



NOURISH YOUR BODY

Following a plant-based diet after a session helps to support and extend the session's benefits by nourishing the body with high-vibrational, easy-to-digest foods.

Hydrating with structured water, herbal teas, or fresh green juices further enhances the body's ability to absorb and integrate the energy received from the session.

WHOLE, LIVING-FOODS PROVIDE THE MOST ENERGY AND CELLULAR SUPPORT, ALIGNING WITH THE SESSION'S EFFECTS ON CELLULAR CHARGE, PH BALANCE, AND OXYGEN LEVELS.



High-vibrational foods include fresh organic fruits (such as berries, mangoes, and apples), raw or lightly steamed vegetables (like leafy greens, cucumbers, and sprouts), soaked nuts and seeds, and nutrient-dense superfoods like spirulina and chlorella.