



Rule of Life—Ours to Yours

1. Attend All *Embodied* Sessions

2. Engage in the Devotional (Daily)

3. Eat Whole/Real Food

- **Fruits, especially berries** (avoid dried fruit)
- **Vegetables** (make this 75% of your plate)
 - Yes to sweet potatoes
- **Healthy Meat**
 - Grass fed and finished beef is best
 - Small, wild caught fish is best
 - Chicken without growth hormones or antibiotics
 - Pork that is lean and high quality
 - Cage free eggs are best
- **Use extra virgin olive oil**, avocado oil, coconut oil, butter, ghee, tallow
- **Seeds & Nuts** (include flax and chia seeds in your diet where you can)
- Spices
- **Whole grains** (avoid all to detox for first 10 days, then whole grains such as quinoa and brown/wild rice are acceptable)
- **Fermented foods** like kimchi and sauerkraut
- **Dairy** — Stick to small amounts of goat and hard cheeses and Greek yogurt
- **Monk fruit and stevia** are acceptable sweeteners

4. Avoid Processed Foods & Sugars

- **Avoid additives, artificial flavors, and sweeteners** (especially high fructose corn syrup)
- **No seed oils** (acceptable oils above)
- **No white or red potatoes**
- **No processed meats** (deli meat, bacon, sausages, artificial meat)
- **Avoid most dairy** (exceptions above) **and no almond milk** (instead use coconut milk)
- **No processed grains** (especially white flour and white rice)
- **Limit beans** (avoid completely for first 10 days to detox)

5. Move & Stretch Daily

- **Exercise and stretch** – Do each for at least 10 minutes daily.

6. Hydrate

- **Primarily water** (w/electrolytes as needed) 1/3 of your weight in ounces
- **Coffee & tea acceptable** (be careful to avoid sugar)

7. Sleep

- **Recommended 7-8 hours**

8. Avoid Risky Behaviors

- **No alcohol** or controlled substances
- **Limit your phone/devices usage** (ex. No screens 8pm to 8am)

9. Community Encouragement (Daily)