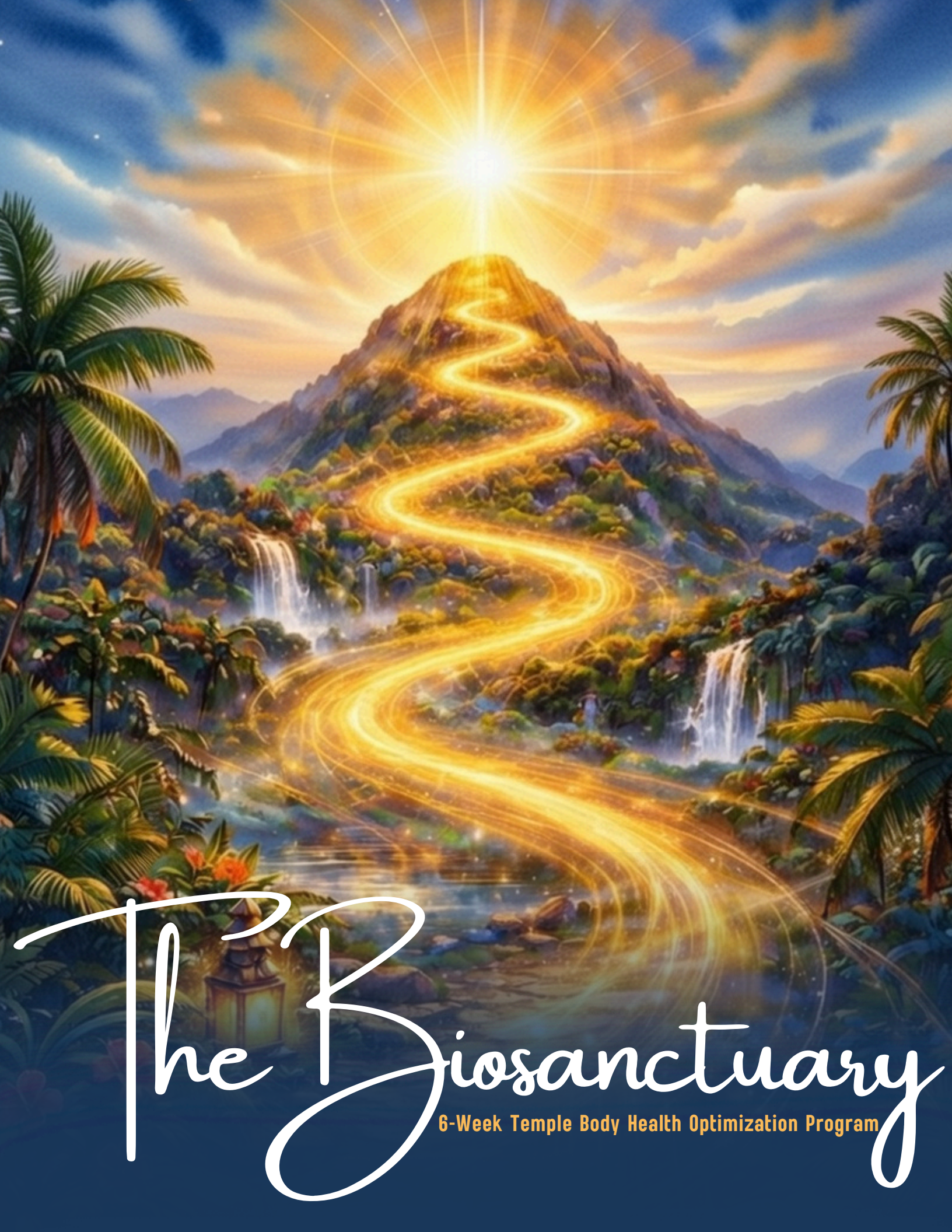




The Biosanctuary

6-Week Temple Body Health Optimization Program



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THE 6-WEEK TEMPLE BODY

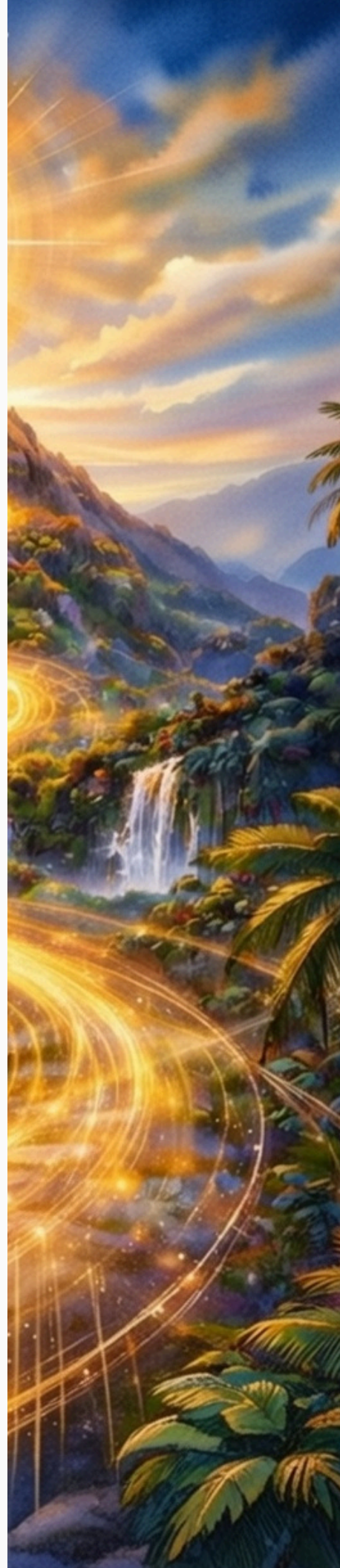
Health Optimization Program

You are not just changing your diet. You are entering a six-week covenant with your Temple—clearing what never belonged, rebuilding your inner garden, and anchoring a new rhythm where Spirit, mind, and body move together.

These six weeks are a sacred container. Each one has a precise job:

- Week 1 clears the terrain.
- Week 2 purifies through water and Light.
- Week 3 rebuilds the gut with living foods.
- Weeks 4–6 stabilize, diversify, and strengthen your microbiome so it can protect you for life.

For the deeper science, spiritual foundations, and clinic-level explanations behind this program, see **Chapters 7–11 of *The Biosanctuary Medical Manifesto*.**





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.

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

PREPARATION: BUILDING THE TEMPLE FOUNDATION

Do not roll into this six-week arc straight from chaos. Week 0 is where you make it possible to succeed: you clear your calendar, your kitchen, and your terrain so that Week 1 can actually do its job

COMMITMENT

In the 3–7 days before Week 1:

- Choose your 6-week start date.
- Block avoidable travel, nightlife, and major social events in Weeks 1–3.
- Commit to 30–60 minutes of natural sun daily.
- Choose the earliest bedtime you can realistically hold.
- Plan to turn off screens after dark as often as possible.

(You are telling your Temple: I am serious about this work.)

BASELINE AWARENESS

For 3–7 days before Week 1, once per day, write down:

- Sleep quality (hours + restfulness)
- Energy level
- Digestion and bowel movements
- Mood and anxiety level
- Pain, swelling, or key symptoms

This is your “before picture” so you can see real change, not just impressions.

CLEANOUT – HOUSE & HABITS

From your home, remove:

- Refined sugar and all desserts
- Processed foods and factory snacks
- All grains (including “gluten-free”)
- All dairy
- Alcohol, caffeine, and recreational substances

Tell the people you live with what you are doing so they understand your boundaries and can support rather than sabotage.

STOCKING – CORE FOODS & TOOLS

Use Appendix A & B and the main book as your sourcing map.

Sophia / AVA water components

pH and Antioxidant powders

Colostrum

Bifido powder

Veggie Blast ingredients

Cultured vegetable ingredients

Natto

Bone or vegetable broth ingredients

(If you cannot source everything at once, start with Sophia Water, Veggie Blast ingredients, cultured vegetables, natto, and broth.)

YOU BEGIN WEEK 1 ONLY WHEN:

- Your kitchen is cleared and restocked
- Your calendar is as spacious as you can make it
- You have your core formulas and foods ready

(If these pieces are not in place, delay your start date until you can honor the full arc.)

This is not yet “healing week” it is building the runway.

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

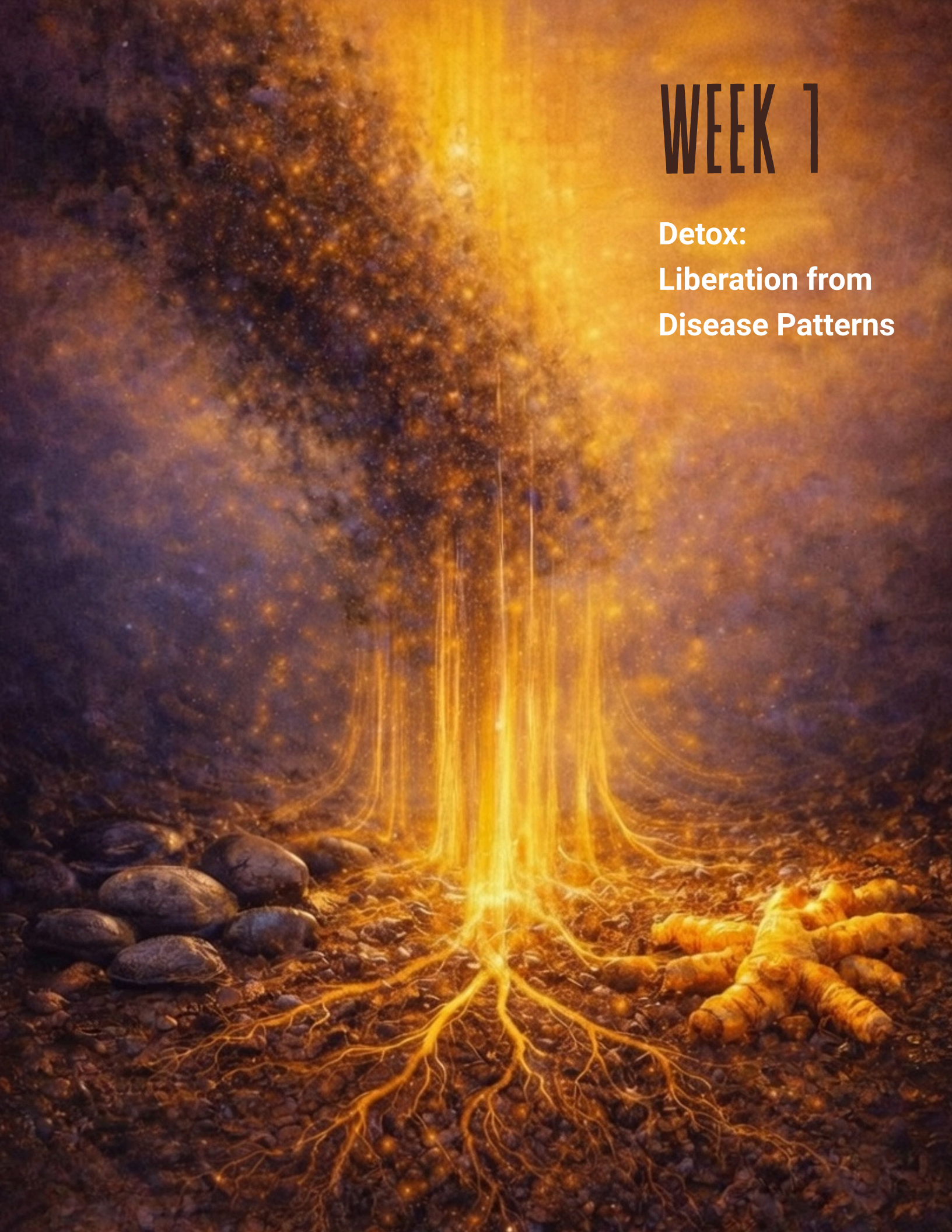
Sunlight is cosmic plasma energy, and movement is prayer—not punishment. When you move in natural light, barefoot when possible, your lungs, skin, and crown drink photons while lymph, cerebrospinal fluid, and neurofascia flush out stagnation and receive healing Light. This simple daily rhythm multiplies the impact of every supplement, fast, and protocol: sunlight structures your water, movement opens detox pathways, and breath unites body and Spirit into coherence. Aim for about an hour of sun exposure each day doing what you love—walking, stretching, cycling—but keep it close to the earth, under open sky, surrounded by as much nature as you can.

What Movement Looks Like

DAILY MOVEMENT	Time of Day	Movement	Duration	Spiritual Focus
	Morning	Walk, bike or run + 4-4-4 breathwork (4 sec in, 4 hold, 4 out) for 3 to 5min	15 min	Breath unites body/spirit
	Midday (if possible)	Rebounding (mini-trampoline) OR brisk walk	15 min	Lymph flow, earth connection
	Evening	Yoga or stretching + grounding (bare feet on earth)	15 min	Temple restoration
	Progression	Add 5-10 lb weights, or longer outdoor cycling sessions	30 min	Sun = cosmic plasma to cells

WEEK 1

**Detox:
Liberation from
Disease Patterns**



WEEK 1-DETOX: LIBERATION FROM DISEASE PATTERNS

“True healing begins not with addition, but subtraction.”

Week 1 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 and returns your cells to their original instructions from Source. Through focused detox, you strip out biotoxins, stagnant waste, and inflammatory triggers so your cells can stop fighting and start repairing. Detox here is not a “cleanse fad.” It is a spiritual-clinical Exodus: you are walking out of slavery to toxic terrain, addictive biochemistry, and confusion in your Temple

TWO PATHS, ONE DETOX RHYTHM

In Week 1 you have two ways to walk this detox:

- **In-Clinic at The Biosanctuary** – a sacred immersion with advanced medical and energy therapies.
- **At Home – a focused 7-day detox** where your home becomes a Temple clinic.

The daily food rhythm is the same in both places. Whether you are in the retreat or your own kitchen, these Week-1 foods are non-negotiable. They are the foundations.

CORE RHYTHM – DAILY

Use this as your strict Week-1 daily map. No grains, dairy, sugar, or processed foods.

Parasite Pate

- Take 1 Tbsp, 2x a day, **for 2 weeks** at least 10 min before food.
- For the first 3 days, take 1 ounce castor oil before the morning dose of pate

Morning – Hydration & Terrain

- *BioActive Silica Water* – 2 oz, 2× daily
- 1 tsp *pH Powder* in Sophia water or *Sole*
- 5 oz *BioLight Defense Drink*
- 1 Tbsp *Antioxidant Powder* in 4–6 oz water with food

Meal 1 – Microbiome Rebuild

- 3 oz colostrum (see trusted farms)
- ½ tsp Bifido powder
- 3 oz *Veggie Blast*
- 3 Tbsp. *cultured vegetables*
- 1 Tbsp natto
- 12 oz. Cashew or Jaguar mylk smoothie

Meal 2 – Terrain Support

(about 5 hours after Meal 1)

- 3 oz colostrum
- 2 Tbsp. *cultured vegetables*
- 10 oz *Veggie Blast*
- 1 Tbsp natto
- 16 oz bone or vegetable broth

WEEK 1 INTENTION

- **Clear toxic burden and open all elimination pathways**
- **Begin orthomolecular repair (minerals & vitamins)**
- **Prepare the body for Week 2 fasting and Week 3 Resurrection (rebuilding)**

NIACIN STARTER

- Start ~250 mg niacin, 2× daily
- Every 2–3 days, increase each dose by ~100 mg, building toward 2–3 g total per day as tolerated
- Expect flushing; this is circulation and histamine release, not an allergy in most people

DETOX AT THE BIOSANCTUARY

This is not a vacation—it is a sacred immersion. For seven days, your blood, lymph, cells, and energy field are bathed in advanced therapies that strip out biotoxins, stagnant waste, and energetic noise so your Temple can remember how to heal. Every treatment, every plate of food, and every moment of rest is designed to break the chains of disease patterns and restore your terrain to Source instructions.

CORE TREATMENTS AT THE BIOSANCTUARY:

- 10-Pass Ozone Blood Detox with Rife toroid field
- 2.2 L purification: oxygenation, pathogen kill, terrain reset
- BioLightLink Ozone, Infrared, & Carbonic Sauna
- Deep detox, lymph drainage, pathogen destruction, oxygenation
- IV Laser Therapy
- Laser Light directly into bloodstream to irradiate, heal, and raise voltage
- IVs Laser Therapy
- Laser Light directly into bloodstream to irradiate, heal, and raise voltage
- Detoxifying Colonic Enemas
- Clear out 5 feet of stuck, old waste while killing pathogens
- NAD Brain-Restoring IVs
- Mitochondrial repair, cognition restoration, neuro-regeneration
- BioWell Energy Scans
- Real-time biofield scans to track your progress
- Rife Frequency PEMF Toroid Treatments



- Infrared Saunas
- Two-phase Orgon coils to reset the body's toroidal field to Source, focusing on dis-eased areas
- Mobilize and sweat out deep toxins
- Myers' Cocktail IVs
- High-dose vitamins, minerals, vitamin C
- High-Dose Glutathione IVs
- General and liver-specific detox support
- Bioharmonics VIBE Beds
- Balance sympathetic/parasympathetic systems and calm the vagus nerve
- Targeted Nutrition
- Organic nut-milk smoothies, blood-toning elixirs, VeggieBlast blended salads, cultured veggies, broths, nutrient-dense elixirs
- Lectures & Teaching
- Food ethics, environmental truth, ancient protocols

OPTIONAL ADD-ONS

(when indicated and available)

- Live blood cell analysis
- Ultraviolet & IR IV fiber-optic laser treatment
- EDTA chelation and phosphatidylcholine IVs

If You Do Week 1 at Home

Detox: Liberation from Disease Patterns in Your Own Sanctuary

If you cannot be at The Biosanctuary, you still walk the same liberation path at home. The tools look different, but the assignment is identical: open every elimination pathway, remove everything that feeds disease, and flood your terrain with structured water, minerals, and living foods. Your home becomes a Temple clinic—sun, sweating, breath, enemas, Veggie Blast, cultured vegetables, natto, broths, and niacin all working together to liberate your body from what never belonged.

CLINIC → HOME DETOX TOOLS

Use this table to translate clinic treatments into at-home practices:

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	<i>This Biosanctuary Medical Manifesto</i>

CLINIC REPLACEMENTS

WEEK 1 FEEDBACK:

- Success signs (by Day 7)
- Fatigue beginning to lift
 - Tongue coating starting to clear
 - Deeper, more restorative sleep
 - Looser clothes or less puffiness
 - More regular elimination

Pause / modify immediately if

- Severe dizziness or light-headedness
- Extreme weakness or chest pain
- Any symptom your intuition flags as “not right”

Listen to your body—honor the Temple.

WEEK 2

Purification:
Water Fast



WEEK 2: PURIFICATION - WATER FAST

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

Week 1 loosened and mobilized waste; Week 2 is where purification runs deep. A pure water fast lets the gut rest so autophagy can turn on, immune cells are recycled, and stem-cell-driven repair begins from the inside out.

This is where you remove all incoming food noise so your system can listen inward and focus entirely on healing. This is a spiritual and biological reset.

Sacred Purification now calls your Temple through fierce waters that wash away what the purge began to loosen. This is where the craniosacral fluid lights up, the blood is deeply purified, and a cleaner line of communication opens between you and Spirit.

WEEK 2 INTENTION

- Stop digestion so the body can self-clean
- Let water, Light, and rest do the heavy lifting
- Train the mind and tame the Beast—hunger is no longer in charge

(Repeat this week: “Each hour of fasting is an hour my body remembers how to heal itself.”)

FASTING DURATION

- Goal: 5–7 day water fast, if you meet criteria and are medically cleared for fasting
- Shorter fasts help, but often end just as deeper repair begins and you will not receive the full metabolic and cellular benefits.

WATER DURING THE FAST

- Sophia Water as your base
- High Frequency Ancient Mystery Water (AVA) if available for deeper regenerative support
- Drink about 1 gallon per day
- Optional: BioActive Silica water to support fascia and detox pathways

No food. No juices. No sweetened drinks.

WHAT TO EXPECT

Days 1–2: Adjustment

- Your body uses up stored glucose and begins leaning on fat for fuel.
- Expect hunger, mild headaches, irritability, and emotional surfacing.

Day 3: Alarm phase

- Blood sugar drops; you may feel lightheaded, shaky, or like you might pass out.
- This is an intense turning point, not a sign that something is “wrong.”
- Take 1–2 small jaggery cubes to ease the drop, rest, and continue if symptoms settle quickly.
- This is the moment to stand up to the Beast and let Spirit—through your best intentions for yourself—take charge.

Day 4 and beyond: Ketosis stabilizes

- Your body switches more fully into ketosis and begins burning fat for fuel.
- Many people feel clearer and more stable, feeding off stored fat and ketones rather than willpower.
- Extending your fast beyond 3 days is what allows deeper metabolic repair, detoxification, and cellular renewal to unfold.

DAILY RHYTHM (EXAMPLE)

This simple rhythm works even if you are working full-time. If you have more flexibility, you can add extra sunlight, movement, or reflection throughout the day.

Morning (6–10 AM)

- 16 oz Sophia/AVA Water or Sole
- Barefoot grounding and sun (feast on the sun)
- Quiet intention: name one thing your fast is clearing or making space for.

Midday (12–2 PM)

- 16 oz Sophia/AVA water
- Gentle movement: short walk, easy stretching

Afternoon (3–5 PM)

- 16 oz Sophia Water
- Rest, journaling, emotional release if it arises

Evening (6–8 PM)

- One “sweat” practice: warm Epsom-salt bath or portable sauna
- Dim lights, no screens; in bed by ~9 PM when possible

Optional supports: pine needle tea; Hyland’s Cell Salts 2–3× daily to maintain electrolyte balance (“drink the stardust”)

EMOTIONAL SHEDDING

Fasting often brings stored emotions to the surface—tears, anger, or deep waves of sadness are all part of purification.

Make space for release and ask yourself:

- “What is leaving?”
- “What feels lighter today?”

Allow feelings to move through you without judgment.

This week is about deep rest and reset, not performance. Move slowly, rest often, and let silence do its work.

WHAT’S NORMAL VS. WHEN TO SLOW DOWN

Common and normal

- Hunger days 1–2
- Mild headache
- Coated tongue
- Vivid dreams
- Emotional waves or difficulty concentrating that shifts into “diamond-edge” clarity

Remember: hunger pains are often caused by the body actively killing harmful bacteria and pathogens, which can also cause gas. The more your system needs to clear, the stronger hunger may feel at first; it usually subsides as microbes are cleared.

PAUSE OR MODIFY IMMEDIATELY IF

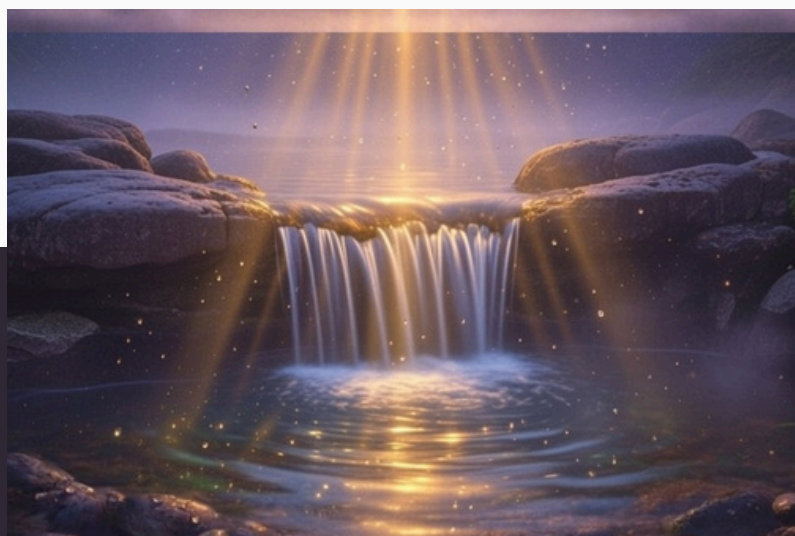
- Severe, persisting dizziness
- Severe headache
- Extreme weakness
- Any symptom your intuition flags as “not right”

If this happens, **gently break the fast** with broth and seek appropriate care.

BY THE END OF THE WEEK

Most people notice:

- Hunger has largely disappeared; you are no longer ruled by the Beast
- More nights of deeper, more restful sleep
- Dreams that feel clearer, more meaningful, or spiritually connected
- A quieter mind, even if the body feels tired from the work





SUNLIGHT: FEASTING ON LIVING LIGHT

Fasting makes your body exquisitely sensitive to Light. With digestion quiet, your cells remember how to “eat the sun” again—drinking photons through skin, eyes, lungs, and the crown as primal nourishment for your nervous system and mitochondria.

WHY SUN MATTERS

- Sun is cosmic plasma that delivers information and energy directly to your blood, brain, and biofield.
- Light exposure during a fast helps stabilize mood, ease hunger, and support deeper sleep.
- Sunlight structures the water in your cells so detox and repair can unfold more efficiently.

“EATING THE SUN” RITUAL

- Place 1–3 drops of a photosensitizing essential oil (lemon, lime, clove, or turmeric) into a glass of water.
- Drink slowly, then stand or walk in the sun for about 10 minutes, breathing deeply.
- Notice how hunger or anxiety often softens as your system receives Light as food.

Use these moments as moving prayer: feel the warmth on your skin, thank your body for its work, and remember that you are being fed even while you fast.

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

WEEK 3

**Renewal: Rebuilding
the Body Temple**



WEEK 3: RENEWAL- REBUILDING THE BODY TEMPLE

CORE PROTOCOL – 7 DAYS OF RESURRECTION FOODS

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

- 8–12 oz Veggie Blast
- 3 Tbsp cultured vegetables
- 3 Tbsp 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.

WHY THIS MATTERS

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 throughout the week.



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

The Water Fast Purification has cleared the terrain. Resurrection now calls forth new life from these purified depths—your Temple rising, refined and radiant.

Week 3 is 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 is time to train the mind and tame the Beast.

WEEK 3 INTENTION

- Break the fast without breaking the Temple
- Rebuild gut lining and microbiome with living foods
- Stabilize energy and digestion before Weeks 4–6 begin

(Repeat this week: “I re-enter with precision. Every bite is rebuilding my Temple.”)

WEEK 3 DAILY RHYTHM

Morning (6–10 AM)

- Sole drink or pH water
- 8–12 oz Veggie Blast
- 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 or Epsom-salt bath
- Walking or biking in the sun

Afternoon / Evening (2–5 PM)

- 8–12 oz VeggieBlast
- 4 oz cultured vegetables
- 3 oz natto
- 1 Tbsp buckwheat “seed” rice
- Pine and peppermint tea
- PEMF mat or sound-healing exercise if available

No snacks. Two Resurrection meals only.

SUCCESS SIGNS

- Energy stabilizes and feels lighter; some days you feel like you could go forever
- Digestion becomes more regular and comfortable
- Cravings for heavy or processed foods disappear
- Emotional clarity and calm increase

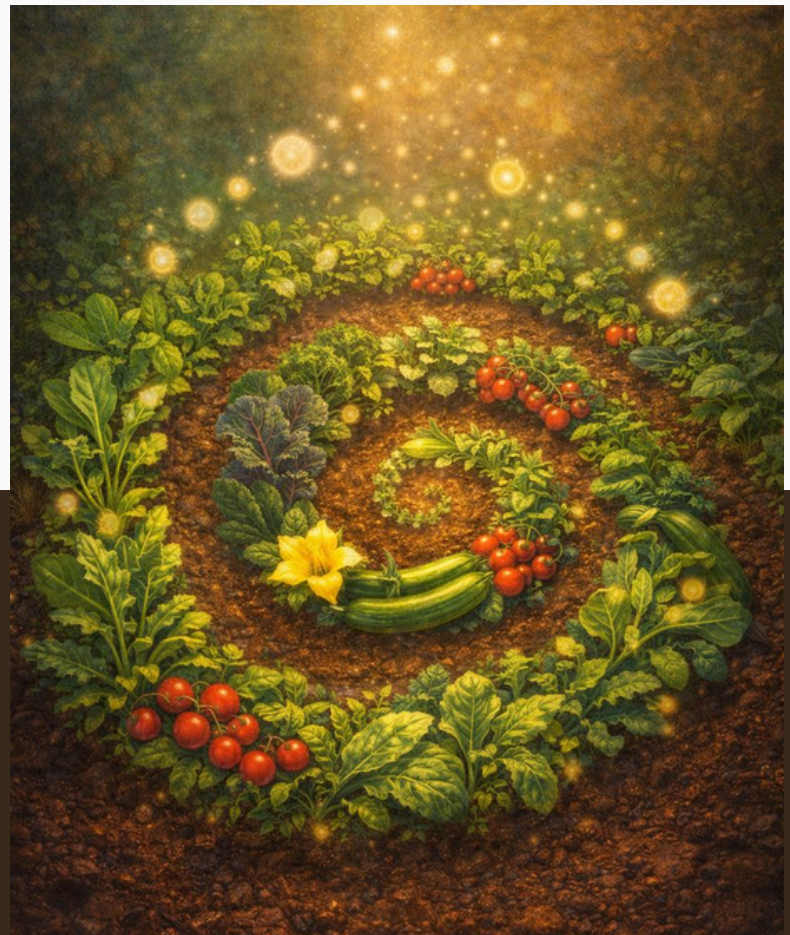
WHEN TO ADJUST

- If you experience bloating, gas, or discomfort, reduce Veggie Blast volume and increase water intake.
- If you feel weak or lightheaded, add a small amount of bone broth or clear vegetable broth.
- If you are tired, add 2–3 oz of the bone marrow/avocado whip; it contains mineral-rich fats and stem-cell-supportive nutrients that further heal the gut.

BY THE END OF THIS RESURRECTION WEEK:

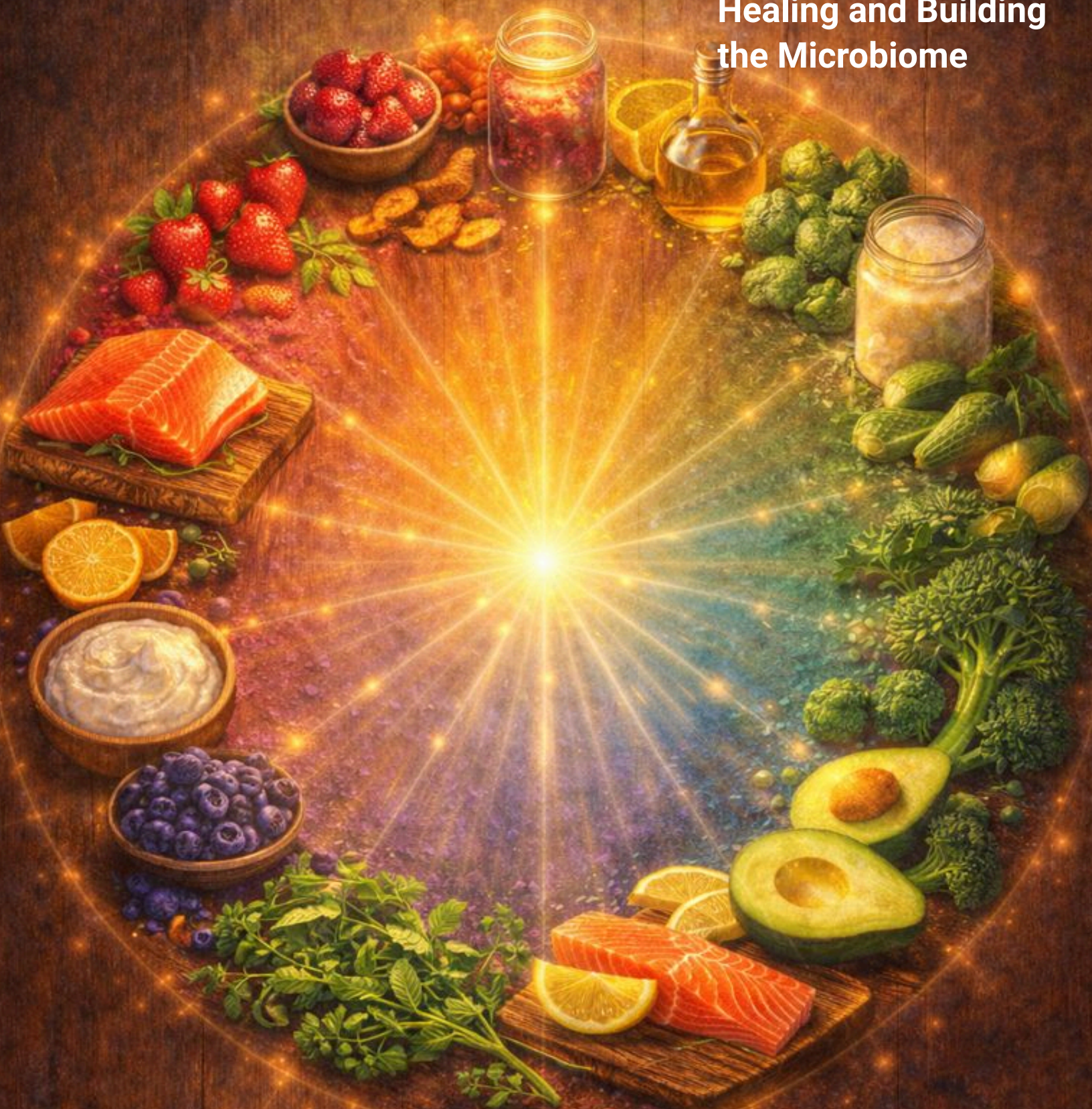
- You feel more stable and grounded after the fast
- Digestion has improved and discomfort is gone
- You are ready to begin Weeks 4–6 microbiome nourishment

Honor your commitment by seeing how far you've healed in just three weeks.



WEEK 4-6

Healing and Building
the Microbiome



WEEK 4-6: HEALING AND BUILDING THE MICROBIOME

**"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**

Weeks 4–6 are a mandatory healing season for your microbiome, not a flexible suggestion. You move from detox and re-entry into **three weeks of the same strict rhythm** so the body can stabilize, repair, and build strength through repetition and precision. (There are no "cheat days" here. This is deep, intentional work.)

WEEKS 4–6 INTENTION

- Rebuild and diversify your microbiome
- Stabilize digestion, energy, and mood
- Train your nervous system and appetite to live in this new rhythm

Repeat for these three weeks:
"Every plate is planting my inner garden.
Nothing on my plate is accidental."

NON-NEGOTIABLE FOOD BOUNDARIES

For all 21 days:

- Only foods approved for this program (see food lists in Resources)
- All foods organic
- Above-ground vegetables at every meal – they are the architecture, not decoration
- Daily cultured foods and Veggie Blast – required, not optional
- Quality proteins and healthy fats with both meals
- Absolutely NO grains of any kind
- Absolutely NO sugar or sweeteners, except specific medicinal uses named in the book
- Absolutely NO dairy, except for colostrum
- Absolutely NO processed foods, factory oils, fast food, or "cheat meals"

Every time you step outside these boundaries, you feed the very patterns you came here to end.

FOUNDATIONAL PROTOCOL (EVERY DAY)

Continue the full foundational protocol daily:

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

These are the minimum inputs required to rebuild your inner garden; they are not extras.



DIVERSITY IS PART OF THE PRESCRIPTION

Microbial diversity is a treatment requirement in this program. Your inner garden cannot rebuild on the same three vegetables and one ferment every day.

During Weeks 4–6 you must:

- Rotate vegetables daily, so you have eaten as many different above-ground plants as you can reasonably access.
- Use different colors, textures, and plant families: leafy greens, crucifers, herbs, alliums, squashes, cucumbers, celery, peppers, etc.
- Rotate ferments: do not rely on a single cultured food; include cultured vegetables, natto, and at least one other ferment when possible

Lack of diversity keeps pathogenic patterns in control; diversity is how you take the territory back.

DAILY RHYTHM (Example)

Morning

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

Meal 1

- 4–6 oz quality protein
- 2+ cups above-ground vegetables
- At least eight different colors on the plate
- Healthy fats (olive oil, coconut, avocado, clean animal fats)
- Ferments with the meal (cultured vegetables, natto, Tepache, etc.)

Afternoon

- Walk, stretch, or grounding
- Mindful rest; no snacking

Meal 2

- Same structure as Meal 1
- Rotate vegetables and proteins; diversity is required, not decorative
- Include Foundational Protocol elements
- Bone broth in the evening if desired

Evening

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

Two meals only, at least 5 hours apart, every day. No snacks. No exceptions.

ADVANCED PROTOCOLS



GOD'S HEALING FREQUENCIES: ALIGNMENT TOOLS, NOT MEDICINE



We can not rightly call God's healing frequencies "medicine." People need them and call them medicine for the same reason we now call music, dance, art, and honest conversation "therapy": we no longer do them together in community, so we pay someone to hold that space with us. These elements that heal us are better named 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. Many of your ailments have already softened or disappeared, and if some are still subsiding, they will often fully resolve within the next couple of weeks of the program, especially after the fast. However, if you are actively healing a diagnosed disease, metabolic disorder, or toxic-tech condition such as Long-Haul COVID, VAIDS, blood disorders, or spike protein colonization (which can occur even in those who were not vaccinated), it is time to move to the front lines and get your shields up and swords drawn.

Beginning in Week 4, you will choose which Advanced Protocol suits you. Use the table on the next page—which covers many of the conditions people are facing today—or return to *The Biosanctuary Medical Manifesto* to dive deeper. Remember the "10 Root Causes of Disease" section in the Manifesto: oxidative stress is number one, and this 6-Week Temple Body program has already begun eliminating oxidative stress so you are "un-diagnosing" yourself from many modern conditions. Some patterns, such as cancer, still benefit from deeper parasite and spike-protein removal, because both are known contributors to oxidative stress and disease, often beginning with autoimmune patterns. For anyone with a known condition, it is wise to add a mold, parasite, and toxic-tech protocol to your BioStarLink Program."

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

Week 4: Time to Source Advanced Protocols

Protocol	Focus
Parasite Pâté	Parasite cleanse, gut health, detox, and drainage
Nicotine Treatment	Neurodegenerative disease, spike protein removal
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
Biological Dentistry	Oral toxin removal & microbiome balance
Fecal Matter Transplants	Gut microbiome restoration
Cholestyramine	Mold Detox
CBD	Sleep & stress reduction
Urine Therapy	Advanced regeneration, mRNA, parastic and toxic-tech pathogens
Hydrogen Therapy	Inflammation, energy, sleep, for all diseases
Ceremonial Sacred Plant & Toad Medicine	Various physical/psychospiritual results- see section
NeuroStarLink Brain Protocol	Neuroregeneration, mindful ascension, pineal decalcification & activation

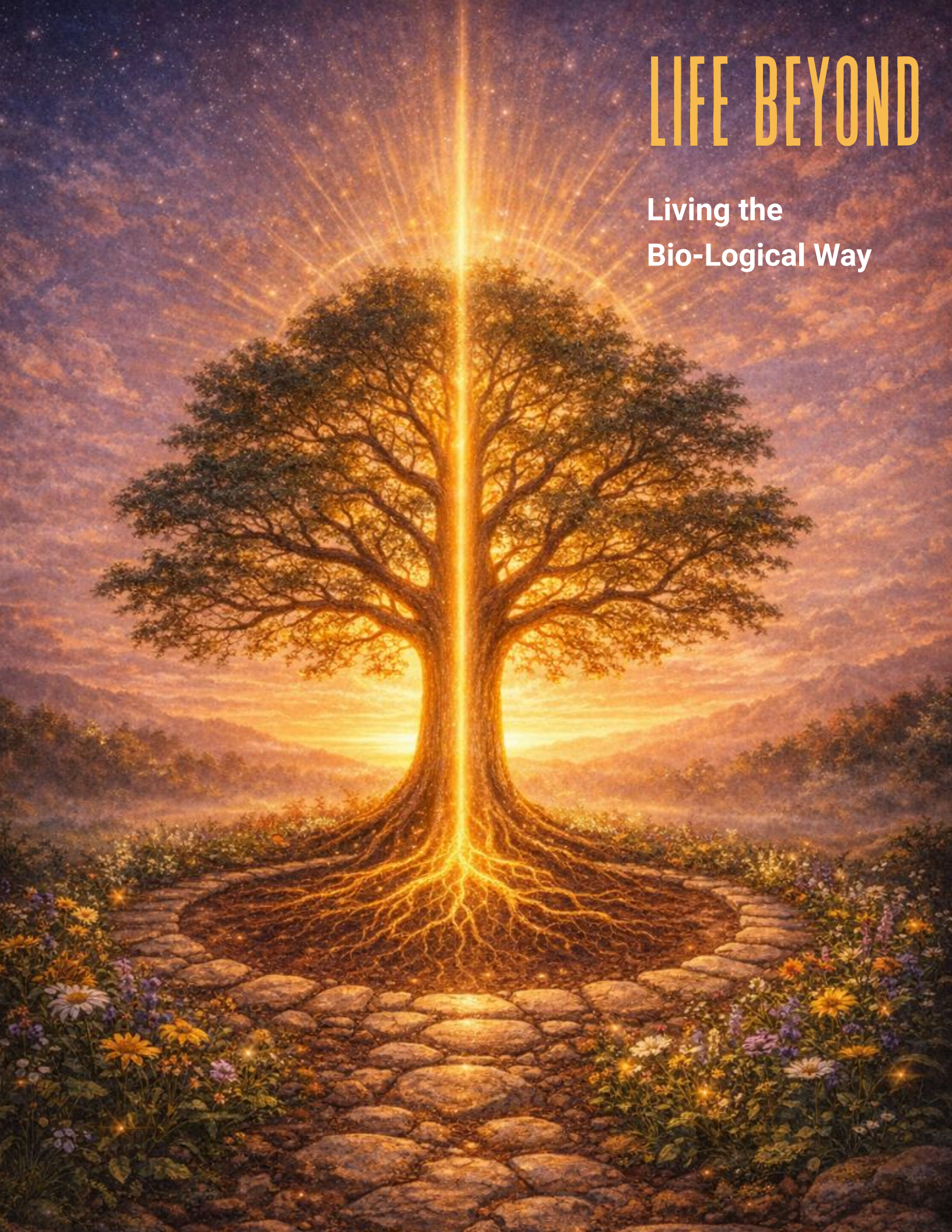
ADVANCED PROTOCOLS

Begin the protocols you choose from the list above or from the Manifesto.

All protocols are detailed in *The Biosanctuary Medical Manifesto*, Chapters 12–25

LIFE BEYOND

Living the
Bio-Logical Way



LIFE BEYOND THE RETREAT: YOUR ETERNAL TEMPLE BODY

You have walked the sacred six-week path from Detox to Resurrection to microbiome rebuilding. What began as discipline has become devotion. Your microbiome now hums with more diversity, your energy flows more steadily, your intuition speaks more clearly.

This is no longer just a protocol—this is your sacred rhythm. This is not the end of healing; it is the beginning of lifelong guardianship of your Temple Body.

FOREVER FOUNDATIONS

These core practices continue for life:

- 2 meals per day, at least 5 hours apart
- Nightly 14–18 hour fasts
- Blended salads and ferments every day
- Sophia Water and foundational protocol as your base
- Daily movement and sun exposure
- Simple spiritual practice—gratitude, prayer, meditation, or what is true for you

Processed sugar, factory foods, and “cheat” eating are no longer options; they are a deliberate choice to re-enter disease terrain.

READINESS TO EXPAND (WEEK 7+)

You only move beyond the 6-week structure when these are true:

- 1–2 well-formed bowel movements daily
- Stable energy all day, without regular crashes
- No bloating or cramping after program-approved meals
- Cravings for sugar and grains are absent
- Clearer thinking and more stable mood
- Two meals per day feels natural, not like punishment

If these signs arise—bloating, gas, crashes, old symptoms—do not push forward.

Return to the 6-week rhythm until stability is restored.



"This is no longer something you follow. This is how you live.

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.

For **full long-term guidance** and food reintroduction maps for beyond six weeks, see:

Chapter 11 – Long-Term Microbiome Rhythm and Temple Body Maintenance in *The Biosanctuary Medical Manifesto*.

RESOURCES





GENITA M. MASON

Medical Director

mason@thebiosanctuary.com

Meet Genita M. Mason, LMP, H.H.P., N.C.—founder of the award-winning, high-impact Biological Medicine model and visionary behind the 6-Week Temple Body program. With over two decades of clinical experience, she is an internationally recognized pioneer in healthcare and a recipient of a Human Rights Award for her non-toxic, non-addictive, and non-invasive medical approach. To experience her work firsthand and receive personalized care, attend one of her retreats or inquire at thebiosanctuary.com.

JUSTINE M. DRAKE

Personal Chef

[@Justines_Table](https://www.instagram.com/Justines_Table)

Meet Justine, author of *Food for Humans* and *A Gut Feeling: Microbiome Health* — the cookbook companions for Weeks 4–6 of the Temple Body program, featuring delicious recipes and thoughtfully designed meal schedules. A personal chef specializing in organic food preparation and delivery, Justine brings professional expertise and a lifelong love of flavor to every meal she creates. Click on the links to browse her books for meal inspiration, or order prepared meals directly from her to be shipped to you each week.



LYNZI POWELL

Program Coach

www.LynziRoots.com

Meet Lynzi, Program Wellness Coach and your guide through the 6 Week Temple Body program. With a heart-centered, grounded approach, she supports you in translating the program's protocols into steady, embodied everyday living. Reach out to Lynzi directly for coaching support, questions about the program, and product ordering assistance.

FORMULAS

Brine

- Put a few large Himalayan Salt Crystal rocks in a 16oz glass jar
- Let sit overnight.
- Shake before using

Sophia Water

Formula (2.5 gallons RO/distilled water in GeoSports Non-Toxic Dispenser):

- 5 TBL Himalayan salt brine
- 4 droppers Morningstar Fulvic Minerals
- 2 drops Lugol's 2% Iodine

Sole

- 1 Tabs Apple Cider Vinegar
- 1 tsp. Brine
- 8 ounces hot water

Ava Water

(2.5 gallons distilled, lasts ~3 days):

- 5 TBL Himalayan Salt Brine
- 3 daily doses Shilajit resin (with measuring spoon)
- 4 droppers Morningstar Fulvic Minerals – Immune Booster
- 3 drops Lugol's 5% Iodine
- 10 drops Bergamot Organic Essential Oil
- 12 Hylands #12 Cell Salts tablets
- Mix well with stainless-steel spoon.

Bioactive Silica Water

- 2 oz (entire bottle) per 1 gallon distilled water
- Drink 2-3 oz, 2x daily

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

Antioxidant Powder

- Video presentation: [click here](#)
- Bulk amount to make for 30 to 45 days.

Mix the following in a container:

- 10 TBLS. Sodium Ascorbate
- 10 TBLS. Glycine
- 10 TBLS. NAC
- 10 TBLS. Glutamine
- 1 TBLS. Niacin
- 1 TBLS. R-ALA (Optional)

Mix 1 Tabs. of the mixture with a glass of Sophia water

**When diet is wrong medicine is of no use.
When diet is correct medicine is of no need
– Ayurvedic proverb**

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

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

Cultured Vegetables

Video Presentation: [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 culture packet (mix first per label instructions), then cover with Sophia water

BioLight Defense Drink

·Video Presentation: [click here](#)

- 2oz of Kombucha or 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)
- Put 1 tsp of Shilajit in 32 oz of Sophia water, mix, and keep in the fridge for a month supply.

Organic Tepache

Video Presentation: [click here](#)

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

Veggie Blast (Example)

- Blend 12 or more vegetables with one green or red apple to make about a 1/2 gallon of the produce smoothie (full blender size)

For Example:

- Arugula – 2 cups lightly packed
- Green or Purple Cabbage – 1/2 medium head green cabbage, chopped
- Spinach – about 4 cups lightly packed or 1 small bag
- Swiss chard or collard greens – 1 small bunch, stems trimmed, leaves chopped (about 2 cups)
- Fresh tomato (heirloom or other) – 2 medium tomatoes, chopped
- Bell peppers (sweet) – 1 medium, chopped
- Cucumber – 1 medium, chopped
- Green or yellow Zucchini or squash – 1 medium, chopped
- Eggplant – 1 small, chopped
- Onion – 1/2 small onion, chopped
- Garlic – 2 small cloves
- 1 red or green apple

Flavor + liquid:

- Vegetable umami seasoning – start with 1 tablespoons, adjust to taste
- Lemon juice – juice of 1–2 lemons
- Sea salt – 1/2–1 teaspoon (to taste)
- Black pepper – ½ teaspoon (optional)
- Water – about 3–4 cups total, added gradually as you blend
- Olive oil
- Organic salad dressing

Natto

Core Ingredients (standard batch)

- 4 cups organic, non-GMO soybeans
- Sophia Water for soaking
- Natto starter culture containing *Bacillus subtilis* natto spores

Basic Preparation (overview)

- Soak soybeans overnight in plenty of Sophia Water (water level well above beans).
- Drain and cook beans (often via pressure cooker) until very soft and easily mashed between fingers.
- Cool beans to warm (not hot) temperature suitable for starter viability.
- Prepare starter in warm cooking water per culture instructions.
- Mix beans and starter thoroughly and transfer to a natto maker, yogurt maker, or warm incubator that can maintain ~104°F / 40°C.
- Ferment for ~24–30 hours until beans form characteristic strings when stirred and have natto aroma.
- Cool fully and refrigerate in covered containers.

Do not heat above ~60°C / 140°F before serving to preserve enzyme activity

PRODUCTS & GROCERY LIST

Salts, Minerals, and Electrolytes

Click on the products to purchase:

- [Himalayan salt stones](#)
- [Morningstar / Inner Vitality Fulvic Minerals](#)
- [Lugol's 2% Iodine](#)
- Bulk Antioxidant Powder (30–45 days):
 - [Sodium Ascorbate](#)
 - [Glycine – 1 kilo](#)
 - [NAC – 1 kilo](#)
 - [L-Glutamine – 1 kilo](#)
 - [Niacin – 500 g](#)
 - [R-ALA – 100 g](#)
- Bulk pH Powder (30–45 days):
 - [Potassium Bicarbonate](#)
 - [Sodium Bicarbonate](#)
 - [Magnesium Carbonate](#)
 - [Potassium Glycinate](#)
- Hyland's Cell Salt #12 (Silicea) or equivalent
- [BAS Bioactive Silica](#)
- [Selenium](#)
- [Zinc](#)
- [Shilajit](#)

BioLight Defense Drink – Key Items

- Organic Tepache
- Fresh organic turmeric (for juicing)
- Fresh organic ginger (for juicing)
- [Cloroxigen](#)
- [Nitric Oxide](#)
- [Selenium](#)
- [Zinc](#)
- [Methyl B12](#)
- [Shilajit](#)

Acids, Juices, and Flavorings

- Apple cider vinegar
- Volcano lemon juice or organic lemon juice
- Organic vanilla extract
- Vegetable umami seasoning
- Organic salad dressing
- Sea salt
- Black pepper

Oils and Fats

- [Bergamot Essential Oil](#)
- [Neem Seed Oil](#)
- Coconut Manna
- Organic coconut cream
- Coconut oil
- Olive oil
- [Lekithos Organic Sunflower Oil](#)

Nuts, Seeds, and Legumes

- Organic raw cashews
- Pumpkin seeds

Fresh and Frozen Produce

Smoothies and Waters

- Frozen pineapple
- Frozen bananas
- Papaya (not fully ripe, with seeds)
- Garlic
- Cloves

BioLight / Juicing

- Fresh organic turmeric root
- Fresh organic ginger root

Veggie Blast Blend

- Arugula
- Green or purple cabbage
- Spinach
- Swiss chard or collard greens
- Fresh tomatoes
- Bell peppers
- Cucumbers
- Zucchini or yellow squash
- Eggplant
- Onions
- Red or green apples

Cultured Vegetables

- Red apples
- Green apples
- Red cabbage
- Green cabbage
- Organic sunchokes
- Organic olives

Fermented and Cultured Foods

- Organic kombucha
- Organic Tepache (or ingredients to make it)
- Bacteria Culture Starter Packet

Natto and Specialty Ferments

- Natto Starter
- Soybeans

Equipment and Containers

- Geo Sports Porcelain Ceramic Crock Water Dispenser
- JILLMO 1 Liter Fermentation Jar, Pack of 2
- Ball 32 oz Wide Mouth Jars with Lids & Bands, 12-pack
- Natto Fermenter
- Blender
- Mini-Classic CT Water Distiller

Sauna

- Zonemal Infrared Sauna
- Diatomaceous Clay

APPROVED FOODS: WEEKS 4–6

Non-Starchy Vegetables

- Arugula
- Avocado
- Bell peppers (all colors)
- Butternut squash
- Cabbage (green, red, and savory, ½ cup serving for savory)
- Chives
- Collard greens
- Cucumber
- Eggplant
- Endive
- Garlic
- Ginger
- Green beans
- Kale
- Kabocha squash
- Lettuce (all varieties)
- Olives
- Onion
- Peppers, bell or other sweet varieties
- Radicchio leaves
- Rutabaga
- Scallion (green part only)
- Spaghetti squash
- Spinach leaves
- Swiss chard
- Fresh tomato (heirloom or other)
- Yellow and sunburst squash
- Zucchini / courgette (about ¾ cup serving)

Nuts and Seeds

Consume these 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

Fermented Foods

- Coconut yogurt
- Coconut kefir
- Organic kimchi
- Organic sauerkraut

Important:

- No soy, organic or not, during this phase.

Vinegars

All vinegars without added ingredients are allowed, except balsamic vinegar.

- Apple cider vinegar
- Distilled white vinegar
- Other plain vinegars without sweeteners, colorings, or additives

Citric acid is also permitted as an acidifying agent.

Fruit

Eat fruit in the morning only, for breakfast. Limit fruit to:

- What you add into your morning smoothie, or
- A small portion served with coconut yogurt and a small portion of nuts.

Approved fruits (within these guideline amounts):

- Blueberries (up to ~80 berries)
- Boysenberries
- Strawberries
- Raspberries (about 10 berries)
- Cranberries
- Clementines
- Lemons and limes
- Mandarins
- Oranges
- Tangelos / tangerines
- Grapes
- Kiwifruit
- Cantaloupe or honeydew (about ½ cup)
- Papaya
- Pineapple
- Pomegranate (about ¼ cup seeds)
- Rhubarb

Organic Meats and Eggs

- Fowl (e.g., chicken, turkey)
- Poultry (other)
- Beef
- Lamb
- Pork
- Ham
- Bacon
- Eggs (pasture-raised/organic recommended)

Low-Mercury Fish

Wild-caught only, from 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 (North 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

ADD AFTER WEEK 6

Resistant Starch Foods

- Potatoes – roasted, cooled before eating
- Cassava (prepare properly)
- Lesser yam
- Sweet potatoes
- Yams
- Parboiled white rice (only this form of white rice)

Legumes and Pulses

- Lentils
- Red beans (cooked)
- Red lentils
- White beans (boiled)
- Split peas
- Mung beans

Roots, Tubers, and Prebiotic Vegetables

- Lotus seed
- Burdock root
- Raw chicory root
- Raw Jerusalem artichoke
- Raw dandelion greens
- Raw garlic
- Raw leek
- Raw onion
- Cooked onion
- Raw asparagus
- Raw banana (for resistant starch)

Additional Vegetables

- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Carrots
- Cauliflower
- Celery root / celeriac
- Fennel bulb (about ½ cup)
- Nettle
- Okra
- Snow peas
- Tomatoes
- Turnips

Mushrooms

- Mushrooms (well-cooked only; never eat raw)

Sea Vegetables

- Seaweed (grown indoors, clean source only)

Seeds

- Chia seeds
- Sesame seeds
- Hemp seeds

Sweetener

- Stevia
- Manuka honey

Vinegars (Expanded)

- Balsamic vinegar

Fruits

These fruits are rich in inulin and fructo-oligosaccharides (FOS) and are added after Week 6.

- Bananas
- Apples
- Apricots
- Avocados
- Blackberries
- Cherries
- Grapefruit
- Dried fruits: currants, dates, figs, raisins, prunes
- Mango
- Nectarines
- Peaches
- Pears
- Plantains
- Plums
- Watermelon