

The Biosanctuary

6 Week Temple Body Transformation



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THE BIOSTARLINK 6 WEEK TEMPLE BODY TRANSFORMATION

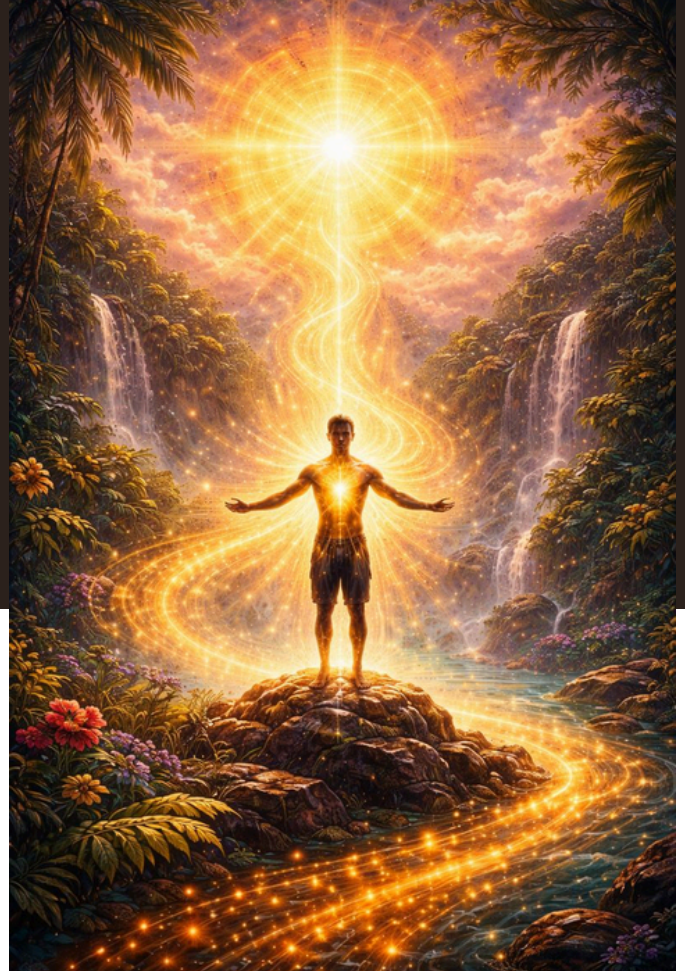
Welcome: Before You Begin Your Sacred Journey

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 physical alchemy of Detox, Purification and Renewal. Renewal—cleansing to the core, aligning with the Divine 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 experience with self-discipline and this guidebook.

Think of this phase not as another health fad, but as a sacred clearing of your altar. You are preparing your Holy Temple to remember how to heal without resistance, with open arms. The information herein is downloaded from the Divine that wishes to reunite with you.



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/no matrix noise 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's Medical Manifesto: All 3 phases, food ethics, protocols
- **Mindfulness:** Tune in on symptoms, energy, state of your conscious, and your emotional landscape. Listen.

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/aether plasma through the lungs, door of Brahma and skin. Modern life stole this. We reclaim it.

Movement is prayer. Not gym punishment, but 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 organic supplement, fast, and protocol tenfold. Sunlight structures your water. Water needs to move, movement opens detox pathways and replaces stagnation in the lymph, CSF and neurofascia with healing Light. Breath-work entrains your nervous system and heart/brain to coherence.

Daily Movement & Sun Practice - this is a recommendation for people new to exercise and spending time loving their bodies by celebrating it with focused movement. If you have a routine, great!

1 hour total sun exposure daily. Walk barefoot when possible. No sunglasses—let eyes drink the life-giving frequencies.

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) for 3 to 5min	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.

A glowing golden tree with roots in a dark, rocky landscape. The tree's trunk and branches are illuminated with a bright, warm golden light, creating a stark contrast with the dark, shadowy surroundings. The roots are visible, spreading across the dark, rocky ground. The background is a deep, dark blue or black, with a soft, hazy glow of golden light emanating from the tree, suggesting a magical or ethereal atmosphere. The overall scene is a metaphor for growth, transformation, and liberation from negative patterns.

WEEK 1

**Detox:
Liberation from
Disease Patterns**

"True healing begins not with addition, but subtraction. It's what you've been putting in your mouth that made you sick, it's time to take it all out."

This week is the sacred clearing—the banishment of toxins, stagnant emotions, and energy leaks. 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 instructions 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, lymph, 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** – Deep detox, lymph drainage, pathogen destruction + oxygenation
- **IV Laser Therapy** – Laser Light directly into bloodstream, irradiates, heals, raises voltage
- **Detoxifying Colonic Enemas** – Clears 5 feet of stuck, old waste while killing pathogens
- **NAD Brain Restoring IVs** – Mitochondria repair, cognition restoration, neuroregeneration
- **BioWell Energy Scans** – Real-time body biofield scans to track progress
- **Rife Frequency PEMF Toroid Treatments** using 2-Phase Orgon Coils to reset the body's toroidal field to Source focusing on dis-eased areas
- **Infrared Saunas** – Mobilize deep toxins
- **Myers' Cocktail IVs** – High-dose vitamins/minerals/vitamin C
- **High-Dose Glutathione IVs** – General and Liver-specific detox support
- **Bioharmonics VIBE Beds** – Balances SNS/PNS nervous systems and calms the vagus nerve
- **Targeted Nutrition** – Organic nut milk smoothies, blood toning elixirs, Blended Salads (VeggieBlast), cultured veggies, broths, nutrient-dense elixirs
- **Lectures** – Food ethics, environmental truth, ancient protocols

Optional Add-Ons: EBOO ozone, spike protein, graphene oxide and mRNA detox, live blood cell analysis. Ultraviolet & IR IV Fiber Optic Laser treatment, EDTA chelation, and phosphatidylcholine IVs

PHASE I FOODS ONLY:

- **Breakfast:** Organic nut milk + fruit smoothie, natto, cultured veggies, blended salad/VeggieBlast, God & Nature organic antioxidant and nutritional elixirs and supplements
- **Lunch/Dinner:** cultured veggies, bone or vegetable broth, natto
- **NO dairy, grains, sugar, conventional, or processed foods**



AT-HOME: 7-Day DIY Detox -

(See Resources at the end of this guidebook for Formulas & Equipment)

CLINIC REPLACEMENTS

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	2 Megafood B complex tablets for the first week, up your oral antioxidant powders by one or two tsp, fresh green juices and blended salads. Nebulize reduced glutathione (see inst)
Bioharmonics VIBE/frequency beds	PEMF mats, sound healing tracks, tuning forks, barefoot grounding, and intentional sun therapy.
Colon Hydrotherapy	Chlorine dioxide (MMS1) enemas (kills pathogens) Specialized organic, toxic metals-free coffee enemas (stimulates liver)
NAD IVs	Oral niacin protocol + tryptophan
Education & Lectures	This Biosanctuary Medical Manifesto

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)
- Turpentine protocol for 3- 5 days (see apx S)

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 /Algae PEO Caps/Vitamin D
- 2 oz. Veggie Blast, 2 Tbsp. cultured veggies, 1 Tbsp. natto
- 12 oz. Cashew or Jaguar 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:
Purification

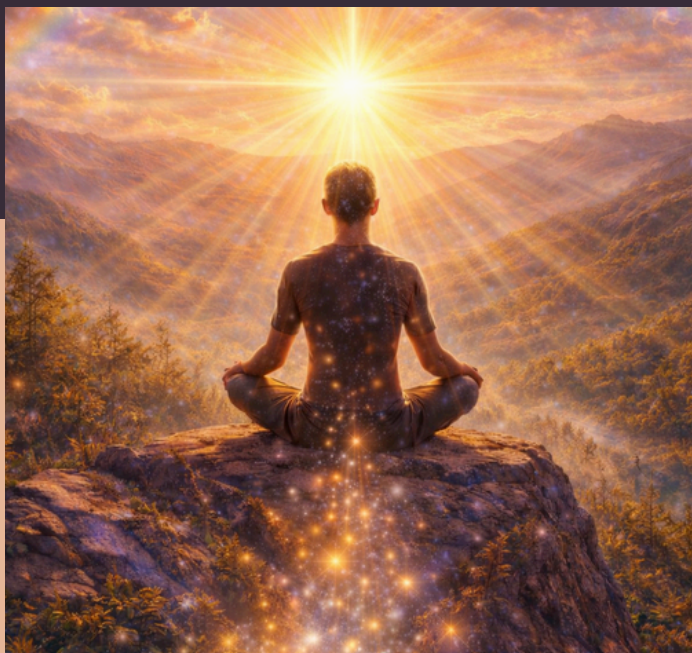
"Pray & Fast" Jesus
Mathew 17:21

WEEK 2: WATER FAST

“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. This is where we light up the cranial sacral fluid/your filament through seriously detoxing the blood and building a cleaner communication between you and Spirit.** Week 2 invites deep rest—a sacred fast that lets your gut stop working and your cells turn inward for the regeneration process. 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 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 something is going wrong and definitely not a sign to start eating. It's a time to stand up to the Beast and let Spirit through your best intentions for yourself to take charge. When this happens, take 1–2 jaggery cubes to ease the blood sugar drop, 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—drink the stardust!
- High Frequency Ancient Mystery Water (AVA Water)

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, inability to concentrate which quickly turns into diamond-edge concentration.

Pause/Modify: Dizziness, severe headache, extreme weakness—gently break the fast.

BY THE END OF THE WEEK:

- Hunger has disappeared, you are no longer controlled the beast
- You experienced more nights of deeper sleep
- Dreams feel more clear, meaningful or spiritually connected

WEEK 2 CHECKLIST

Every Day:

- ✓ Commit to your fast
- ✓ Morning hydration ritual
- ✓ Sun/grounding, movement
- ✓ 1 sweat practice
- ✓ See hunger as pathogens dying, celebrate clarity

WEEK 3

Renewal:
Rebuilding the
Body Temple



WEEK 3: REBUILDING THE BODY TEMPLE



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

The Fasting Purification has cleared the terrain. **Resurrection now calls forth new life from these purified depths—your temple rising, refined and radiant.** Now begins the sacred re-entry—precision nourishment. This week is the bridge between fasting and rebuilding, where you reintroduce food in a way that supports a healthy microbiome, clear mind, peacefulness, and a strong immune system. It's time to train the mind and tame the beast.

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 buckwheat “seed” rice (not a grain)

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 buckwheat “seed” rice
- 3 oz natto

(No eating for at least 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 buckwheat rice
- Pine and peppermint tea
- PEMF mat or sound healing exercise

SUCCESS SIGNS

- Energy stabilizes and feels “lighter”, you will have days where you feel like you could go forever.
- Digestion becomes more regular and comfortable
- Cravings for heavy or processed foods disappears
- 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, add 2 or 3oz of the bone marrow/avocado whip- it contains premiere mineral-rich fats and stem cells which will further heal the gut.

- Continue to honor your intentions with reflecting on how much you have healed yourself in just three weeks.

After reading The Biosanctuary's Manifesto during these last three weeks with a clear head, it's time to begin putting your new personal diet together!

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, buckwheat 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 4-6

Heal Thyself:
Food & Protocols



GATEWAY TO ADVANCED PROTOCOLS

Sourcing your Health alignment tools

I do not call God's healing frequencies "medicine." People need them and call them medicine for the same reason they assign the word "therapy" to music, dance, art, and talking to each other: they no longer do these things in community, so now they have to pay someone to do them with them. I like to call these elements that heal us alignment tools, because that is what they do—align us to the Divine Source Codes that dictate true health.

You have just completed a powerful detox that has also nourished your body and mind. You have already felt many ailments subside or even disappear. If something is currently subsiding, it will likely be gone within another couple of weeks of the program, especially after the fast. However, if you are addressing a deeper condition—such as a diagnosed disease, metabolic disorder, or a toxic-tech condition like Long-Haul COVID, VAIDS, blood disorders, or Spike Protein Colonization (which can occur even in those who were not vaccinated)—then it is time to move to the front lines and get your shields up and swords drawn.

Now you will choose which Advanced Protocol suits you. Use the following table, which covers many of the conditions people are suffering from today, or refer to the Manifesto to dive deeper. Remember the "10 Root Causes of Disease" section in the Manifesto, with oxidative stress listed as #1. The 6-Week Temple Body program eliminates oxidative stress, so you are already in the process of undiagnosing yourself from many of the diseases people carry today.

However, conditions like cancer benefit from a deep parasite and spike-protein removal, because both are known cofactors in creating oxidative stress and driving disease, beginning with autoimmune disorders. For anyone with a known condition, it is recommended to add a mold, parasite, and toxic-tech protocol to your BioStarLink Program.

The Biosanctuary supports this program through our Deli, Detox & Nutrition Shoppes, with onsite BioStarLink Coaches. You can also visit www.thebiosanctuary.com to contact a coach if you would like assistance.

Time to Source Advanced Protocols

Protocol	Focus
Biotoxin/Spike Protein/Graphene	Modern bioweapon detox
Lung Repair	Respiratory regeneration
Chinese Dragon's Blood/Radiation Peruvian Dragon's Blood	EMF + tech protection Viral + Bacterial infections
Chelation Therapy	Metals/mRNA disabling
Ozone/Light/Quantum	parasitic pathogens, regeneration, oxygenation
Urine Therapy	Advanced regeneration, mRNA, parastic and toxic-tech pathogens
Biological Dentistry	Oral toxin removal & microbiome balance
Fecal Matter Transplants	Gut microbiome restoration
Hydrogen Therapy	Inflammation, energy, sleep, for all diseases
Cholestyramine	Mold Detox
Nicotine Treatment	Neurodegenerative disease, spike protein removal
CBD	Sleep & stress reduction
Parasite Pâté	Parasite cleanse, gut health, detox, and drainage
NeuroStarLink Brain Protocol	Neuroregeneration, mindful ascension, pineal decalcification & activation
Ceremonial Sacred Plant & Toad Medicine	Various physical/psychospiritual results- see section

ADVANCED PROTOCOLS

WEEK 4-6: RECLAIMING YOUR INNER GARDEN

"The Solar Plexus/Tipareth is the Gut of the Tree of Life. You are what you eat, so eat what you are; Light." Genita Mason

During Weeks 4–6, the focus is simple: repeat the same healing rhythm daily so the body can stabilize, repair, and build strength through consistency. These three weeks are not about adding more complexity. They are about practicing the same foods, the same foundational tools, and the same daily structure until they become natural.

FOOD PHILOSOPHY

Only eat approved foods for this program (see the Food list in the back of this guidebook).

Eat organic, whole foods that nourish and protect the body. Focus on above-ground vegetables, quality proteins, healthy fats, and cultured foods, while avoiding processed foods, sugar, grains, and other foods that disrupt healing.

RECIPES

Refer to our e-book, *A Gut Feeling: Food for Human Microbiome Health*, accompanied by a weekly meal planner to enjoy delicious healthy meals throughout Week 4-6

[Weekly Meal Planner](#)

A Gut Feeling: Microbiome Health

Foundational Protocol

Continue the foundational protocol daily throughout Weeks 4–6:

- BiLight Defense drink
- Antioxidant and pH powder
- Bifido powder
- Niacin progression
- Sophia Water
- Veggie Blast, 2x daily
- Natto, 2x daily
- Cultured veggies, 2x daily





Daily Rhythm (Example)

Morning

- Sophia Water / Sole + Foundational Protocol
- Veggie Blast, cultured veggies, natto
- Niacin progression
- Gentle movement and Sun Practice
- Gratitude practice

Meal 1

- 4–6 oz quality protein
- 2+ cups above-ground vegetables
- Healthy fats
- Ferments with the meal

Afternoon

- Walk, stretch, or grounding
- Mindfulness and rest when needed

Meal 2

- Repeat the same structure as Meal 1
- Rotate vegetables and proteins for variety
- Include Foundational Protocol
- Bone broth in the evening if desired

Evening

- Epsom salt bath, restorative yoga, or stretching
- Early bedtime

Weeks 4–6 Focus

Stay with the same program foods, the same protocol, and the same rhythm for all three weeks. Progress comes from consistency, not constant change. As this becomes easier, the body builds resilience, digestion becomes more stable, and healthy choices begin to feel natural.

After Week 6

After completing Week 6, you can move into Program Mastery, where more foods and deeper practice may be added from a stable foundation. The goal is to master the basics first, then expand with intention.

WEEK 4-6 CHECKLIST

Daily:

- ✓ 2 meals only (5+ hours apart)
- ✓ **Foundational Protocol**
- ✓ No snacking/drinks between meals
- ✓ Niacin Progression
- ✓ Daily Movement & Sun Practice
- ✓ Program meals -Rainbow salads



**Strength Through Practice:
Building Resilience**





**“Anchor your strength:
savor chaos without
surrender.”**

Practice bringing your way of eating into everyday life, especially in social settings. Instead of relying on restaurants, focus on creating connection through home-cooked meals—invite friends or family over, or join others and contribute food that aligns with how you choose to nourish your body.

Be open about your food values so there’s no need to compromise or explain yourself in the moment. When you gather around real, intentional food, you’re not just eating—you’re setting a tone, creating an environment, and showing what it looks like to care for your body with consistency.

Pay attention to how you feel during and after these shared meals, letting that awareness reinforce your choices. Over time, gratitude, alignment, and confidence in your standards become second nature, no matter who you’re with.

PROGRAM MASTERY:



PROGRAM MASTERY



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

You lived the program for a full 6 weeks to root the mechanism of healthy bio/neurochemistry into your Temple. Aside from the systemic healing mechanisms, the 6 week program is about creating a super-healthy colon- your second brain.

By now, you've trained your mind and tamed the beast- you have won the spiritual war within you and your spirit now rules the beast- you are here- welcome to Jacob's ladder! Most initial struggles like inflammation, insomnia, and fatigue that plagued you before this program have disappeared with that which was causing it. With those surface layers lifted, continue diving deeper, confronting what remains: stubborn unnatural invaders such as toxic-tech remnants and the path to advanced detox, reclaiming your body temple at its core.

READY FOR ADVANCED FOODS: ASSESSMENT

(Week 4-6):

- Steady energy between meals
- 1-2 formed bowel movements daily
- Minimal bloating/cramping
- Cravings minimal/absent
- Clarity - low to no brain fog

MASTERY CHECKLIST

- ✓ Flawless Program protocol
- ✓ Daily Movement & Sun Practice
- ✓ Complete Readiness Assessment
- ✓ Started advanced protocols without setbacks

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 mastery. What began as discipline has become devotion. Your microbiome now hums with diversity, your energy flows steadily, your intuition speaks clearly. This is no longer a protocol—it's your sacred rhythm.

This is not the end of healing—it's the beginning of lifelong guardianship of your divine vessel.

AFTER 6 WEEKS:

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

READINESS (Week 7+)

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

RESUME THE 6 WEEK PROGRAM 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.

Reintroductions

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

Keep your 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.

FOOD REINTRODUCTION ROADMAP (Week 7+)

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 → Food Ethics + Foundations

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.

The 6 week program gave you the fortress. Ongoing Food Ethics 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!

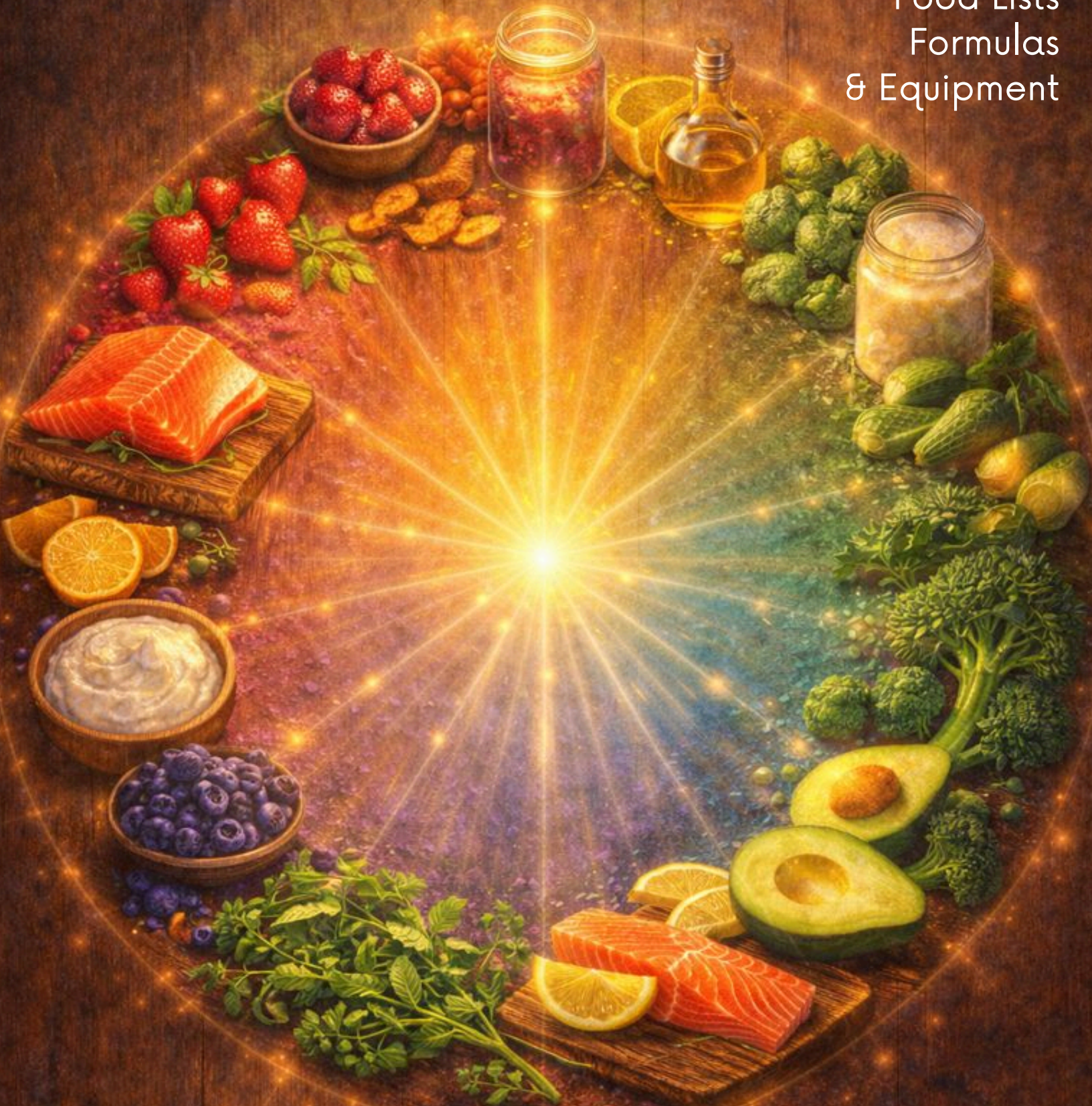
- This includes two on-site treatment cycles to anchor your transformation.
- Not for the curious. For the committed—making it your #1 priority to align with the Divine Design.
- Ten people. Three months. Step by step.

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



RESOURCES

Food Lists
Formulas
& Equipment





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 dropper [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 (powdered)
- 1 cup coconut flakes
- ½ cup garlic
- 1 ½ cup papaya plus seeds (not ripe)
- ¼- ½ cup cloves
- ½ cup coconut oil
- ½ cup coconut mana
- 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

Sole

1 TABLS. Apple Cider Vinegar

1 TSP. Brine

8 ounces hot water

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



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**.

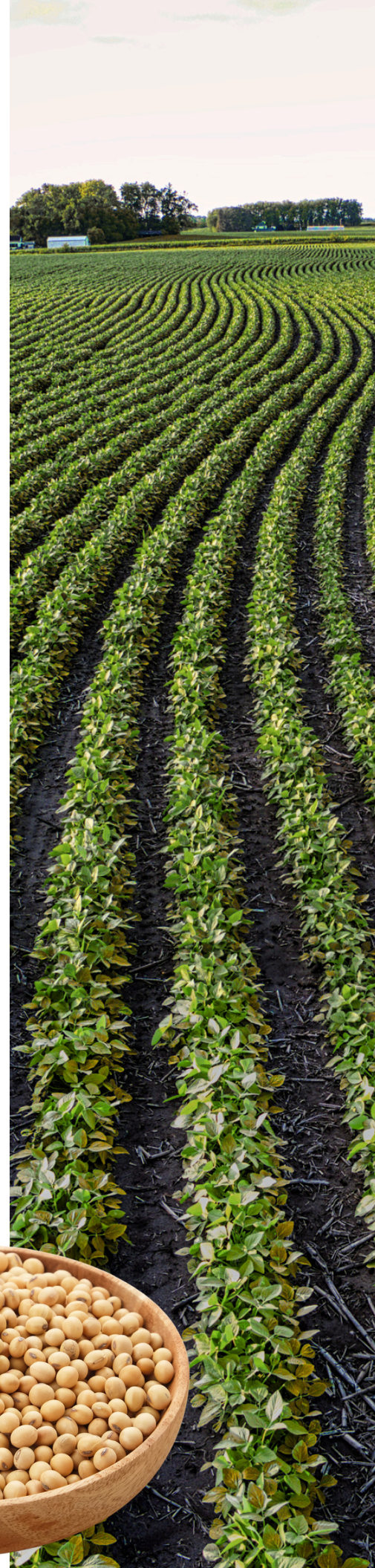
Live spike protein free!

LINKS TO PURCHASE PRODUCTS

[Nattokinase](#)

[Fermenter](#)

[Organic Soybeans](#)



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



WEEK 4-6

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



WEEK 4-6

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



AFTER WEEK 6

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)