

Genita M. Mason



The Biosanctuary

7-Day Detox and Health Optimization Guidebook

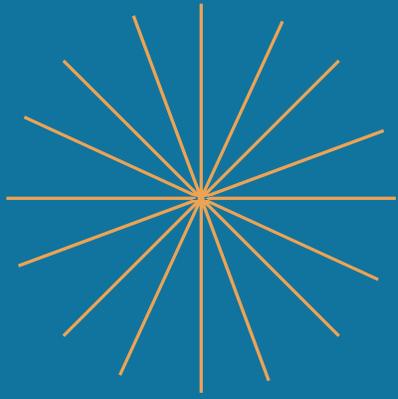


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WELCOME

Dear Guest,

Welcome to the Biosanctuary, and thank you for joining us for a week devoted to deep healing, renewal, and transformation. Our dedicated team is honored to support you with world-class biological and alternative medicine, energy healing, and emotional and spiritual care in the traditions that speak most to your heart.

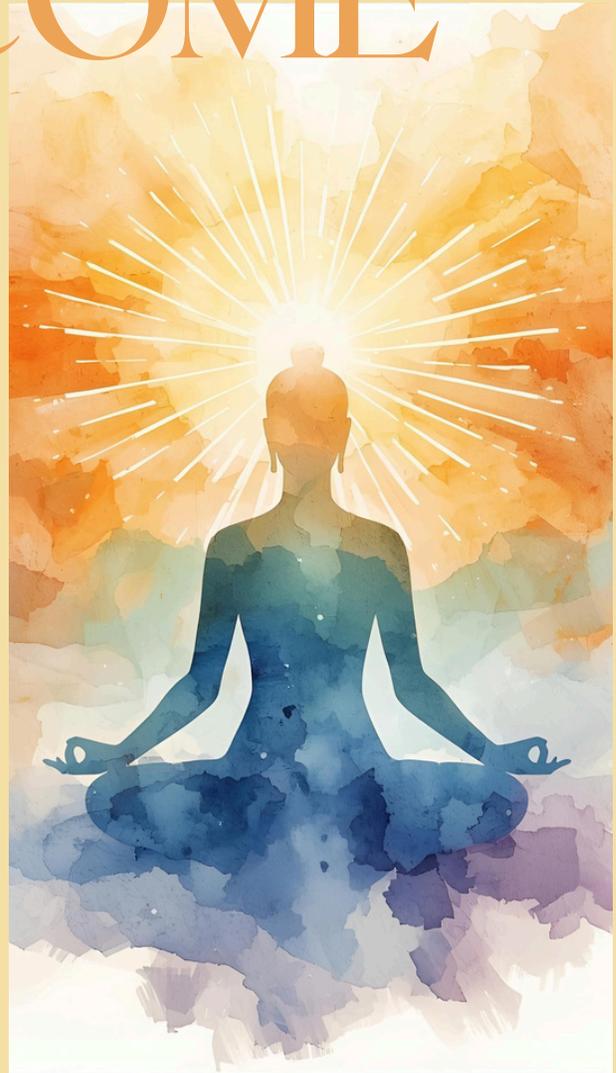
Here, all spiritual and religious paths are honored. Whether you draw inspiration from ancient Shamanic and Mystery School traditions or find connection through your personal spiritual practice, you are warmly welcomed. We are rooted in the principles of conscious purification—of the body, mind, and heart—and our intention is to meet you exactly where you are on your journey.

Your privacy and individuality are fully respected. This is your sacred time to restore, discover, and reconnect with your natural state of harmony and vitality.

We look forward to walking alongside you as you awaken to your wholeness, step into greater health, and fully embody the vibrant life you were born to live.

With love and gratitude,

The Biosanctuary



Use the links below to view the retreat schedule, travel and lodging details, and what to bring.

[GUEST INFORMATION](#)

[RETREAT SCHEDULE](#)



PREPARATION

Welcome to Your Retreat Preparation Guide

This guidebook is designed to support you before, during, and after your healing retreat. Inside, you'll find everything you need to prepare—food ethics and nutritional guidance, program phases, daily schedules, recommended formulas, and resources—to help you experience the greatest benefits.

To begin, here are some action steps to help you arrive centered, clear, and ready for deep transformation:

Commitment

- Simplify your schedule and begin integrating restorative habits.
- Spend 30–60 minutes daily in sunlight.
- Prioritize early bedtimes and step away from screens after dark.
- Develop a consistent spiritual practice—meditate on your intentions for the retreat and what you hope to receive.

Preparation (Begin 7 days prior to arrival)

- Gather all supplements and foods listed on pages 6-8 (Sophia Water, Foundational Nutrition, and the Daily Schedule).
- Remove processed foods, refined sugars, grains, and dairy.
- Let go of alcohol, caffeine, and recreational substances to give your body space to reset.

Knowledge

- Watch the orientation videos (page 5).
- Read the “Food Ethics,” all three program phases, food lists, and lifestyle notes (pages 10-20).
- Familiarize yourself with formulas, advanced protocols, and product references (pages 21--29).
- Explore recommended reading: research articles (page 31) and writings by Genita M. Mason (page 32).

Mindfulness

- Observe your body, energy, sleep, and emotional patterns.
- Notice how your system responds as you simplify—use this awareness as the foundation for your retreat experience.



Why and how we get superior patient outcomes for anything we treat!

[CLICK HERE](#)



Genita Mason interviews "Patient X"- from hospital to near optimal health!

[CLICK HERE](#)



Panel discussion: What Physical Health Has to Do with Spirituality

[CLICK HERE](#)



Genita Mason receives Human Rights Award for Green Mental Health Medical Model

[CLICK HERE](#)



Retreat Orientation Part 1

[CLICK HERE](#)



Retreat Orientation Part 2

[CLICK HERE](#)



Foundational Protocol

[CLICK HERE](#)

VIDEOS

WATER: THE FOUNDATION OF HEALING

Water is life's most essential element—your body is 70% water, and pure, structured hydration restores cellular voltage, flushes toxins, and reignites vitality, especially during detox when every cell craves mineral-rich coherence. Without it, no protocol works; dehydration stalls elimination and amplifies every root cause of disease.

Skip standard ceramic or glass water dispensers, which often contain contaminants like lead. Instead, we recommend this lead-free 2.5-gallon glass dispenser:

[GeoSports Water Non-Toxic Water Dispenser.](#)



How to prepare Sophia Drinking Water

- 1 Click on the products to purchase:
 - [Himalayan salt stones](#)
 - [Morningstar Fulvic Minerals](#)
 - [Lugol's 2% Iodine](#)
- 2 [Make the Salt Brine](#)
Put a few large rocks in a 16oz glass jar and let sit overnight. Shake before measuring out the 5 tbs for your reconstituted by God and Nature water!
- 3 [Make the Sophia Water](#)
In a glass water dispenser add the following:
 - 2.5 gallons of RO or Distilled water.
 - 5 TBL Himalayan salt brine,
 - 4 droppers Morningstar Fulvic Minerals
 - 2 drops Lugol's 2% Iodine

☀ [Click here](#) for a Video presentation

ORGANIC *Food* & SUPPLEMENTS

These foods and nutritional supplements will form the foundation of your nutrition once you return home—and for life! Please order and prepare them before you leave, as most products can take 1–2 weeks to arrive. Natto takes 2 days to cook and ferment. Cultured vegetables may take up to 6 days, so plan ahead. Making large batches and freezing them is recommended; 16 oz glass jars work well, and you can simply thaw a jar as needed.

FOUNDATIONAL NUTRITION

NATTO

←
Biotoxin Defense
2 Tbsp./ 2x a day



PH WATER

→
Enhanced Hydration and Mineral Source
1 tsp./ 1x a day



CULTURED VEGGIES

←
Nature's Probiotics
2oz./ 2x a day



ANTIOXIDANT DRINK

→
Neutralizes harmful free radicals
1 Tbsp./ 1x a day

VEGGIE BLAST

←
Your ample supply of Daily Vitamins
2-4oz./ 2x a day



BIOLIGHT: DEFENSE DRINK

→
Immunity Booster
1x a day



DAILY ROUTINE

This is the foundational routine for all guests. Additional protocols and targeted nutritional supplements will be introduced based on your individual health needs. After 60 days, Phase II foods will transition into Phase III

Foundations

Natto
Cultured Veggies
Veggie Blast
BioLight Drink
Antioxidant Drink
Sophia Water



Upon Rising

- 8–12oz Sophia Water with 1 tsp pH powder (or Sole option)
- Sophia Water sipped through the day (you may add lemon and clove essential oils)

With Meal #1

- 1 Tbsp. Antioxidant powder in 6oz water (with food)
- Bifido powder ½ tsp (with or near breakfast)
- Niacin shot (100 mg–1 g as flushing permits; aim for up to 3x daily)
- Colostrum (3oz. for 1 month)
- BioLight Defense Drink (5oz total)
- Supplements: Vitamin D and Algae Oil caps

Meal #1

- Natto (2 Tbsp. per meal)
- Cultured veggies (2oz per meal)
- Veggie Blast (2–4oz per meal)
- Protein-dense, Phase II-approved meal to satiety (see recipe book / meal planner)
- **Fasting window: Do not eat for at least 5 hours before your next meal.**

Meal #2 (Lunch or Dinner)

- Repeat foundational foods: Natto, cultured veggies, and Veggie Blast
- Protein + vegetables (Phase II guidelines – (see recipe book / meal planner)
- Niacin second dose (if not already at 3x daily)
- Stop eating at least 2 hours before bed

Advanced Protocols

Introduce only after you have 4–6 solid weeks of Phase II food ethics and the foundational routine in place.

- Parasite Protocol
 - Parasite Pâté: 1 Tbsp. 15 minutes before each meal for 2 weeks
- Spike Protein and Graphene Oxide Detox:
 - Follow the 6-week cycle with MMS1 & MMS2
- NeuroStarLink Brain Protocol

Note: More advanced protocols will be added to your plan based on your individualized health needs at the retreat. You will leave with a customized protocol in writing.

MORNING MEDITATION

At home, you can recreate a version of this practice: take your niacin and lecithin (as tolerated), pause for prayer or deep gratitude, use your Mitozen mist if you have it, then sit or lie down with calming music and let your breath and attention settle. Even 10–15 minutes each morning can help anchor your nervous system, deepen your spiritual path, and carry a sense of grounded focus into the rest of your day.

Why We Use Niacin, Lecithin, and Mitozen

Niacin (100 mg–1 g) supports mitochondrial energy and neuronal repair as a precursor to NAD+. Its gentle “flush” increases cerebral blood flow, enhancing clarity and sensory awareness.

Lecithin (1 tsp sunflower lecithin) is rich in phosphatidylcholine, nourishing cell membranes and brain function for focus and mental clarity—amplifying niacin’s effects.

Mitozen Zen Meditation Mist : This is a deep meditation nasal spray containing sacred Amazonian hapé, terpenes, and oxytocin, with very small amounts of nicotine as part of the delivery system. Oxytocin, delivered intranasally, has been shown to enhance feelings of safety, social openness, and emotional connection, partly by reducing social fear and amygdala over-activation. The Zen formulas are described as calming the mind, activating the vagus nerve, and producing an “afterglow” that mimics meditation and breathwork, helping the body shift into a relaxed, receptive state.

Used together with prayer and music, this ritual is not just biochemical; it becomes a daily act of aligning body, brain, and Spirit before you step into your day.

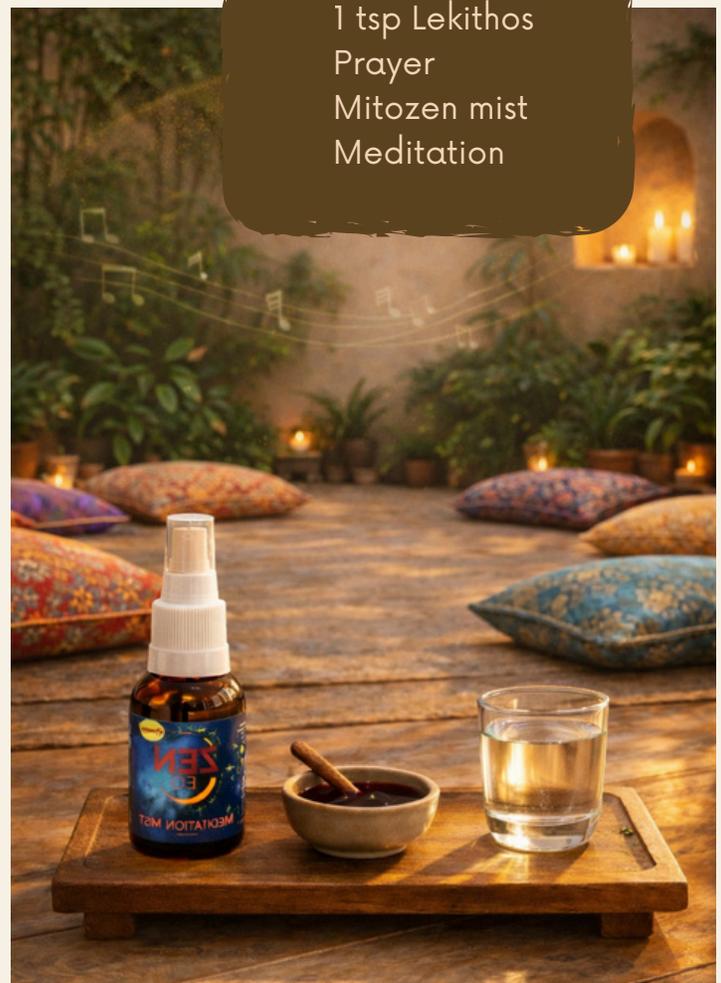
Note: At the retreat, Genita prepares the Mitozen Meditation Mist by mixing it 50/50 with [Reconstitution Solution](#) to create a gentler blend. If you’d like to replicate the same dosage at home, you can purchase the Reconstitution Solution and dilute your spray accordingly

[Link to Guided Prayer and Music Playlist](#)

Each morning at the retreat, we begin with a simple spiritual ritual to calm the nervous system and open the heart before Genita Mason’s teachings. Guests take a niacin shot, swirl Lekithos sunflower lecithin in the mouth, offer a quiet inner prayer or gratitude, receive a mist of Mitozen Zen Meditation Spray, and then rest into meditation with gentle music. This sequence helps open circulation and sensation in the body, quiet mental noise, and create a shared field of peace and receptivity in the room.

Ritual

1 shot Niacin
1 tsp Lekithos
Prayer
Mitozen mist
Meditation



Food *Shics*



No dairy, grains, or sugar. Buckwheat and wild rice are exceptions, they are not true grains. Eat two meals a day—all organic and heirloom varieties whenever possible. Include in each meal: 2 tablespoons fermented veggies, 2 tablespoons Natto, and 2–4 ounces blended salad (prepare a large batch of 10–13 veggies at the week's start and freeze portions to thaw as needed).

This schedule delivers key benefits:

- Activates your natural cleansing wave: Between meals, your gut consumes harmful bacteria for energy.
- Boosts pancreatic enzyme release for stronger digestion, preventing undigested food from reaching the colon and causing disease.
- Keeps you in immune-enhancing nutritional ketosis for 15–18 hours daily, while still enjoying carbs in meals.
- Provides high, stable energy levels.

Read Genita Mason's article on the [Bright and Shiny Diet](#) to learn how high-ORAC foods (rich in hydrogen) create the glowing aura seen in Kirlian photography—this is the vital energy and spirit in food. Eat what aligns with your spirit to truly embody “you are what you eat.” Avoid chewing gum, as it depletes pancreatic enzymes.

This approach eliminates biotoxin illness, brain fog, inflammation, gut disorders, diabetes, and metabolic issues while balancing hormones and more. Enjoy ketogenic benefits like energy, weight loss, and clarity—plus lots of fruits, vegetables, meats, and fats—without weakening immunity, unlike standard three-meal keto diets.

Overeating or frequent snacking (even healthy foods) turns your gut into a constant processor, draining energy, impairing digestion, and allowing food to rot into toxic waste that fuels inflammation and disease.

Food *Ethics*



Choosing the right complex carbohydrates is essential. Focus on a diverse selection of heirloom vegetables—include as many varieties as possible—and prioritize live foods daily. Fresh fruits, vegetables, coconut kefir, kimchi, and sauerkraut are rich in beneficial bacteria that populate the small intestine and travel to the large intestine to crowd out harmful microbes.

Since your body contains 10 times more bacteria than human cells, nurturing your microbiome is crucial. These bacteria orchestrate how your cells function and communicate, produce essential vitamins, and enhance mineral absorption to nourish your body. You are their host, and the beneficial ones are as invested in your health as you are—care for them, and they will thrive for you!

Do not introduce inulin or resistant starch foods (Phase III items) until day 31 of Phase II. If you're on this program due to serious gut issues, remain on Phase II for two additional weeks after all symptoms resolve or testing confirms clearance. This ensures you've fully addressed bacterial dysbiosis, mold, yeast overgrowth, and any GI symptoms, preventing back-sliding. For confirmation before advancing to Phase III, contact info@thebiosanctuary.com for testing.

Once toxic bacteria, their byproducts, mold, fungus, yeast, and other environmental toxins are eliminated, you'll be ready for Phase III.

Phase III is truly the “world of good food” phase. Now you can add Koda Japanese heirloom rice and Einkorn heirloom wheat.

[Click Here for Kokuho Rose Heirloom Organic White Rice](#)

[Click Here for Organic Heirloom Einkorn Wheat](#)

[Click Here for Organic Heirloom Einkorn Bread](#)

Eliminate all other grains—organic, conventional, or otherwise—for good. If you discover a truly indigenous, non-hybridized organic grain from another country, that's excellent; let us know, and add it to your diet. Otherwise, stick to heirloom, organic grains from the U.S. that are not grown near conventional farms.



PHASE I: DETOXIFICATION

Treatments Included

- 10-Pass Ozone Blood Detoxification with Rife Frequency Charged Toroid Field Treatment-2.2 Liters of Blood Purification
- 4 NAD Brain Restorative & Cognition Enhancing IVs
- 7 Infrared Saunas
- 3 Meyers' Cocktail High Dose Vitamin/Mineral IVs including Vitamin C
- 3 High Dose Glutathione IVs
- Start-up Laboratory Tests of Baseline Biochemistry
- 5 Bioharmonics VIBE Frequency/Sound Bed Treatments with Rife Charged Toroid Coil set to re-entrain bioenergetics of dis-ease affected locations on the body
- Organic Food & Supplementation for Blood & Gut Health, Inflammation, and Immune Support
- Education/Lectures- the truth about the environment you live in and how to protect and nourish yourself- Food Ethics instead of Diets, and Ancient Gut/ Ancient Consciousness protocols- Introduction to The Biosanctuary's Professional Home Health Care Medical Manifesto
- Ongoing Targeted Nutritional Therapy Protocol that addresses deficiencies of baseline biochemistry
- 30-Day Post-Treatment Support

Organic Food & Superfood

Nutritional Supplementation

- Organic Nut Milk / Fruit Smoothie (breakfast)
- Nutritional Care/ Foundational Protocol
- 16oz Cold Pressed Organic Blended Salad/4 oz of organic fermented veggies of your preference (lunch)
- Organic bone broth (or vegetable broth if vegetarian), 4oz of fermented veggies and 3oz natto (dinner)



Resolve These Health Issues In 7 Days And Begin Dramatically Reversing Disease!

- Biotoxin Illness
- Spike Protein Colonization
- Chronic Inflammation Response Syndrome
- Weak Immune System
- Toxic Colon
- Gut Health
- Diabetes
- Painful Joints
- Vaccine Injury
- Brain Fog

Dramatically Reverse Progression of

- Arthritis and RA
- Autoimmune Disease
- Neurodegenerative Disease
- Cardiovascular Disease/ Hypertension
- VAIDS
- Cancer
- COPD

PHASE II:

CONTINUING TO HEAL THE GUT/ CARB RICH NUTRITIONAL KETOSIS

Starting Day 7

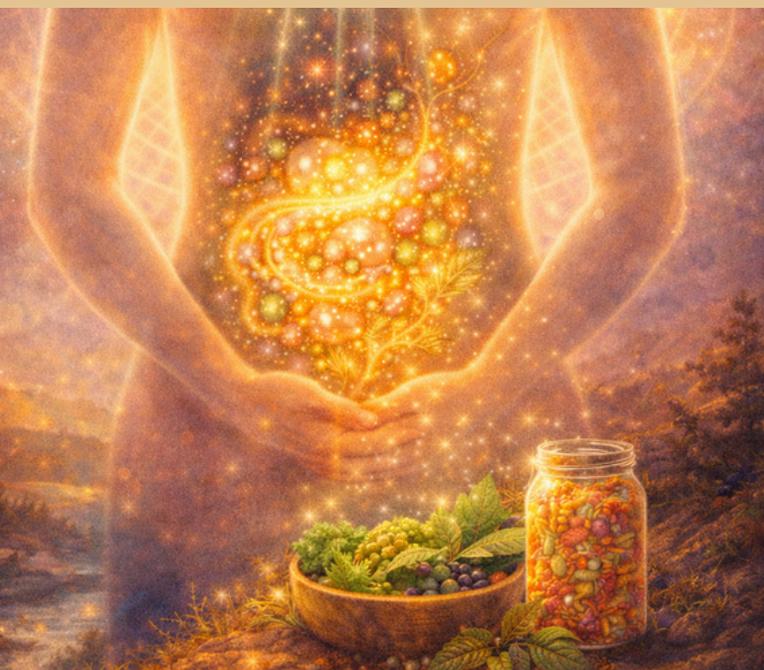
**Optional: To help maximize a healthier gut microbiome, it is highly recommended that you complete a 5-7 day water fast before beginning Phase II (see detailed instructions in The Biosanctuary's Manifesto).

After completing the intensive detoxification of Phase I, follow a balanced Phase II diet using only the foods listed in the Food Phases Chart. This continues eliminating harmful bacteria while maintaining the nutritional ketosis established in Phase I.

Phase II foods are low FODMAP, ensuring easy digestion in the small intestine and preventing undigested chyme from accumulating or feeding bad bacteria in the large intestine.

Phase II Guidelines

- Continue your supplements, smoothie (or mix the powders into 6 oz of water), natto, VeggieBlast and cultured foods daily.
- Include all the foods you enjoy from the HIP (Healthy Intestinal Protocol) Food Phase II column.
- Add plenty of good fats, such as 100% pure olive oil, avocado oil, freshly made coconut milk kefir or yogurt, and coconut meat.
- Allow at least 5 hours between your two daily meals—no snacking. Eat to satiety each time.
- Choose only exclusively grass-fed, organic land meats; grass- and bug-fed poultry; and wild fish from the cleanest sources available. No dairy, grains, or sugar—without exception.





PHASE II: FOODS

FRUIT

Eat fruit in the morning for breakfast only! Limit fruits to those you choose to add to your morning smoothie, or have some in your coconut yogurt with a small portion of nuts.

- blueberry < 80 ea.
- boysenberry
- strawberry
- raspberry 10 ea.,
- Cranberry
- Clementine,
- Lemon, lime,
- mandarin
- orange
- tangelo/ tangerine
- Grapes
- Kiwifruit
- Cantaloupe, honeydew 1/2 cup
- Papaya
- Pineapple
- Pomegranate 1/4 cup seeds
- Rhubarb

FERMENTED FOODS

- Coconut Yogurt
- Coconut Kefir
- Organic Kim Chi
- Organic Sauerkraut

NO SOY -ORGANIC OR NOT!

NUTS & SEEDS

Consume in a dip-type base and in extreme moderation until Phase III

- Almonds
- Brazil nuts
- Sunflower Seeds
- Cashews
- Chestnuts
- Coconut
- Hazelnuts
- Macadamia nuts
- Pecans
- Pine Nuts
- Pistachios
- Walnuts
- Water Chestnuts

ORGANIC VEGETABLES

- Arugula
- Avocado
- Bell Peppers
- Butternut Squash
- Cabbage
- Cabbage savory 1/2 cup
- Chives
- Collard greens
- Cucumber
- Eggplant
- Endive
- Garlic
- Ginger
- Green beans
- Kale
- Kabocha squash
- Lettuce
- Olives
- Onion
- Peppers bell/sweet
- Radicchio leaves
- Rutabaga
- Scallion, green part only
- Spaghetti Squash
- Spinach leaves
- Swiss chard
- Fresh Tomato (heirloom)
- Yellow & sunburst squash
- Zucchini/
- courgette 3/4 cup



PHASE II: FOODS

LOW MERCURY FISH

Wild Caught on the East Coast of Canada or Iceland. Fish must be fresh and never farmed!

Anchovies
Butterfish
Catfish
Clam
Crab (Domestic)
Crawfish/Crayfish
Croaker (Atlantic)
Flounder
Haddock (Atlantic)
Hake
Herring
Mackerel (N. Atlantic Chub)
Mullet
Oyster Perch (Ocean)
Plaice
Pollock
Salmon
Sardine
Scallop
Shad (American)
Shrimp
Sole
Squid (Calamari)
Tilapia
Trout (Freshwater)
Whitefish
Whiting
Halibut
Orange Roughy
Cod

VINEGARS

All vinegars without additional ingredients, but not balsamic.
Apple Cider
Citric Acid

PREFERRED OILS

Avocado oil
Coconut oil
Ghee
Olive oil

CONDIMENTS

Capers
Horseradish
Organic Ketchup
Organic Mustard
Additives:
Aluminum-Free Baking Soda

ORGANIC MEATS & EGGS

Fowl
Ham
Lamb
Pork
Poultry
Bacon
Beef



PHASE III: BUILDING A HEALTHY MICROBIOME

Once you have confirmed that you have cleared biotoxicity (mycotoxins, fungus, and dysbiosis), you are ready to move into Phase III and introduce a more diverse, bacteria-supportive diet to your gut. You will begin feeding beneficial bacteria with added prebiotics and supporting the production of healthy levels of short-chain fatty acids, which provide steady, long-lasting energy throughout the day.

Inulin and resistant starch nourish key strains such as Bifidobacterium and Lactobacillus, helping keep inflammatory lipopolysaccharides (LPS) in check and reducing inflammation in the joints, lungs, brain, and throughout the body. In today's world, where COVID can trigger a powerful cytokine storm in those with chronic inflammatory tendencies, clearing the underlying inflammatory conditions that the virus exploits is especially important, as the severity of illness is largely driven by this inflammatory response.

If you want to be certain you are ready for Phase III and avoid back-sliding, you may choose to have an organic acids test run on your gut. If you notice some gas at the beginning of Phase III, do not be concerned; this is often a sign that you are feeding your microbes and cultivating a healthier "garden" of beneficial bacteria in the colon. As your microbiome strengthens, your body will handle the fermentation of starches and inulin more efficiently, and any gas should gradually subside. If gas from amylose, other resistant starches, or inulin becomes excessive or painful, return to Phase II for a couple of weeks, then slowly reintroduce Phase III foods until they feel comfortable.

While staying completely away from processed sugars of all kinds, including reduced sweeteners such as agave, you may still enjoy healthy treats like organic dark chocolate, coconut butter-based desserts, or coconut ice cream. When followed as directed, this program can help you reach your weight goals and experience vibrant, "ecstatic" health so you can fully live the life you were born to live!





PHASE III: FOODS

FOOD HIGHEST IN RESISTENT STARCHES

Potatoes – Roasted, Cooled
Cassava
(Find out how to prepare it properly!)
Lesser Yam
Banana
Lentils
Red Bean cooked
Red Lentils
White boiled
Split Peas
Mung Bean raw
Lotus Seed

SOURCES OF INULIN (FOS)

Burdock Root
Raw Chicory root
Raw Jerusalem artichoke
Raw Dandelion greens
Raw Garlic
Raw Leek
Raw Onion
Cooked Onion
Raw Asparagus
Raw Banana

STARCH

Parboiled White Rice Only

FRUIT

Bananas
Apple
Apricot
Avocados
Blackberry
Cherries
Grapefruit
Dried: currant, date,
fig, raisin, prunes
Mango
Nectarine
Peach
Pears
Plantain
Plum
Watermelon

VINEGARS

Balsamic

SWEETENER

Stevia

SEEDS

Chia
Sesame
Hemp

VEGETABLES

Bean Sprouts
Beets
Bok choy
Broccoli
Carrots
Cauliflower
Celery root/celeriac
Fennel bulb ½ cup
Nettles
Okra
Snow peas
Sweet potatoes
Tomatoes
Turnips
Yams
Mushrooms:
well cooked:
never eat raw
Parsnips
Seaweed:
(grown indoors)

Portable Sauna

You'll also need a portable sauna for detoxification support. Here's a reliable option: Zonemel. [Click here for Amazon link](#) Once heated, use it for 30 minutes in the morning and 1 hour at night, wrapping a small towel around your neck to trap the heat. While in the sauna, mix 1 tablespoon of diatomaceous clay into 24 ounces of clean Berkey, RO, or distilled water, shake well, and drink. [Click here to purchase clay](#).





General Lifestyle Notes

Follow your Foundational Targeted Nutritional Therapy (TNT) protocol daily. You can contact the team at info@thebiosanctuary.com or call (866) 820-0369 for follow-up lab testing and any needed revisions to your protocol.

If you prefer not to continue testing, a maintenance protocol is available once your gut and microbiome health are established. This program supports antioxidant protection; helps guard against harmful bacteria, yeast, and fungus; nourishes the mitochondria; assists daily detoxification; and provides a general organic supplement foundation to help ensure adequate daily vitamins and minerals.

Aim to exercise at least one hour a day, with the option to take one rest day every fourth day, or follow a schedule that allows you to be active 5–6 days per week. All food should be organic.

Never consume synthetic sweeteners of any kind. Avoid GMO foods entirely; unless clearly labeled “non-GMO,” products containing high fructose corn syrup, soy, or corn are very likely GMO.

Always filter and mineralize your water as directed. Prepare your Sophia water from distilled or reverse osmosis (RO) water and do not drink distilled or RO water without reconstituting it according to the Sophia water instructions, as this can deplete minerals from your bones and tissues.

- *Newer studies suggest plastic components in RO systems could potentially release nanoplastics, highlighting the need for high-quality systems and ongoing research.*



FORMULAS

When diet is wrong medicine is of no use.

When diet is correct medicine is of no need - Ayurvedic proverb



Antioxidant Powder

Video presentation: [click here](#)

Bulk amount to make for 30 to 45 days.

- 10 TBLS. [Sodium Ascorbate](#)
- 10 TBLS. [Glycine](#)
- 10 TBLS. [NAC](#)
- 10 TBLS. [Glutamine](#)
- 2.5 TBLS. [Niacin](#)
- 1 TBLS. [R-ALA](#)

Mix 1 Tabs. with a glass of Sophia water

Ph Powder

Video Presentation: [click here](#)

- Bulk amount to make for 30 to 45 days
- 10 TBLS. [Potassium Bicarbonate](#)
- 10 TBLS. [Sodium Bicarbonate](#)
- 5 TBL [Magnesium Carbonate](#)
- 40 opened capsules of - [Potassium Glycinate](#).
- Put powders in 1 gallon zip lock, seal air in it and shake vigorously for a couple of minutes to make sure the powders are mixed well.
- Drink 1 Tsp. with 6 oz. of Sophia water

BioLight Defense Drink

Video Presentation: [click here](#)

- 2oz of Organic Tepache
- 2oz of fresh juiced organic turmeric-curcumin
- 1oz fresh juiced ginger
- 1 dropper [Cloroxigen](#)
- 1 scoop [Nitric Oxide](#)
- 1 open capsule of [Selenium](#)
- 1 dropper [Zinc](#)
- [B12 Methylcobalaminefense](#) – dose per label
- 1 ounce [Shilajit](#) (May be taken as a separate shot for the strong root flavor)

How to prepare Shilajit

- Put 1 tsp of Shilajit in 32 oz of Sophia water, mix, and keep in the fridge for a month supply.

**Additional supplements will be added to the Defense Drink based on your individualized protocol sheet.

Organic Tepache

Video Presentation: [click here](#)

- Whole Organic Pineapple
- Sugar
- Ginger

Cashew Coconut Smoothie

- Half blender filled with frozen pineapple
- Half with frozen bananas (half banana per person being served)
- ¼ cup of volcano lemon juice
- Fill blender to top with **cashew milk** (keep 1 inch of room at the very least)
- Blend and Serve

Cashew Milk

Video Presentation: [click here](#)

- Half blender full of organic raw cashews - Blend by itself first to make the cashew dry pulp
- Add enough distilled water to cover the blended cashews
- Add: ½ jar of organic Coconut Manna
- 1 small can of organic coconut cream
- 2 tablespoons organic vanilla extract
- 1 teaspoon salt to taste
- Then pour into large Mason jar (half full) - Fill the rest of the jar with distilled water to cut it

Cultured Vegetables

Video Presentation: [click here](#)

Purchase Fermentation Jars: [click here](#)

- [Bacteria Culture Starter Packet](#)
- Chop up Organic apples (red and green), red and green cabbage, organic sunchokes, organic olives etc.
- Fill fermenting jar with chopped veggies
- Add sophia water to cover and culture packet

Veggie Blast

- Blend 12 or more vegetables with one green or red apple to make about a gallon of the produce smoothie
- Add [Vegetable Umami](#) (If needed for taste)
- Example: Cabbage, tomatoes, arugula, onion, garlic, pepper, eggplant, broccoli etc.)

Parasite Pate

Video Presentation: [click here](#)

- 1 cup Pumpkin seeds
- 1 cup coconut flakes
- ½ cup garlic
- 1 ½ cup papaya plus seeds (not ripe)
- ¼- ½ cup cloves
- ½ cup coconut oil
- 1-2 drops [Neme oil](#)
- A little Olive oil
- Mix with water- Mix till creamy
- Gets thick in the fridge
- Eat 1 Tabs/ 2x a day/away from food

Natto

[Click here](#) for Recipe on pg. 22

Sophia Water & Brine

[Click Here](#) for Recipe on pg. 5

Sole

1 TABLS. Apple Cider Vinegar
1 TSP. Brine
8 ounces hot water

NIACIN THERAPY



Daily Support for Energy and Brain Health

Consider starting niacin supplementation before the retreat to help your body ease into deeper balance and vitality. Used consistently, niacin supports circulation, oxygenation, detoxification, and more restorative sleep — all of which help clear mental fog and enhance overall recovery.

How to Start

- Begin low and build gradually: Start with about 250 mg twice daily (roughly 1/16 teaspoon of powdered niacin).
- Increase slowly: Add 100 mg per dose every few days as tolerated, up to a total of 2–3 grams per day.
- Timing: Take half your dose in the morning and half with your second meal.
- Expect the flush: A mild warmth or redness (“flush”) is normal and indicates improved circulation; it typically lessens with regular use.
- How to take it: Dissolve niacin in a few ounces of water, stir well, and sip slowly.

Core Benefits

- Supports cellular energy (NAD) for natural stamina.
- Enhances blood flow and brain oxygenation to ease mental fog.
- Promotes detoxification and healthy inflammation response.
- Encourages balanced metabolism and deeper, more restorative sleep.

Integration Tip

Take niacin consistently to experience its full restorative effects. Pairing it with hydration, light movement, or a few slow breaths can help your body absorb and circulate its benefits more efficiently.

When the body flows with oxygen and energy, clarity awakens with the sun, and peace returns with the night.

NATTO

Soak 4 cups of soybeans in plenty of Sophia water overnight—this helps the beans retain their minerals and nutrients for potent natto.

Cook the beans in a pressure cooker for about 75 minutes until soft and squishy. Dissolve one full packet of nattokinase (3 grams) in 1 cup of warm water (ideally cooled water from the cooker), mix well, then pour over the beans in the natto cooker. Press the natto button and set for 26 hours.

This yields an excellent source of nattokinase, a potent proteolytic enzyme for denaturing spike protein, plus probiotics and nutrients for gut health. Homemade natto provides about 3,000–3,500 FUs per 4 oz serving—far superior to capsules made from GMO soy.

For those testing positive for spike proteins, enjoy two 4 oz servings daily; for protection against viral exposure, one 4 oz serving daily helps inhibit spike protein docking to ACE2 receptors. [Click here](#) to read Medical Director Genita Mason's detailed article on **How Nattokinase Breaks Down Spike Protein**.

Live spike protein free!

LINKS TO PURCHASE PRODUCTS

[Nattokinase](#)

[Fermenter](#)

[Organic Soybeans](#)



BIOTOXIN SPIKE PROTEIN & GRAPHENE OXIDE DETOX

Molecular Medicine (MMS1): Sodium Chlorite

Molecular Medicine (MMS2): Calcium Hypochlorite

Week 1: **MMS1/ MMS2**

Week 2: **MMS1/ MMS2**

Week 3: **Albedextrin**

Week 4: **MMS1/ MMS2**

Week 5: **MMS1/ MMS2**

Week 6: **Albedextrin**

Week 1-6 + ongoing prevention:

Natto beans with wild rice and cultured vegetables

MMS1: Molecular Medicine (3x a day away from food)

Step 1: Mix 24 drops of Sodium Chlorite (MMS1) with 24 drops of Citric Acid in a small, dry shot glass. Let it react for one minute then pour it into 24 ounces of Distilled Water

Step 2: Drink 8 ounces

Step 4: Wait 30 minutes

MMS2: Molecular Medicine (Take Bi-hourly)

Step 5: Take 1 capsule of Calcium Hypochlorite (MMS2) per your body weight, using the following equation:

Total Hypochlorite = body weight (lbs.) X 2.5 mg

Drink a lot of water to be sure it goes all the way down.

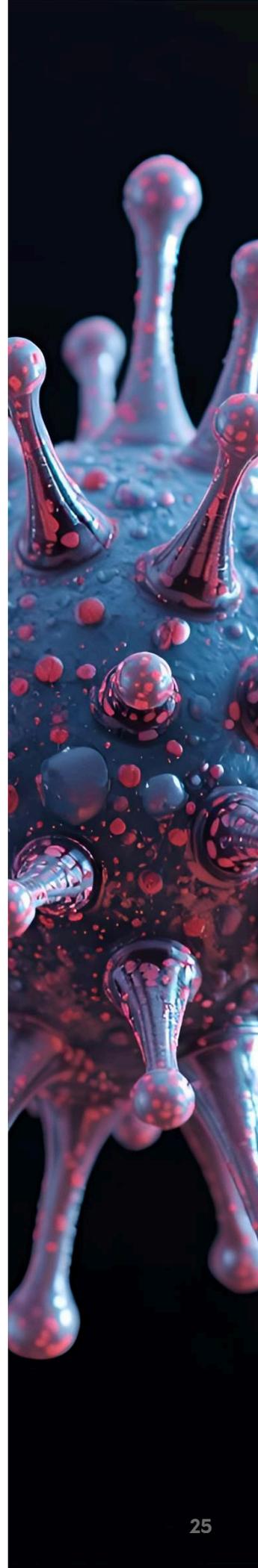
Albedextrin: (2x a day away from food)

Step 1: Sterilize an 8 oz. glass with hot water

Step 2: Mix entire package of Albedextrin into 6oz of warm water – see package for dosage

Step 3: Drink

Step 4: Wait 30 minutes before eating



Preparing MMS2

There are 2 ways of ingesting Calcium Hypochlorite, one is weighing your capsules out, and the second is drinking your dosage. However, I have tried the drinking version and it's pretty rough to get down but it is easier than weighing out 6 weeks of capsules. I provided both methods so you can choose what's best for you.

Method #1 (encapsulated):

- Purchase your capsules- [click here](#)
- Use the following equation for the mg you will be taking per dose for your body weight: **Total Hypochlorite = body weight (lbs.) X 2.5 mg**
- Encapsulate your calcium hypochlorite powder

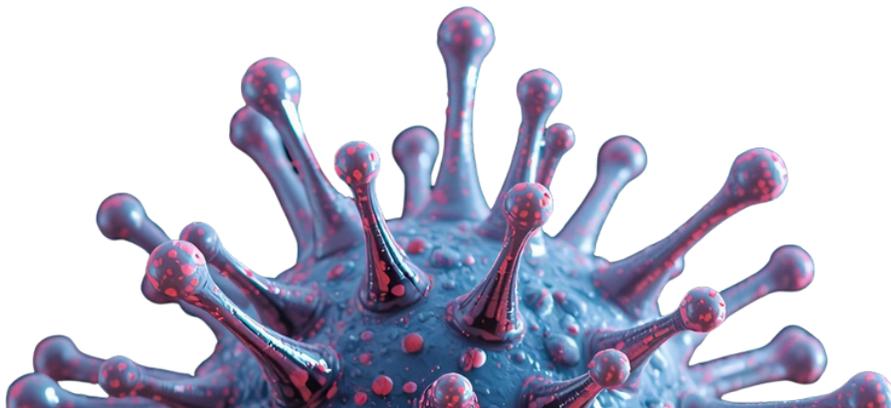
Method #2 (liquid):

- Mix 12 Grams in one pint of water. Mix well.
- Each cc of the water is now approximately 24mg. Use the dosage equation above for your specific body weight for safe usage of this product.

Keep in mind that there need not be any problem if you are a little off with the dosage. If you begin to notice nausea, reduce your hourly dose by at least 25% (of half a capsule) and keep reducing it as long as you notice nausea or other discomforts. But always increase back to the recommended dose as soon as you feel safe in doing so. If you feel that you would benefit from a little more, increase your dose by 25% for a time or two, but not much more than that.

High Doses Not Necessarily Helpful Always keep in mind that to cause yourself nausea or diarrhea by taking a little extra will not help you heal faster. The nausea or diarrhea uses up healing energy and slows the healing down. Always reduce your intake if you notice nausea or diarrhea, or for that matter, any other discomfort caused by MMS2.

- MMS2 will not cause a healthy person any kind of discomfort in the quantities that we use. The immune system will just thank you for the extra hypochlorous acid.



NEUROSTARLINK

The NeuroStarLink Protocol is a low-dose, long-term brain-health program layered on top of solid detox and nutrition foundations. It uses specific nutrients, plant allies, and optional microdosing to support repair, resilience, and spiritual integration. Guests often use this protocol to enhance mental clarity and focus, protect the brain from modern toxic and inflammatory stressors, deepen emotional and spiritual healing, and help “lock in” the gains from advanced ceremonies such as Bufo and other sacred medicines.

NeuroStarLink is a refinement layer, not a substitute for basic healing. Before starting:

- **Follow Food Ethics** (anti-inflammatory, spiritually aligned nutrition, with an aim toward “ancient gut, ancient consciousness”).
- **Complete at least one detox cycle** at The Biosanctuary or DIY at home.
- Stabilize sleep rhythm, hydration and minerals, and basic gut repair

When these are in place, NeuroStarLink can work with far more precision and power.

Core Daily Stack (Low-Dose, Long-Term)

Use small, consistent doses over time to gently build and restore nervous-system health.

1. **Nicotine** (from indigenous, pure tobacco)
 - **Form:** Ambil/jungle paste or trusted organic, tribal tobacco-derived nicotine (not commercial cigarettes or vapes).
 - **Use:** A very small smear of paste to the gums or tongue, usually 1–2 times per day, titrated carefully per individual and protocol guidance.
 - **Why:** Low-dose nicotine can modulate attention, learning, and synaptic plasticity through cholinergic pathways and may offer neuroprotective effects when used carefully, not addictively.
2. **Lion’s Mane** (*Herichium erinaceus*)
 - **Form:** Lion’s Mane tinctures combined with the raw plant are best.
 - **Use:** 1–2 small doses per day with food, adjusted to sensitivity.
 - **Why:** Lion’s Mane supports neurogenesis and “builds new brain networks (real estate),” increasing NGF and neuroplasticity and offering neuroprotective, cognitive-supportive effects.
3. **Niacin** (Vitamin B3)
 - **Form:** see the [niacin therapy](#) section for suggested amounts
 - **Why:** Niacin supports mitochondrial energy (via NAD+), cellular repair, and blood flow to the brain, helping nutrients and oxygen reach neural tissue, and also helps reduce neuroinflammation and oxidative damage.



- **PSILOCYBIN AND DMT ARE OPTIONAL AND MUST FOLLOW LOCAL LAWS PLUS SPIRITUAL/MEDICAL GUIDANCE.**

4. **Psilocybin Microdosing**

- **Dose** (Stamets Stack)
 - Sub-perceptual; you remain clear and functional, not in a psychedelic journey.
 - 4-5 days on, 2-3 days off
 - Start experimenting between 0.02–0.3 g of dried mushrooms
 - As a “food-level” replacement for what was once present in ancestral forest foods, the suggested range is 0.02–0.05 g daily
- **Why:**
 - Supports neuroplasticity and emotional flexibility when paired with intention and practice.
 - Pairs well with Lion’s Mane and niacin as a “neurogenesis triad.”
- **Always pair with:**
 - Daily spiritual practice (meditation, prayer, breathwork, contemplative work).
 - Clear intention (healing, clarity, creativity, forgiveness), not entertainment

5. **DMT (N,N-Dimethyltryptamine)**

- **Form:** DMT (self-source) ingested with a natural MAOI ([b_cappi](#))
- **Dose:** Only .01 g (10 mg a day) “This can pack a punch within this protocol in its entirety, so be safe and stay at home as you experiment with this – a little bit goes a long way!”
- **Why:** Supports rapid neuroplasticity, loosens rigid brain patterns, enhances emotional and perceptual processing, and can contribute to lasting shifts in meaning and psychological flexibility.

Simple Daily Flow

- **Morning:** Lion’s Mane + niacin + psilocybin microdose on scheduled days, + DMT (Optional) and brief intention-setting and practice
- **Midday:** Small nicotine paste application (if part of your plan) + 2nd niacin dose
- **Evening:** 2nd Lion’s Mane dose + 3rd niacin dose, and optional very small second nicotine application if it does not disturb sleep, plus gentle breathwork, prayer, or journaling to integrate the day’s shifts.

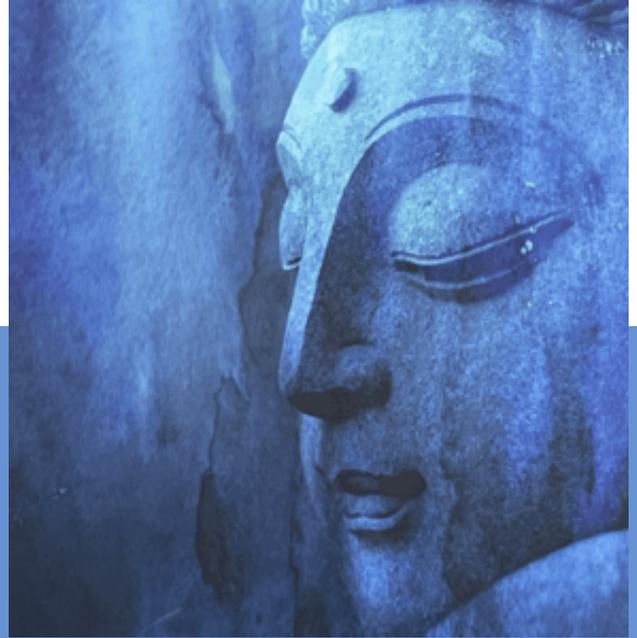
Brief Safety Notes

- Avoid this protocol if you have active nicotine addiction you are not ready to transform into a sacred, strictly limited relationship.
- Do not combine this protocol with psychiatric medications or natural MAOIs without expert help, and do not use any plant or toad spirit if you are on psychotropic drugs.
- Plant spirits and big pharma “can not reside in the same house... you don’t want to be in the middle of that crosstalk!”

For deeper science, spiritual context, and integration with Bufo and other sacraments, please read Chapter 18, “Plant and Toad Medicines,” in [The Biosanctuary Manifesto](#)



Pure PRODUCTS



Albedextrin

Algae Oil Caps

Ambil

Bacteria Culture Starter packet

BAS Bioactive Silica

Bergamot Essential Oil

Bifido Powder

Calcium Hyphochlorite

Castor Oil

Citric Acid

Cloroxigen

Clove Essential Oil

Colostrum

Combantrin

Diatomaceous Clay

DSMO

GliSODin V-SOD

Glycine – 1 Kilo

Himalayan Salt Crystals

Hydrogen Peroxide

Inner Vitality: Fulvic Minerals

L-Arginine

L-Glutamine - 1 Kilo

Lions Mane

Lekithos Organic Sunflower Oil

Lemon Essential Oil

Lugol's 2% Iodine

Magnesium Carbonate

Methyl B12

Methyl Blue

Mitozen

NAC – 1 Kilo

Natto Starter

Neme Seed oil

Niacin -500grams

Nitric Oxide

Pine Essential Oil

Piperine

Potassium Gycinate

Potassium Bicarbonate

Protelase

R-ALA- 100g

Reconstitution Solution (for Mitozen)

Selenium

Shilajit

Sodium Ascorbate

Sodium Bicarbonate

Sodium Chlorite

Soybeans

Vitamin D

Zinc

*In the midst of movement and chaos,
keep stillness inside of you*

JOIN US!

At The Biosanctuary, we invite you to join our private WhatsApp community of wellness explorers —people we lovingly call “health soldiers.” This is a peaceful space devoted to God and Nature medicine, where members share experiences, wisdom, and daily practices that nurture true well-being. It’s not about promotion or social noise, but about genuine connection, encouragement, and support on the path toward balance and healing. Together, we learn, grow, and remind one another of the simple beauty of living close to nature and in harmony with the spirit.



Click Here



ARTICLES

- 🌿 [The 8 Root Causes of Disease and How To Resolve Them](#)
- 🌿 [The Biosanctuary's BioSource Revolutionary Medical Model](#)

- 🌿 [The Best EBOO Ozone Blood Purification System](#)
- 🌿 [EBOO - 10 Pass Ozone, and Toroid Field Treatments](#)
- 🌿 [The Benefits of 10 Pass Ozone Treatment](#)

- 🌿 [The Benefits of Infrared Sauna](#)
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- 🌿 [Hydrogen Gas is the Medical Breakthrough of This Century.](#)
- 🌿 [Why you need Nicotinamide Adenine Dinucleotide \(NAD IV\) Therapy.](#)

- 🌿 [The Bright & Shiny Diet](#)
- 🌿 [Fermenting Foods for Probiotic Wealth](#)
- 🌿 [The Gut/Brain Axis Connection to Diseases and Metabolic Conditions](#)

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ALCOHOLISM: A BIOMED APPROACH

FRACTAL ENVIRONMENTALISM

GREEN MENTAL HEALTH CARE

THE SCIENCE OF WEIGHT LOSS

6 WEEK MEAL PLANNER: PHASE II

A GUT FEELING: MICROBIOME HEALTH

FOOD FOR HUMANS



JUSTINE M. DRAKE

Personal Chef

@Justines_Table

Meet Justine Drake, author of **Food for Humans** & **A Gut Feeling: Microbiome Health**—the cookbook companions for Phase II & III - featuring delicious recipes and thoughtfully designed meal schedules. A personal chef specializing in organic food prep and delivery, a busy mom, and a lifelong flavor enthusiast!



"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." (Vincent van Gogh)

