemy and purification of our internal realms while we work toward our personal resurrection/Awakening.

In reality, only incorrect perspectives that are not aligned with truth and energy leaks focused on maintaining the Matrix to get something out of it age you—there is nothing in there you need, and the sooner you realize that, the longer and better you'll live. In truth, you are everything you need or want to achieve or manifest anything you wish for!

- This includes two on-site treatment cycles to anchor your transformation.
- Not for the curious. For the committed—making it your #1 priority to align with the Divine Design.
- Ten people. Three months. Step by step.

Contact The Biosanctuary for full details, upcoming dates, and enrollment.



