



Less reactive, more flow.♦

FOOD EDITION · FOR THE APP
MY PHILOSOPHIES, MY MORNING, THE LADDER AND THE PLATE

IT IS NOT ABOUT
RESTRICTION.

It is restoration.

FEED THE GOOD BACTERIA WITH PLANTS. SALT, SUN, SLEEP ON A CLOCK, A
WALK AFTER MEALS. LESS KILLING, MORE RESTORING. MIND, BODY AND SOUL.

00 // CONTENTS

KEYWORDS: PHILOSOPHIES
BOWL
LADDER
MORNING
RULES
GOATS

Twenty seven short sections. Everything is numbered, so you can point at a line when you dm me in the app.

01	GROUND ZERO	05
02	FIVE PHILOSOPHIES	11
03	THE MORNING	14
04	THE MOMO KITCHEN	18
05	TWENTY FIVE QUICK RULES	45
06	THE GOATS	47
07	THE IDEA	49
08	THE ORDER	53
09	THE JOURNAL	54
10	THE ROOM	56
11	THE BREATH	57
12	FRESH BEATS PERFECT	58
13	THE LADDER	61
14	LESS ANIMAL, MORE PLANT	64
15	THE MOMO PLATE	67
16	FOOD SWAPS	69
17	EAT ENOUGH	77
18	REBUILD WITH FIBRE	78
19	THE SHELF	82
20	LIGHT, SLEEP AND THE DAY	86
21	MOVEMENT AND LYMPH	88
22	LIVER AND MINERALS	89
23	HERBS AND TEAS	91
24	WHAT WE LEFT OUT	93
25	A DAY THAT WORKS	94
26	WHEN IT IS NOT A DIY PROJECT	95
27	SOURCES	96

education, not medical advice. pregnant, breastfeeding, on daily medication, or managing a condition? show section 26 to your doctor first.

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Read this first.♦

this is for those with a lot of reactivity.

if you are battling mcas, sibo, candida, leaky gut, ebv or autoimmune issues, **your body is reacting to foods and to your environment**. the goal of this guide is to **reduce the attacks of food** [it will be different for everyone] and **restore your gut microbiome with gentle prebiotics, hydrate your colon, remineralize your body and nutrient max**. this will help your reactivity, help you calm the fire, and then watch as your hair, skin, nails and gut health improve.

note: if you are not shitting 2 to 3 times a day: **salt, psyllium husk and sweat**. i swear. salt, psyllium husk and sweat. you will start shedding toxins and feeling lighter. **start slow** and work your way up to 1 tsp of salt in the morning, and 1/2 tsp of psyllium. with pots, mcas or autoimmune issues the salt can go higher, up to 10 g a day: **it is a pressure problem**, and the salt brings your body back into homeostasis. philosophy 1.

food is the medicine. the plate does the work: the prebiotics, the minerals, the fibre, the salt. **a few key supplements fill the gaps, especially for a leaky gut:** saccharomyces boulardii, l-glutamine and magnesium citrate. the shelf is section 19.

note: if a meal does not work for you, **strip the ingredients down** and test which item you reacted to. the **common irritants** are dairy, meat, eggs, nuts and seeds, gluten and the ferments. this guide does not say cut them all out. **if you are constantly inflamed and tired after eating, reduce them, then bring them back one at a time** to find the one that keeps setting you off. section 13.

note: based on your nervous system, your environment, its toxins and the state you are in, **you may react to a food one day and not the next**. this is normal, and part of the healing process. sometimes a switch flips and all the foods you reacted to are clear: you are stepping up your ability to clear, and your immunity. **we are restoring immunity too**. it is called an autoimmune issue for a reason.

then also note: this is an **advanced protocol for people who are desperate to heal**. if you roll your eyes at this, congrats, you can handle toxins and inflammation like a normal person lol.

xx coach momo

01 // GROUND ZERO

KEYWORDS: RESTORE SUN + NATURE
SALT LISTEN
FOOD FIRST PHASE ONE

MoMo[Life] · phase one. the philosophy, written by hand on october 3rd. everything after this page is my version of it, and yours will differ.

it is not about restriction. it is restoration, through our water-filled, highly adaptable human body. less killing, more restoring. you have to use the sun + nature to heal. use the mind, the body + the soul to heal.

GOAL ONE

immunity

with beneficial bacteria, **fed with food first.**

GOAL TWO

rehydrate

with minerals and fascia training.

GOAL THREE

expel

with psyllium, prebiotics and salt.

#	THE PRINCIPLE	IN PRACTICE
1	salt, to remineralize	warm water on waking: a pinch, then 1/2 tsp, then 1 tsp. sweat and tears are salty for a reason. ask first with blood pressure, heart, kidneys or pregnancy.
2	restore with food	top foods: oats, flaxseed, chia seed, beans + lentils, potatoes, apples + kefir. then, one at a time: greens, squash, rice, ghee, rose, pine nuts, black sesame, bok choy, papaya, pineapple, kiwi. local farms, grass fed.
3	feed the good bacteria with food first	prebiotics from the plate before anything from a capsule: poached apple, oats, beans, cooked vegetables. then goat kefir, by the sip, to grow them. section 18.
4	more plants, less animal	reduce animal products. meat once a day , then every other day, by your journal. the protein stays: lentils, beans, a powder you trust. section 14.
5	stop most supplements	two weeks of nutrient dense food before you buy anything. supplements, not prescriptions: never drop a prescription without the person who wrote it.
6	reduce panic. slow down. ground	five minutes of long exhales , morning and night, and during a reaction. fresh air. incense if it is yours, and if smoke flares you the journal will say so.
7	use the sun + nature to heal	daylight in your eyes in the first hour , sunscreen on, cloudy counts. time outside in something green every day. section 20.
8	move the water	hop + swing. sweat daily. walk 10k steps , or after every meal. your muscles are the pump. then salt your water: you just sweated it out.
9	sleep 8 hours, same wake time	last meal around sunset , nothing in the two hours before bed. lamps after dark, not ceiling lights. the alarm matters more than the lie-in. section 20.
10	the body	wash your head to cleanse, at least three times a week. exfoliate. oil. pray.
11	listen to your body	write it down. one change at a time , so a flare points at something. section 09.
12	tight hips + tired?	mat flow for 15 minutes , then a quieter workout: superset opposing muscles, finish when tired. sauna. not the two hour one you cannot recover from.
13	poop 1-3xs a day	psyllium every morning. still stuck, magnesium citrate. kidneys: ask first.

01.01 THE GOAT LINE UNDER EACH

#	WHO	THE LINE, AND WHY IT SITS HERE
1	zero @zerothefaster	"hospital iv's are salt." the morning salt, on my ramp. not the fasts, and not his amounts.
2	matt @endsickness	"healing isn't about surviving on fewer foods. it's about becoming resilient enough to eat more." count the foods you got back, not the ones you cut.
3	brandon j. perez @the.ace.edit	"nothing on your supplement shelf rebuilds that lining. cutting more foods doesn't either. it shrinks your world while the problem sits upstream." so feed the good ones first, with food, before you buy anything in a capsule.
4	matt @endsickness	"you do need protein, but you want to get it from the simplest sources possible." his line is the one that keeps the taper honest.
5	kyle peche · jen newton	"right thing, wrong time, is the wrong thing." and "no herb out-works your fork." the shelf is section 19 on purpose.
6	alice maisetti · val itriago	"your body doesn't need more control. it needs permission." and val, when you are frozen: stand up. look around. name five things. walk to the mailbox.
7	troy casey @certifiedhealthnut	"everyone wants a miracle while walking around in one." morning light, outside, before the phone.
8	mike chang @mikechangofficial	"be okay with being weak. be okay with being tight." seventy percent effort every day beats all out once in a while.
9	matt · mike	warm bulbs over led in the evening and a steady sleep pattern. no food in the three hours before bed. a regular wake time beat sleeping longer across 60,977 people: <u>section 20.</u>
10	eva hooft @eva.hooft	"the belief that everything is dangerous can become more dysregulating than the thing you're trying so hard to avoid." the body hears all of it. wash, oil, pray, and then stop worrying.
11	matt @endsickness	"without the log, you are flying blind." he will not coach without one. neither will i.
12	kyle · matt	walking over hard training when you are depleted. hard training sits on matt's trigger list while you are reactive: i read that as volume, not the habit. the program is still the program. the sauna: ask first with a heart condition or in pregnancy.

01.02 IF YOU HAVE HISTAMINE INTOLERANCE

01.03 THE TEACHERS' MODEL

IN THEIR WORDS

if you have histamine intolerance, you have low stomach acid. protein sits instead of breaking down, the bacteria that make histamine and the rotten-egg gas eat it, and the mast cells fire. so: **reduce the animal protein temporarily**, let the sulfur load drop, and the plant fibres calm the mast cells down.

01.05 WHAT I DO

MINE

i do not test my acid and i do not take acid pills. i **reduce the animal protein, not the protein**. i bring the fibre up slowly, i keep the lifts, and i let the journal say whether the chain was true for me. it was. yours decides for you.

01.04 WHAT THE RECORD SAYS

BABE-SCIENCE

each link exists on its own in some people. the chain has never been tested as a chain. and histamine is the switch that turns stomach acid on: the reflux drugs that block histamine are the same ones used in mast cell flares. so **low acid is a maybe, not a rule**, and nobody should take acid pills on a guess. the fibre part is the solid part: in a dish and in mice the butyrate those bacteria make quiets mast cells, and in people fibre has the biggest dataset of anything in this guide. [section 18](#).

01.06 PHASE TWO

NOT THIS PAGE

phase two is my lab: the supplements, the machines, the things i am testing on myself with the journal open. it lives in the app, in my words, with what the record says beside each one. it is not a ladder and nobody climbs it before phase one has had a fair run.

01.07 READ THIS SECOND

01.08 WHAT THIS IS

the food side of the app. for the one who trains, eats well, and **still reacts to a tuesday**. heat, a smell, a glass of wine, the wrong lunch.

it is my five philosophies, my morning, the order i do things in, how i read my own symptoms, the ladder, the swaps, and my plate. **less reactive first. more flow after**.

the app has four homes: **food, rituals, flow and tube**. this guide is the food one. fighter is still the strength plan, same app.

01.10 WHERE I LEARNED IT

the order comes from matt at endsickness, the rest from the ten other teachers in [section 06](#). i call them the goats. i read everything they have put out and **kept what holds up for a body that trains**.

none of them is involved in this guide or the app, and none of them has reviewed it. **the calls in here are mine**.

01.09 MY VERSION OF THIS

i spent years cutting. 1,200 calories a day was my personality and i called it discipline. gluten went, then more, and i **got smaller, not better**. the fog was the price.

i paid 26 doctors over three years. **the free stuff still did the most**. a room, a journal, eating enough, a walk. this is that, written down.

01.11 WHAT IT IS NOT

it is not medical care. mast cell activation is a diagnosis a doctor makes, and there is real medication for it. nothing here replaces that. nothing here is a reason to stop something you were prescribed.

i have been in it. **i am not writing this from above it**.

01.12 **HOW TO USE IT**

start with read this first, then 02 to 05: my philosophies, my morning, the bowl and the quick rules. then the order in 07 and 08, and the journal in 09 tonight. **the salt water and the bowl can start this week.** live in 10 to 17 for two weeks before you buy anything else. the supplements are section 19 on purpose.

you have probably cut more foods than you have added back. that is the part we fix. when a line in here does not match your body, **your body wins.** dm me in the app with the line number.

xx coach momo

01.13 **THE ONE RULE**

one new thing at a time. a food, a powder, a capsule, a habit. if something flares, you know which one. it feels slow for two weeks. then it is the only reason you ever learn anything about your own body.

01.14 THE ELEMENTS

MOMO[LIFE] · THE EARTH'S ELEMENTS, WHERE EACH ONE LIVES IN THIS GUIDE

ELEMENT	IN THIS GUIDE	WHERE
earth	feet on the ground for the sun ritual, the dogs, the dirt on the vegetables. i do it for the feeling; the trials on grounding are tiny, mostly from the people selling the mats.	03, 21
water	the morning cup is the only measured one. the rest of the day, drink when you are thirsty , not a sip every ten minutes. filtered. mine is delivered; the filter i would buy again is a berkey, and reverse osmosis works too.	03
sun	daylight in your eyes in the first hour , sunscreen on, cloudy counts. the sun ritual, feet down and face up.	03, 20
air	the room before the bottle : humidity under fifty, the coils cleaned, fragrance out. then the breath, in through the nose and longer out than in. fresh air every day.	10, 11
plants	the top foods, twenty to thirty different plants a week , the fibre up slowly, the tea brewed not extracted. every compound in the table below comes from one.	02, 13, 18, 23
minerals	salt on the ramp, the potassium salt on the plate, magnesium when things are slow, a strip of nori a few times a week for the iodine the pink salt does not carry. test before iron.	02, 19, 22
heat and cold	sweat most days : training, a hot walk, a sauna [three to five times a week if you can], then salt the water. cold for the ocean, not for a mechanism, and never straight after lifting. the record: cold showers cut sick days by about a third in a trial of three thousand people; cold right after a lift blunts the gains.	21
people	the room you live in is also who is in it. a nervous system settles in safe company , not alone. in a review of seventy studies and three million people, the lonely had about a quarter more deaths over the years they were followed. observational, and the biggest number on this page.	11
the dark	lamps after dark, the phone out of the bedroom, the same wake time , nothing in the two hours before bed. more light at night tracked with more depression in 86,772 people wearing sensors; a regular wake time beat sleeping longer across 60,977.	20

01.15 THE COMPOUNDS THIS GUIDE NAMES, AND THE FOOD THEY COME FROM

COMPOUND	THE FOOD	WHERE
acemannan	the inner gel of the aloe leaf. a powder only if the label says acemannan .	19
beta glucan	oats, soaked and cooked . barley and mushrooms carry it too.	04, 18
pectin	apples, cooked soft. the poached apple.	04, 18
psyllium	the husk of the plantago seed. half a teaspoon in four to eight ounces of warm water .	03, 18
butyrate and the short-chain fatty acids	made in your own colon by the bacteria you feed fibre. a little rides in ghee.	07, 14, 18
l-glutamine	in every protein you eat. five grams in the morning cup .	03, 19
magnesium	beans, greens, seeds, oats . citrate on the mornings things are slow.	19, 22

COMPOUND	THE FOOD	WHERE
potassium	the potassium salt on the plate, bananas, potatoes, beans. not with kidney disease.	02, 22
saffron, clove, rose	the morning tea, brewed, never an extract.	03, 23
the live cultures	goat kefir, by the sip , once ferments are back.	15, 18
propolis · acacia · inulin · arabinogalactan	the bees and the trees. a rotation on some shelves, after the food has had its turn.	18
colostrum	the first milk. a freeze-dried powder , never the raw hunt.	19
salt	the water you hold. a teaspoon in the morning , the plate to taste, up to 10 g a day for a pressure problem.	02
copper	the vessel, plain water only, overnight.	03

02 // FIVE PHILOSOPHIES

KEYWORDS: SALT PLANTS
SIMPLE POOP 1-3XS
GUT MINE

to evolve. i wrote these by hand before any of the rest of this guide existed. every other page explains one of them.

02.01 SALT YOURSELF

PHILOSOPHY 1

you are water. **salt is how you hold onto it.** sweat and tears are salty for a reason: every time you sweat, you lose salt. under-salted and under-watered looks like dry skin, a dull headache and a foggy morning.

build up to it: a pinch in warm water every morning, then 1/2 tsp, then 1 tsp, a few days at each step. that cup is the only measured dose. the rest of the day, salt your food to taste, after cooking: a plate of single ingredients carries almost no salt of its own, and sweat takes more. the potassium salt does the same job with a stroke trial behind it, unless your kidneys or your doctor say no.

higher, if it is a pressure problem: with pots, mcas or autoimmune issues, the salt can go up from the teaspoon to as much as **10 g a day** [about two teaspoons, spread between the cup, the plate and the water through the day]. for a lot of us the blood volume runs low; salt holds water in the blood, the volume comes up, the pressure and the pulse settle, and the body comes back into homeostasis, the balance it is looking for. **the pots guidelines prescribe exactly this;** outside pots the trials are not there and the journal decides. go up slowly, and with blood pressure, heart or kidney trouble, or in pregnancy, it is a doctor's conversation. [section 22](#) has the record.

which salt: the lists i trust name baja gold, icelandic, celtic or pink, never table or iodised salt, and the strictest of them wants a third-party test for heavy metals and microplastics. that is the whole rule, **unrefined, and tested.** mine: celtic light grey in the cup, the pink on the plate. none of them is a mineral supplement, whatever the bag says. [section 22](#) has the reads.

salt pulls water into the colon, which is why it can send you straight to the bathroom. in the first days it can move the old minerals out before the new ones settle. my view: **it gets you to the bathroom,** and it moves stale bile and toxins out with it.

watery stools mean you might have gone up too fast. stay at the last step a few more days. loose is different: that can be the spent minerals leaving as the clean ones come in. **ask first** if you have high blood pressure, heart or kidney disease, take medication for any of them, or are pregnant. not for kids without their doctor.

02.02 SINGLE INGREDIENTS

PHILOSOPHY 2

aim for **single ingredient foods.** overwhelmed? keep it simple. if you can't pronounce it, don't eat it. probiotics get a pass. bifidobacterium is a mouthful.

my staples: potatoes, rice, oats, lentils, cooked vegetables, poached apple, chia, ground flax, ghee, salt, goat or a2 kefir, grass-fed anything, pine nuts, pecans, cloves, saffron, rose.

fewer ingredients is also how **the journal gets to point at something.** [section 09.](#)

02.03 IMMUNITY: FOCUS ON THE GUT

PHILOSOPHY 3

a lot of being reactive runs through the balance of bacteria in your gut. that is the thesis of every teacher i read, and it is mine. so **feed the good ones first, with food**, before you buy anything in a capsule.

start with the gentle ones: poached apple, cooked vegetables, oats, beets, rice, potatoes. then **goat kefir, by the sip**, the gentlest way i know to grow them. colostrum and an aloe shot are my daily extras, the aloe for its acemannan. nothing on a supplement shelf rebuilds that lining, and cutting more foods does not either: **it shrinks your world while the problem sits upstream**.

the fibre babe-science is section 18. the shelf is section 19.

02.05 POOP 1-3XS A DAY

PHILOSOPHY 5

one to three times a day is the goal. in the first two weeks of the salt, the psyllium and the fibre, **soft and one to four a day** is the sign it is working. every other day and comfortable is still normal. daily is how i feel best. the first two weeks are section 18.

not there? more water, more fibre, a walk after breakfast. **half a teaspoon of psyllium every morning** in warm water. still stuck, magnesium citrate.

ask first with kidney disease before any magnesium. psyllium stays two hours away from any medication.

02.04 MORE PLANTS, LESS ANIMAL

PHILOSOPHY 4

eat **more plants and less animal**, and let your system rebuild. if meat sits like a brick, you may not be breaking it down well right now.

give your gut a calmer few weeks before a lot of eggs, chicken and steak come back. this is not less protein. it is **a different first protein**: lentils, beans, a powder you trust.

the taper is section 14. how much protein, if you train, is section 15.

02.06 WHERE THEY CAME FROM

MINE

these are mine, **written by hand** before any of the rest of this guide existed.

the goats taught me the order, and **the babe-science keeps the claims honest**. the rest is years of getting it wrong, then writing down what finally worked.

pick one. **live in it for a week**. then add the next.

YOU CANNOT REBUILD
IN A FIRE.
Tame it first.

SALT THE WATER. WARM THE FOOD, AND ENOUGH OF IT. FIRST LIGHT, THE SAME
BEDTIME, SAFE COMPANY. NOTHING GETS KILLED THIS MONTH.

03 // THE MORNING

KEYWORDS: HYDRATION THE SHOT OUTSIDE THE TEA THE BOWL COFFEE WITH FOOD

my new morning, built around the bowl. about an hour, and most of it happens while the oats soak and simmer.



- 1 WAKE**
brush, scrape, sunscreen
- 2 THE HYDRATION**
20 oz, salt, glutamine
- 3 THE PSYLLIUM**
1/2 tsp in 4-8 oz
- 4 THE TEA**
clove, saffron, rose
- 5 THE BOWL**
with kefir sips
- 6 THE COFFEE**
with food, in the morning

03.01 HOW IT FLOWS

the oats soak for twenty minutes and simmer for fifteen. that is your outside time and your tea. almost none of this morning is hands on, and **none of it is rushed.**

03.02 DO NOT START IT ALL ON MONDAY

one new piece every four days, journal open. my order: the warm salt water and the bowl first, then the psyllium, then the tea, then the glutamine. the aloe is optional. the kefir comes last, once ferments are back on your ladder. if something flares, you know which piece did it.

03.03 THE DRINK RITUAL

#	THE DRINK	THE RECIPE	THE NOTE
1	the hydration	20 oz warm water, 1 tsp salt, 5 g l-glutamine.	water follows minerals: the salt is what makes the cup stay in you. the salt on the ramp: a pinch the first few days, then 1/2 tsp, then 1 tsp. mine is celtic light grey ; the picks are in section 22 . plain water can sit in a copper vessel overnight; add the salt and the glutamine in the morning, never salt water in the copper.
2	the psyllium	1/2 tsp psyllium husk powder in 4-8 oz warm water.	stir and drink it before it sets , a glass of water behind it. two hours from any medication.

#	THE DRINK	THE RECIPE	THE NOTE
3	the tea i call my anti-depressant	6 cloves, 10 threads of saffron, 8 rose buds, 12 oz hot water.	sit down for it. saffron has a cluster of small trials against low mood, most from one group in one country; i drink it because it tastes like a reason to sit down. mid-reset, fresh ginger until spices are back.
4	later, with food	the coffee, and 1 to 4 sips of goat kefir.	start at one sip to see your body's reaction. coffee with food, in the morning: that is the whole rule.

03.04 THE SUN RITUAL

03.05 IN MY WORDS

FROM THE FOLLOW-ALONG IN THE APP, OCTOBER 5TH

we just did our drink ritual. now it is time for the sun ritual. grounding yourself, getting your feet barefoot in the earth, is great; if you cannot because you live in a city, find some sun. feel the sun and point your face at it, eyes closed if it is bright, never straight at it. even the plants around you give us fresh oxygen. so we have **grounding, sun, oxygen**.

first things first, we shake off the sleep and move the lymph. lymph nodes love friction. then, once everything is looser, we move: hops, swings, bends, horse stance. it is a general order, **lymph then fascia**. the oatmeal is soaking the whole time.

03.06 THE RECORD

BABE-SCIENCE

the sun through your eyes is the receipt; the rest is practice i love. morning light sets the clock and the mood, [section 20](#), and sunscreen does not get in its way. the walk is the lymph pump that was measured, [section 21](#). tapping, slapping and the swings have no trial and feel wonderful. grounding has tiny trials, mostly run by the people selling the mats, so i do it for the feeling and the grass.

eleven minutes on the app as a follow-along, played as shot. on a bad morning, **feet on the ground and a minute of hops is the whole ritual**.

#	THE MOVE	HOW	HOW LONG
1	feet on the ground, eyes toward the sun	barefoot if you can. eyes closed if it is bright, never straight at it . plants around you if you have them.	a minute
2	shake off the sleep	rub the chest up by the collarbones, then the neck, the armpits [tap, punch or slap], the ribs, the groin.	about thirty seconds each
3	the full body slap	open palms or loose fists . down the outside of the legs and up the inside, front and back.	a minute
4	breathe	in through the nose, out long . section 11 .	a few rounds
5	hops	on your toes, everything relaxed.	thirty seconds to a minute
6	a song, shake it out	put one on. arms, hips, legs.	the song
7	arm swings	double arm overhead, double arm across, then single arm. shoulders relaxed, rotate .	about thirty
8	side bends and rotation	side lateral bend, then rotation with the bend. push through the hip and breathe .	ten each side
9	ankle rolls	slow, both ways.	ten each way
10	horse stance	punches if you like, then an overhead stretch and twists .	a minute or two

03.07 MINUTE BY MINUTE

WHEN	WHAT	HOW
0:00	wake	brush. scrape your tongue. sunscreen on before you step outside.
0:05	the hydration	20 oz of warm filtered water [mine is delivered; a berkey is what i would buy. any clean filtered water works. plain water can sit in a copper vessel overnight]. 1 tsp salt, on the ramp [a pinch the first few days, then 1/2 tsp, then 1 tsp], and 5 g l-glutamine. then the psyllium: 1/2 tsp in 4-8 oz warm water, stirred and drunk straight away, before it sets.
0:08	oats in to soak	2/3 cup gluten free rolled oats in warm water. twenty minutes. <u>section 04.</u>
0:10	the shot, optional	aloe vera, inner fillet, 2 oz before breakfast and 2 oz before the next meal ; start at a tablespoon. <u>section 19.</u> an extra once the ritual is steady.
0:12	the sun ritual	feet on the ground, eyes toward the sun, never straight at it, cloudy counts. shake off the sleep and move the lymph : chest, neck, armpits, ribs, groin, a full body slap. then the breath, the hops, a song, the arm swings, the bends and twists, horse stance. eleven minutes, the table below. the dogs come too.
0:28	the bowl goes on	drain and rinse the oats. fresh water, banana, salt, cinnamon, vanilla. boil, then simmer fifteen minutes.
0:30	the tea	6 cloves, 10 threads of saffron, 8 rose buds, 12 oz hot water. sit down for it. open the journal : yesterday's food, last night's sleep, this morning's belly.
0:43	off the heat	chia in, lid on, ten minutes. squeeze and stretch while it sets.
0:53	eat	protein, nuts, half a poached apple, ground flax. one to four sips of goat kefir alongside, starting at one sip.
1:05	the coffee	with fresh almond milk, or an americano [most oat milk cartons carry seed oils and gums, so mine went]. with food, in the morning. how many is yours.

03.08 THE FIRST HOUR

BABE-SCIENCE

a cloudy morning outside beats the brightest room in the house. overcast daylight runs about 1,000 to 10,000 lux; an indoor room 300 to 500. your body clock reads light through your eyes, and indoors is dim to it. so outside goes in the soak window. sunscreen does not get in its way.

03.10 THE COFFEE

BABE-SCIENCE

coffee is the one liver habit with outcome data behind it. uk biobank followed 494,585 people for about ten years: coffee drinkers had about half the risk of dying from chronic liver disease, decaf and instant included. **keep the coffee, however many**; my only rule is the timing. observational, so a pattern, not a promise.

03.09 WATER FOLLOWS MINERALS

BABE-SCIENCE

water goes where the salt is. a big glass of plain water on an empty stomach runs through you fast; the same water with a pinch to a teaspoon of salt stays, because your body holds water next to sodium. **people in hospital are on an iv of salt water**, not plain water. the same rule after sweat: salt the water, or the water leaves.

03.11 IF YOUR GUT IS STILL LOUD

THE PIECE

THE GENTLE VERSION, FOR THE FIRST WEEKS

the hydration	a pinch of salt, not a teaspoon . psyllium at a quarter teaspoon. the full morning comes back one piece at a time.
the shot	skip the aloe until a week passes with nothing flaring . it is an extra, not a foundation.
the tea	fresh ginger in hot water only . cloves, saffron and rose come back once spices stop flaring you.
the bowl	the plain bowl: oats, banana, salt, vanilla . nuts, cinnamon and kefir come back one at a time. section 04 .
the kefir	not yet . ferments come back last, and the first serving is one sip.
the coffee	coffee sits on some histamine avoid lists. if it flares you, the journal will show it. decaf counts .

03.12 BEFORE YOU START

WHAT

ASK FIRST, OR GO SLOWER, IF

salt	you have high blood pressure, heart or kidney disease, take medication for any of them, or are pregnant. 1 tsp is about a full day's worth of sodium; with pots, mcas or autoimmune issues it can go up to 10 g a day, philosophy 1, still on the ramp. at a desk in air conditioning, a pinch is plenty. training and sweating, you lose more. not for kids without their doctor. watery stools mean you might have gone up too fast : stay at the last step. loose is different: the spent minerals leaving. the line every salt teacher draws: one teaspoon, soft, not liquid . liquid every day is watery, and watery is back one step; keep it up and you are damaging the gut over the long haul.
pink salt	it carries no iodine , and neither does celtic or baja gold. if every shaker in the house is one of them and the plate is mostly plants, ask your doctor where your iodine is coming from. most potassium salts are iodised , check the label, and a strip of nori covers it too.
psyllium	4-8 oz warm water with it, a glass of water behind it. two hours away from any medication , thyroid medication included.
the copper vessel	plain water only , overnight, then pour. never salt water or anything acidic left in it, and not for kids' water. an old indian habit with one small study behind it: water stored in copper pots overnight carried far fewer bacteria.
l-glutamine	you have kidney or liver disease , or are pregnant or breastfeeding.
aloe	inner fillet only , decolourised, never whole leaf. not in pregnancy or breastfeeding. ask first if you take anything for blood sugar, or your liver numbers have ever been off. loose stools mean too much.
magnesium citrate	you have kidney disease. loose stools mean too much .
kefir and whey	both are dairy . section 13 has where dairy sits on the ladder.

SHOW THIS PAGE TO YOUR DOCTOR

pregnant, breastfeeding, on daily medication, or managing your blood pressure, blood sugar, kidneys or liver? show this page to your doctor before you start. [section 26](#).

04 // THE MOMO KITCHEN

KEYWORDS: THE BOWL
CACAO CHIA
THE TEA CABINET
THE SCRAMBLE
THE SALMON
EATING OUT

eight recipes i actually make, and the menu for eating out. the momo bowl first, exactly, then the rest, with what each thing does.



04.01 The momo bowl.

need a breakfast you actually want to eat, that gets you to the bathroom every morning? **here you go.**

oats, banana, protein and a poached apple · forty five minutes, most of it hands off · every morning, mine



04.02 IN THE BOWL

THE SHORT VERSION

- **2/3 cup** gluten free rolled oats
- **1/2 banana, frozen**, a pinch of salt, a shake of ceylon cinnamon, a dash of vanilla
- **1 tsp chia**
- **1 1/4 scoops** protein powder
- **1/4 cup** walnuts, macadamias or pecans, from the freezer
- **1/2 poached apple** and **1 tbsp ground flax** on top; a few frozen blueberries if you like
- **1 to 4 sips** of goat or a2 kefir, on the side

04.03 MAKE IT

THE SHORT VERSION

1. **soak** the oats twenty minutes in warm water. drain and rinse.
2. fresh water, banana, salt, cinnamon, vanilla. **boil, then simmer fifteen minutes.**
3. **off the heat:** chia in, lid on, ten minutes.
4. **protein in, then the nuts.** top with the apple and the flax.

04.04 THE LONG VERSION

SOAK

20

minutes in warm water. **that is your outside time.**

SIMMER

15

minutes, low. that is your tea.

SET

10

minutes, chia in, lid on. **it cools enough for the protein.**

04.05 WHAT GOES IN

WHAT	HOW MUCH	THE NOTE
gluten free rolled oats	2/3 cup	soak twenty minutes in warm water first, or overnight in the fridge. never on the counter: a night at room temperature is a ferment.
fresh water	about 1 1/2 cups	pour the soak water off, then add fresh. more water if you like it looser.
banana	1/2, optional	for sweetness. one of the fruits almost nobody reacts to, so it is safe from day one.
himalayan salt	a pinch	what you can hold between two fingers. it makes the oats taste like oats. the salt philosophy is section 02 .
ceylon cinnamon	a shake, if it sits well with you	ceylon, not cassia: cassia is the common one and carries coumarin, which is hard on the liver every day. the card below explains.
pure vanilla	a dash, about 1/4 tsp	pure vanilla extract, or the tip of a knife of ground vanilla bean. real means made from the bean. "vanilla flavouring" or "essence" is a lab-made copy called vanillin, and that is the one to skip. the alcohol in the extract cooks off in the pot.
chia seeds	1 tsp	stir in after the pot is off the heat. it thickens as it sits.
protein powder	1 1/4 scoops	grass-fed whey from a brand that publishes a heavy metals test , or any plain protein powder you already trust. if whey flares you, pea or rice protein.
walnuts, macadamias or pecans	1/4 cup	kept in the freezer so the oils stay fresh. straight from the freezer into the bowl , no thawing.
poached apple	1/2 apple	spooned on top. the recipe is below , made on sunday for the week.
ground flax	1 tbsp	on top. grind it yourself every other week and keep it in the freezer; ground flax goes rancid in days at room temperature.
goat or a2 kefir	1 to 4 sips	sipped from a glass beside the bowl, not stirred in. sips, not a glass, while you are still testing it.

04.06 HOW

STEP	WHAT	HOW
1	soak	2/3 cup oats in warm water, twenty minutes .
2	drain and rinse	soaking pulls some phytate out, and phytate holds onto zinc and iron. rinse it away , then into a pot with fresh water.
3	add	half a frozen banana, a sprinkle of salt , ceylon cinnamon if it suits you, a dash of vanilla.
4	boil, then simmer	bring it to a boil, turn it down, simmer fifteen minutes . if it foams over, that is the oat fibre thickening the water. nothing is wrong. turn it down sooner.
5	off the heat	stir in the chia. lid on. ten minutes .
6	finish	mix in the protein, then the nuts . mix it all.
7	top	half a poached apple and a tablespoon of ground flax. a few frozen blueberries, if you like.
8	eat	with one to four sips of goat or a2 kefir on the side.

04.07 WHAT EACH ONE DOES

IN THE BOWL	WHAT IT DOES
oats	beta-glucan , the soluble fibre with the cholesterol trials behind it. soaked and rinsed so the zinc and iron get in.
banana	sweet with no added sugar , and one of the fruits almost nobody reacts to.
salt	flavour first . then philosophy 1: the minerals you sweat out.
ceylon cinnamon	flavour, not medicine . ceylon, so the coumarin stays low.
vanilla	sweetness you smell instead of sugar you add.
chia	soluble fibre that gels , so the bowl holds you until lunch.
protein powder	about 30 grams of protein , the bottom of the 30 to 50 gram range, section 15 .
nuts	slow fat , and the handful a day in the babe-science below.
poached apple	pectin , a prebiotic fibre.
ground flax	plant omega-3 , but only when it is ground.
kefir sips	live cultures , by the sip. section 18 .

THE RESET BOWL, WHILE YOU ARE REACTIVE

oats, or rice if oats flare you. banana, salt, vanilla. a protein you tolerate. chia, poached apple, ground flax. the nuts, the cinnamon and the kefir come back one at a time, journal open. whey still red for you? pea or rice protein.

04.08 **THE FREEZER SHELF**

BABE-TIP

grind about half a cup of flax every other week. ground flax, nuts and seeds **all live in the freezer**, with the half bananas and the blueberries. their oils turn rancid at room temperature, and rancid is the real problem.

04.10 **WHY 1 1/4 SCOOPS**

BABE-TIP

most whey scoops land around 20 to 25 grams of protein. **a scoop and a quarter** gets you to about 30, the bottom of the 30 to 50 gram range in [section 15](#).

04.12 **THE KEFIR SIPS**

BABE-TIP

start at one sip. it is the ladder in a glass. ferments are the last thing back for a reactive gut, so the sips only go up while the journal stays quiet. **mine is a shot with meals, up to three a day**, goat or a2. less puffy, clearer skin: that is where the sips are going.

04.14 **THE QUARTER CUP**

BABE-SCIENCE

a handful of nuts a day is one of the strongest food signals there is. across 15 cohort studies, every 28 grams of nuts a day tracked with 22 percent lower risk of dying from anything. a quarter cup is about 30 grams.

observational, so **a pattern, not a promise**. and the ladder still decides when nuts are back for you.

04.09 **WHY THE TEN MINUTES**

BABE-TIP

the chia sets and the pot cools, so the protein mixes in smooth instead of clumping. **whey hates boiling water**.

04.11 **CEYLON, NOT CASSIA**

BABE-TIP

cassia is the common supermarket cinnamon and it carries a lot of coumarin, which is hard on a liver in daily amounts. **ceylon carries very little**. and if cinnamon flares you, vanilla and ginger do the same job.

04.13 **GRIND IT YOURSELF**

BABE-SCIENCE

whole flax goes in and comes out. in a canadian trial, people ate flax baked into muffins for three months. whole seed did not measurably raise omega-3 in the blood. ground seed and the oil both did.

basically: **grind it**, or you are eating decoration.

04.15 **Sunday apples, or pears.**

sweet tooth at breakfast, but raw fruit sits like a rock? **cook it soft once on sunday** and it tops the bowl all week.

the bowl's topping · fifteen minutes · three days in the fridge



WHAT	HOW MUCH	WHAT IT DOES
sweet red apples, or ripe but firm pears	3 or 4, skin on	pectin, the soft prebiotic fibre; most of it sits in the skin, with the quercetin. cooked, it sits gentler than raw.
celtic salt	a pinch	it rounds the sweet. philosophy 1.
ceylon cinnamon, or vanilla	a shake, or a dash	one or the other. cinnamon most weeks, vanilla to switch it up. ceylon, not cassia.
water	a few spoons	steam, not boil. lid on, low heat.
fresh ginger and a little ghee	optional, off the heat	when your stomach is loud. ginger empties the stomach faster, so food is not sitting and fermenting. the ghee carries it.

skin on, core and chop. pan, lid on, low heat, a few spoons of water, the salt and the cinnamon. **ten to fifteen minutes until they collapse**; pears are softer, so check them at eight. **the skin stays**: it is where the pectin and the quercetin are. peel them only if the skin bothers you in the first weeks. **no lemon**: citrus is orange on the ladder. make it on sunday: three days in the fridge, or freeze it in halves.

04.16 **PEARS COUNT**
THE LADDER

apples and pears sit side by side in green, with bananas and blueberries, and both are on the starter list for a gut that cannot take fibre yet: steamed vegetables, pears, apples, and anything else that works for you. **swap them, or go half and half.**

04.17 **THE HONEST PART**
BABE-TIP

apples and pears both carry **the fruit sugars that ferment**, which is why the bowl gets half, not a whole one. the swiss histamine list puts pears with the fruits that set some people off; the ladder puts them in green. **your journal decides.**

04.18 Single as fuck chia pudding.

craving chocolate? need it at home, gluten free? **here is what your body is asking for.**

ceremonial cacao and chia · five minutes tonight, ready tomorrow · rich, velvety, grounding



WHAT	HOW MUCH	WHAT IT DOES
canned coconut milk	1/2 cup + 2 tbsp	the velvet. the fat carries the cacao and keeps you full. coconut is orange on the ladder, so this is a treat while you are reactive.
nut milk, unsweetened	1/2 cup + 2 tbsp	the light half. fresh if you can: it skips the gums and thickeners most cartons carry. with the coconut, 1 1/4 cups of liquid in total.
ceremonial cacao	3 tbsp, chopped or grated	the main star: it should taste like a cacao drink. cocoa is a prebiotic: its polyphenols feed the good bacteria. a solid block , like the picture: chop or grate it.
vanilla bean paste	1 tbsp	the warm note under the cacao. paste is the ground bean in glycerin or syrup, so read the label for sugar; pure extract works too.
almond and macadamia butter, a blend	a spoon	slow fat and protein. macadamia is the nut the histamine lists are kindest to; almond makes it creamy. any butter your stomach likes.
celtic salt	a pinch	it makes chocolate taste like chocolate. philosophy 1.
chia seeds	4 tbsp	4 tablespoons to 1 1/4 cups of liquid: 13 to 16 grams of fibre, about half the day's 25 to 29. soluble fibre that gels, food for the good bacteria. new to fibre? start at 2 tbsp, drink water with it, never dry.
on top	when you eat it	poached apples , the recipe before this one, and walnuts , the way i eat it. reactive? pecans or macadamias, section 14 .

melt everything but the chia in a small pan, low heat, **simmer, never boil**. pour it into a jar [about 330 ml], add the chia, lid on, **shake**, and shake again every few minutes for the first twenty or it clumps. **overnight in the fridge** is the one; one to two hours if you are impatient. **warm it gently** in the pan before you eat it, quick rule 2. sweeter? a drizzle of local raw honey off the heat, never for a baby under one. grounding, here, means you stood at a stove for five minutes and nothing was on fire.



04.19 THE HONEST PART

READ BEFORE YOU BUY

cacao sits on the histamine lists, and a lot of chocolate tests high in lead and cadmium, the darker the more, ceremonial included.

buy a brand that publishes its heavy metal tests.

reactive? **1 tbsp of cacao**, almond milk for the coconut, and the nut butter later.

04.20 **The tea cabinet.**

want something warm that is not another coffee? **make your own tea, and make it a ritual.** the jars out, the choosing, the pour, the sit-down. it becomes sexy, trust me.

twenty one herbs, roots and seeds · pick three to five · the morning ritual, the evening ritual



WHAT	HOW MUCH, HOW	WHAT IT DOES
rose buds	8 buds · hot water, 5 minutes	the heart, the mood, the skin. the heart: rose relaxes the blood vessels and slows a racing pulse, the old reason it was the heart's flower. the mood: the scent alone calms, and in small trials rose oil eased anxiety. the skin: it hydrates the skin from the inside, a cup of water carrying the same polyphenols that go on the face as rose water. the first of my morning tea, section 03 . food grade: florist roses are sprayed.
saffron	10 threads · hot water	mood, and the eyes. the mood: crocin and safranal work on serotonin, the same lane as the antidepressants, and in small trials against low mood saffron matched the pill. the eyes: crocin feeds the retina, with small trials on the ageing eye. ten threads is the dose; more is bitter, and a few grams is unsafe.
whole cloves	6 · hot water, or simmered	pain, the mouth, a cold stomach. pain: eugenol numbs, it is the dentist's old oil, so a clove on a sore tooth works. the mouth: it kills bacteria, which is why it is in mouthwash. the stomach: it warms and moves gas, so a cold, sluggish belly wakes up. six, never a spoonful: eugenol in quantity is hard on the liver.
fresh ginger	a thumb, sliced · simmer 10 minutes	nausea, bloating, a slow stomach. nausea: the best tested herb in the cabinet, it quiets the nausea signal from the gut to the brain, pregnancy and sea sickness trials included. bloating: it makes the stomach empty faster, so food is not sitting and fermenting. a slow stomach: gingerol warms and gets the gut moving. where every reactive gut starts.

WHAT	HOW MUCH, HOW	WHAT IT DOES
nettle leaf	a big handful · room temperature water, overnight	minerals, histamine season, water retention. minerals: iron, calcium, magnesium and silica, pulled out by the overnight jar, the most mineral dense leaf in the cabinet. histamine season: the old hay fever leaf, one small trial found a slight edge. water retention: a mild diuretic, it moves fluid. one cup first: it sits on the swiss histamine list. section 23 .
chamomile	1 tbsp flowers · hot water, lid on, 10 minutes	sleep, anxiety, a cramping belly. sleep: apigenin sits on the same receptors as the sleeping pills, gently, and in trials people fell asleep faster. anxiety: a small trial on generalised anxiety found it eased. the belly: it relaxes the gut wall, the old colic remedy. daisy family: skip it with a ragweed allergy.
peppermint leaf	1 tsp · hot water, lid on	bloating, cramps, a tight stomach. menthol relaxes the smooth muscle of the gut wall, so the cramp lets go and the gas moves. the oil in capsules treats ibs in the trials; the tea is the gentle version of the same molecule. not with reflux: it also relaxes the valve at the top of the stomach.
fennel seed	1 tsp, crushed · simmer 10 minutes	gas and bloating, a cramping belly. anethole relaxes the gut wall and moves trapped gas, the reason it is in the baby colic trials and on the table after every indian meal. sweet, like licorice, and it freshens the breath.
lemon balm	1 tbsp leaf · hot water, lid on	calm, sleep, a racing mind. rosmarinic acid slows the breakdown of gaba, the brain's brake, so the mind settles; in small trials it eased anxiety and improved sleep. on the skin it is the cold sore leaf. lemon without the acid.
tulsi, holy basil	1 tsp · hot water	stress, blood sugar, immunity. stress: an adaptogen, it lowered the cortisol response in small trials. blood sugar: fasting glucose came down in small trials of the leaf. immunity: its oils kill microbes, the reason it sits on every ayurvedic shelf. clove-sweet.
hibiscus	1 tbsp petals · hot water	blood pressure, and vitamin c. blood pressure: the red anthocyanins relax the blood vessels, and at a tea dose it brought blood pressure down a few points in a six week trial. vitamin c: a sour cup is a real source. not daily if yours runs low.
licorice root	2 or 3 pieces · simmer 10 minutes · a few days a week	the gut lining, the throat, the sweet. the gut lining: it coats, and glycyrrhizin calms the stomach wall; licorice with the glycyrrhizin removed was an ulcer medicine. the throat: the same coat on a sore throat and a cough. the sweet: fifty times sweeter than sugar, with no sugar. a few days a week only: glycyrrhizin raises blood pressure and drops potassium. not with blood pressure trouble, not in pregnancy. section 19 .
marshmallow root	1 tbsp · room temperature water, overnight	the gut lining, the throat, a dry cough. the mucilage coats what it touches: the throat and the stomach wall first, and it quiets the cough reflex. room temperature water, never hot: cold pulls the mucilage. section 19 .
slippery elm	1 tsp powder · 8 oz room temperature water	the gut lining, a sore stomach, the bowel. the bark's mucilage coats the gut wall and holds water, so it soothes the stomach and softens the stool. the 4 pm drink, section 25 . two hours from any medication.

WHAT	HOW MUCH, HOW	WHAT IT DOES
dandelion root, roasted	1 tbsp · simmer 10 minutes	the liver, digestion, water retention. the liver: a bitter stirs bile, and bile is how the liver moves out what it has cleared; the old liver tonic. digestion: bitter on the tongue wakes stomach acid, so drink it before the meal. water retention: the leaf is the diuretic, one tiny trial. roasted, it tastes like coffee without the caffeine.
milk thistle seed	1 tbsp, crushed · simmer 15 minutes	the liver. silymarin protects liver cells and helps them regrow, the reason it is given in european hospitals for mushroom poisoning. the catch: silymarin barely moves into water, so the tea carries a little and the capsule carries the dose. the seed, crushed and simmered, for the taste and the ritual; the food version is coffee, artichoke and beets, section 16 .
turmeric root, fresh	a thumb, sliced · simmer 10 minutes, a pinch of black pepper	inflammation, the joints, the liver. curcumin turns down the inflammation switches the painkillers act on; in trials of the extract, knee arthritis pain eased. the liver: it stirs bile, like the bitters. black pepper makes it absorb. a spice, not an extract; the capsules are section 23 . it stains everything.
ceylon cinnamon	a stick · simmered	regulates blood sugar, and sweet without sugar. it helps insulin do its job and slows how fast sugar leaves the stomach, so fasting blood sugar came down across ten trials. ceylon, not cassia: cassia carries coumarin, hard on the liver every day. a stick in the pan.
lemongrass	a stalk, bruised · simmer 10 minutes	digestion, and a clean lemon lift. citral calms the gut wall and kills microbes; it settles the stomach, moves gas, and the smell alone lifts a heavy afternoon. the bali stalk. an afternoon base.
rooibos	1 tsp · hot water, 5 minutes	antioxidants, no caffeine. aspalathin, its own antioxidant, grows nowhere else. naturally caffeine free and low in tannins, so it does not block iron the way black tea does. tastes like tea. an evening base.
maca powder, peruvian	1 tsp · stirred into the cup, or the bowl	libido, energy, life force. libido: in trials sexual desire rose over eight to twelve weeks, in men and in women, without the hormones moving, so the drive is not the testosterone. energy: a root starch with minerals, the andean endurance food. life force: the reason it has been eaten in the high andes for two thousand years. gelatinised, the cooked kind, which is easier on the stomach. with food.

leaves and flowers [rose, chamomile, peppermint, lemon balm, tulsi, hibiscus, rooibos, saffron]: hot water, **a lid on the cup** so the oils stay in, five to ten minutes. **roots, seeds and bark** [ginger, fennel, licorice, dandelion, milk thistle, turmeric, cinnamon, lemongrass, cloves]: into the pan with the water, **simmer ten to fifteen minutes**, then the leaves on top, off the heat. **the mucilage ones** [marshmallow root, slippery elm] and the nettle: **room temperature water, overnight**, never the kettle. let it cool four minutes. strain, sit down.

04.21 MAKE YOUR OWN COMBO

THE RULE

pick three to five. one base [rooibos, lemongrass, nettle], one for the job [ginger for the stomach, chamomile for the night, fennel after a big meal, a bitter root before food], one for the taste [rose, cinnamon, a piece of licorice], one for the colour [saffron, hibiscus, turmeric]. **i combine three to five, morning and evening**, and the cabinet decides.

04.22 MINE

TODAY

morning: rose, clove and saffron, [section 03](#), a slice of ginger when my stomach is loud. **evening:** something that coats [marshmallow root, or the slippery elm], something soft [chamomile, lemon balm, rose], a piece of licorice a few days a week. **it changes with the day.**

04.23 **IF YOU REACT TO EVERYTHING**

RULE 14

ginger, and stay there. dried herbs and spices are common irritants while you are reactive; the cabinet is a reward for a quiet journal. **one new jar at a time.** section 23.

04.24 **BUY WHOLE**

BABE-TIP

flowers, roots, seeds and bark, whole. no "blends", no flavouring, no "tea" with a list of ten things on the back. maca is the one powder: gelatinised [the cooked kind], from peru. a jar each, labelled, out of the sun. **the pantry page has the list.**

ASK FIRST

pregnant or breastfeeding: no herbs without your doctor. anything prescribed: ask the person who prescribed it, every time. licorice and blood pressure, hibiscus and low blood pressure, chamomile and a ragweed allergy, peppermint and reflux, nettle and histamine: the rows above say which, and section 23 says why.

04.25 **The muscle maker pancakes.**

pancakes, and still the physique? **here you go.**

banana, oats, eggs and a scoop · ten minutes · the fighter breakfast, for the steady weeks



WHAT	HOW MUCH	WHAT IT DOES
banana	1, ripe	the sweet and the binder. no sugar in the batter, because the banana is the sugar.
gluten free rolled oats	1/2 cup	the flour. the beta glucan the bowl runs on, blended instead of soaked.
eggs	2	the protein and the lift. eggs are a common irritant while you are reactive: this is a steady-weeks recipe, section 13 .
cottage cheese, low fat	1/3 cup	slow protein and the fluff. dairy, so it waits with the eggs. out of phase one.
vanilla protein powder	3/4 scoop	the muscle. the one you trust, with a heavy metals test; pea or rice if whey flares you.
vanilla	1 tbsp	sweetness you smell. pure extract, or the bean paste from the pudding.
celtic salt and ceylon cinnamon	a pinch, a dash	it makes it taste like a pancake. philosophy 1.
on top	when you eat them	fresh blueberries, or 72 percent dark chocolate chips, and a drizzle of maple syrup.

blend everything on medium until smooth. a pan on medium heat, a little avocado oil, pour a couple of pancakes, **brown for two minutes**, toppings on, flip, cook the other side. maple syrup, then eat. one batch serves one; **double it and freeze them.**

04.26 **STEADY WEEKS ONLY**

BABE-TIP

eggs, dairy and whey are common irritants while you are reactive, so this is **not a week-one recipe**; week one is the bowl. once the journal has been quiet for a few weeks, bring them back one at a time, [section 13](#).

04.27 **WHY THEY STAYED**

MINE

protein and starch on one plate after training is the oldest rule in the fighter program, and **a pancake is the nicest way to follow it.** the old guide called them a strategy. they are breakfast.

04.28 **The leftovers scramble.**

not an oats morning? if eggs do not react to you, **this is the other breakfast.** last night's roast vegetables, back in the pan with the eggs.
two whole eggs, four whites, the roast vegetables from dinner · ten minutes · a bowl of healthy fats, minerals and prebiotics



WHAT	HOW MUCH	WHAT IT DOES
eggs, pasture raised	2 whole	the fats, and the minerals that live in the yolk: choline, selenium, the vitamin d. pasture raised, so the yolk is orange.
egg whites	4	the protein, without more fat. about 14 grams on top of the two whole eggs, section 15 .
the roast vegetables from dinner	3/4 cup	the prebiotics: potato, onion, garlic, bell pepper, with the basil and the rosemary already on them. a cooled, reheated potato carries resistant starch , the fibre the good bacteria like most. the salmon dinner, 04.31, makes them.

WHAT	HOW MUCH	WHAT IT DOES
ghee	a spoon	the cooking fat , the milk sugar and proteins skimmed off, section 13 .
kalamata olives	a handful, halved	salt and olive fat . brined and cured, so they can trigger histamine if you are sensitive ; leave them out and it is still breakfast.
goat cheese	a crumble, on top	the creamy and the salt . goat casein sits closer to the a2 kind, like the kefir, and it goes on at the end so it does not cook. dairy: section 13 .
celtic salt, black pepper	to taste	the finish. philosophy 1.

the pan on medium, a spoon of ghee. the roast vegetables in first, **two minutes**, until the potato edges catch again. whisk the two eggs and the four whites with a pinch of salt, pour them over, and **fold slowly**, off and on the heat, until just set and still soft. off the heat: the olives through, the goat cheese crumbled on top, black pepper. eat it in the sun.

04.29 IF EGGS REACT TO YOU

RULE 14

eggs are a **common irritant while you are reactive**, egg white most of all, and goat cheese and olives sit on the same list. **week one is the bowl**, [section 04](#). once the journal has been quiet for a few weeks, this one comes back, whole eggs first and the whites after.

04.30 WHY THE LEFTOVERS

MINE

the tray from the salmon dinner is made for two meals. roast more than you eat, and breakfast is already cooked: a different vegetable mix every night means a different scramble every morning, and the bacteria get their variety for free.

04.31 **The bitter green salad.**

bloated after the plate? **eat this first.** the bitter greens go in before the meal, and the meal sits easier for it.

arugula, cucumber, avocado, olives, pine nuts · ten minutes · before lunch, before dinner



WHAT	HOW MUCH	WHAT IT DOES
arugula	a big handful	stomach acid. the bitter leaf wakes the acid before the plate lands. bitters are a salad you eat first, section 16.
cucumber, in long batons	1/2	hydration. mostly water, with the silica, and green on the ladder from day one.
avocado, sliced	1/2	slow fat. the swap for nuts while you are reactive. yellow on the ladder: twice a week.

WHAT	HOW MUCH	WHAT IT DOES
kalamata olives	a handful	salt and fat. the honest part: brined and cured, so they can trigger histamine if you are sensitive. leave them out and it is still the salad.
vegan mozzarella, made from soy, torn	a few pieces	plant protein. tofu sits orange on the ladder, so this is a steady-weeks ingredient, and a cultured one carries histamine too.
pine nuts, toasted	a handful	magnesium and slow fat. on the restore list, philosophy 2. two minutes in a dry pan.
black sesame, toasted	a sprinkle	calcium and copper. the unhulled seed carries the calcium.
cold pressed olive oil	a good pour	the good fat, on the food. never in the pan, <u>section 12</u> .
lemon	1/2, squeezed	sour wakes the acid. citrus is orange on the ladder: skip it in the first weeks, then it comes back.
celtic salt	a pinch	minerals. philosophy 1.

wash and dry the greens. cucumber in long batons, avocado in slices. **toast the pine nuts and the sesame** in a dry pan, two minutes, until gold. into the bowl: greens, cucumber, avocado, olives and the torn cheese. **the pour:** olive oil, half a lemon, a pinch of celtic salt. toss. seeds on top. **eat it first, then the meal.** no measuring: a handful is a handful. the lemon and the salt are the only two i count.

04.32 WHY FIRST MINE

bitter before the meal is an old habit, and mine: section 22. the greens go in, then the plate, and the plate sits easier.

04.33 IF YOU REACT TO EVERYTHING RULE 14

arugula, cucumber, avocado, olive oil and salt. the olives, the cheese and the lemon wait for a quiet journal.

04.34 **The salmon dinner.**

what is for dinner, most nights? **this.** norwegian salmon with dill, rosemary and garlic, a tray of roasted vegetables, white rice with garlic fried in ghee, and coconut yogurt on the side.

salmon, skin on · roasted vegetables · garlic rice · forty minutes, ten of them for the fish · dinner, most nights



WHAT	HOW MUCH	WHAT IT DOES
norwegian salmon, skin on	a fillet each, about an inch thick	protein, omega-3, and the skin. cook it skin on, six to eight minutes on the skin , and eat the crispy skin: that is where the collagen is.
dill, rosemary, garlic	a handful, a sprig, 3 cloves	the flavour. garlic and rosemary on the fish in the pan, the dill after.
the vegetables, roasted	a tray	variety is the key. baby potatoes, yellow onion and red peppers one night; squash, broccoli and carrots the next. change them every time: a different vegetable feeds a different bacteria, <u>section 18.</u>
white rice	1 cup, cooked	the gentle starch, green on the ladder, with a little garlic fried in ghee folded through.

WHAT	HOW MUCH	WHAT IT DOES
ghee	a spoon	the fat the rice loves. the milk sugar and proteins skimmed off, section 13 .
coconut yogurt	a spoon, on the side	the cool against the warm. a plain one, live cultures, no sugar. coconut is orange on the ladder: a spoon, not a bowl.
lemon and celtic salt	to taste	the finish. squeeze and salt at the table, not in the pan. philosophy 1.
cold pressed olive oil	a pour	on the food, after. section 12 .

the oven on, hot. the vegetables on a tray with olive oil and salt: baby potatoes, yellow onion and red peppers, or squash, broccoli and carrots, or whatever is in the fridge, **a different mix every time.** twenty five to thirty minutes, until the edges catch. **the rice** on while they roast; fry a clove of garlic in a spoon of ghee and fold it through at the end. **the salmon, skin on:** pat the skin dry, salt it, a hot pan with a little ghee, skin side down, **press it flat with a spatula for the first twenty seconds** so it does not curl, then leave it alone: **six to eight minutes**, until the colour has climbed three quarters of the way up the side and the skin lets go of the pan on its own. the garlic, the rosemary and the dill on top, **flip for one minute**, off the heat, two minutes to rest. **eat the skin.** coconut yogurt on the side, lemon and salt at the table.

04.35 THE CRISPY SKIN

BABE-TIP

dry skin, hot pan, and do not touch it. wet skin steams instead of crisping, so pat it dry and salt it ten minutes before. the pan hot before the fish goes in. **skin side down for nearly all of the cooking:** six minutes for a thin fillet, eight for a thick one. the skin releases by itself when it is ready; if it sticks, it is not ready. **the flesh side gets one minute**, and the middle stays pink.

04.37 WHY THIS ONE

MINE

protein and starch on one plate, the fighter rule, with the vegetables rotating so the bacteria get their variety. the dinner i have eaten more than any other, and it has never bored me once: **the fish stays, the tray changes.**

04.36 THE PAN

MINE

a pan that takes heat and carries no coating that can end up in the fish: enamelled cast iron is mine, and stainless steel or a seasoned cast iron pan do the same job. the ceramic ones sold as non-toxic work at this heat, and their coating wears out faster. **never the old black non-stick:** its coating breaks down at searing heat, and a scratched one is in your food.

04.38 IF YOU REACT TO EVERYTHING

RULE 14

salmon, rice, one steamed vegetable, salt. the garlic, the onion and the peppers come back one at a time, journal open.

04.39 **Eating out.**

out, and the menu is a minefield? **order like this.** the same plate as at home: a protein cooked simply, a starch, vegetables, and the oil and lemon on the side.

the format · ten starters · five soups · ten fish and meat · ten bowls and plates



04.40 **THE FORMAT**

#	THE MOVE	SAY THIS
1	first, something warm or bitter	a miso soup, a broth, or the green salad first, dressing on the side.
2	the plate	grilled or steamed, not fried. rice or potato, not bread. steamed or roasted vegetables.
3	the oil	"olive oil and lemon on the side." then ask what they fry in: if the answer is vegetable oil, order the steamed one.
4	the sauce	"sauce on the side", and "is there sugar in it?"
5	the salt	salt it yourself at the table. philosophy 1.
6	the swap	"extra vegetables instead of the fries."

04.41 TEN STARTERS

ORDER	WHAT IT DOES	HOW TO ORDER IT
miso soup	enzymes and live cultures , if the miso goes in off the boil	ask for it "not boiled". a ferment: once ferments are back on your ladder.
seaweed salad	minerals: iodine, magnesium	dressing on the side. the sesame is fine; the sugar in most dressings is not.
edamame with sea salt	plant protein	steamed, salted. soy is orange on the ladder.
a cup of bone broth	the lining: glutamine, gelatine	chicken or beef, plain, a pinch of salt. the simplest thing on any menu.
the bitter green salad	stomach acid	arugula or rocket, oil and lemon on the side. the recipe is above.
cucumber salad	hydration	no sugar in the dressing; ask.
avocado, lemon, salt	slow fat	half, on its own, before the plate.
steamed greens with olive oil	folate, and the bitter	bok choy, kale, broccoli. steamed, the oil after.
roasted pumpkin or sweet potato	grounding: the root	roasted, never fried. the grounding food of ayurveda, and of your belly.
papaya with lime	papain, the fruit enzyme	the bali starter. a squeeze of lime, nothing else.

04.42 FIVE SOUPS

ORDER	WHAT IT DOES	HOW TO ORDER IT
miso soup	the ferment	the starter above, as a cup. not boiled.
bone broth	the lining	plain, hot, salted at the table.
pumpkin soup	grounding, beta carotene	coconut cream is fine. dairy cream and sugar are not; ask.
chicken soup with ginger	the oldest medicine	warm, salty, the ginger for the stomach. the one to order when you are low.
dal, the lentil soup	prebiotic fibre, the ayurvedic one	turmeric, cumin, ginger. with rice it is the whole meal.

04.43 TEN FISH AND MEAT

ORDER	WHAT IT DOES	HOW TO ORDER IT
miso cod, or any miso-glazed fish	omega-3, and the ferment	glaze light: it is miso and sugar. a side of rice and steamed greens, not the fries.
grilled salmon, skin on	omega-3, and the collagen in the skin	"skin on, crispy". lemon on the side.

ORDER	WHAT IT DOES	HOW TO ORDER IT
steamed white fish with ginger and spring onion	the gentlest protein there is	the chinese way. the one to order when your gut is loud.
grilled snapper or mahi mahi	lean protein	grilled, lemon. ask what they fry in, and order the grilled one.
grilled sardines or mackerel	the small fish: omega-3, calcium in the bones	fresh and grilled. fresh matters: fish builds histamine fast once it is caught.
prawns with garlic	protein, zinc	grilled, never battered. fresh only.
roast chicken, skin on	protein, and the collagen in the skin	a quarter, with vegetables and rice. eat the skin.
poached chicken, or chicken soup	the gentlest meat	steamed or poached, the hainanese way, ginger on the side.
chicken curry with coconut	the warm one	ask: no sugar, no cream. coconut and turmeric are the point. rice.
slow cooked lamb	iron, zinc, the b vitamins	a stew or a shank, once in a while. a steady-weeks meal, section 14 .

04.44 TEN BOWLS AND PLATES

ORDER	WHAT IT DOES	HOW TO ORDER IT
zoodles with pesto and chicken	vegetables as the noodle	pesto made with olive oil, not vegetable oil: ask. the one in the picture.
kitchari	the ayurvedic reset meal: rice and mung dal	grounding, warm, easy to digest. with ghee.
dal and rice, the thali	prebiotic fibre and the starch	dal, rice, one vegetable, the yogurt. the whole plate rule on a tray.
the buddha bowl	the plate rule in a bowl	rice, roasted vegetables, avocado, a protein. dressing on the side.
tempeh with vegetables	plant protein, a ferment	grilled, not deep fried. tempeh is a ferment: once ferments are back.
steamed tofu with ginger	plant protein	soft, steamed, ginger and spring onion. soy is orange on the ladder.
gado-gado, the clean version	steamed vegetables, the bali way	steamed vegetables and egg. the peanut sauce is orange: ask for olive oil instead.
the sweet potato bowl	grounding, fibre	roasted sweet potato, greens, a protein, avocado.
pumpkin and coconut curry with rice	grounding, warm	no sugar: ask. rice, not naan.
nasi campur, the clean version	rice, vegetables, a protein: bali's plate	steamed rice, the vegetables, grilled fish or chicken. sambal only once spice is back, rule 14.

04.45 **THE ONE RULE**

MINE

if you cannot see what is in it, do not order it. a plate you can name, ingredient by ingredient, is a plate your journal can read.

04.46 **IF YOU REACT TO EVERYTHING**

RULE 14

steamed white fish, white rice, steamed greens, salt. every menu has it. the rest is for a quiet journal.

04.47 The momo pantry.

standing in the shop with no list? here is everything in this guide, and what to look for on the label.

the cup, the tea cabinet, the bowl, the pudding, the scramble, the salad, the salmon dinner, the plate, the shelf and the kit



04.48 THE CUP

THE MORNING DRINK, SECTION 03

- **celtic light grey salt:** unrefined, nothing added. the cup salt.
- **l-glutamine powder:** unflavoured, with nothing else in it.
- **psyllium husk powder:** no sugar, no flavour.

04.49 THE TEA

SECTIONS 03 AND 23

- **whole cloves** and **saffron threads:** whole, not ground.
- **dried rose buds:** food grade. florist roses are sprayed.
- **fresh ginger:** a firm root with smooth skin.
- **dried nettle leaf:** for the overnight jar.
- **the tea cabinet:** whole flowers, roots, seeds and bark; no "blends", no flavouring. maca as a gelatinised powder from peru, the cooked kind. the jars are in the recipe above.

04.50 **THE BOWL****SECTION 04**

- **rolled oats:** certified gluten free on the pack.
- **ceylon cinnamon:** the label says ceylon. cassia is the common one.
- **pure vanilla extract:** made from the bean. skip flavouring and vanillin.
- **chia seeds** and **whole flax seeds:** you grind the flax, then it lives in the freezer.
- **protein powder:** unflavoured, no fillers, a published heavy metals test. pea or rice if whey flares you.
- **walnuts, macadamias, pecans:** raw, straight into the freezer.
- **bananas, sweet red apples, ripe pears.**
- **goat or a2 kefir:** plain, live cultures. by the sip, and last on the ladder.

04.52 **THE PLATE****GREEN ON THE LADDER, SECTIONS 12 TO 15**

- **white rice, potatoes, sweet potatoes.**
- **lentils and beans:** dried, or canned and rinsed. started slowly.
- **broccoli, kale, carrots, beets, cucumber, lettuce:** whatever is fresh this week.
- **arugula, avocado, kalamata olives, pine nuts, black sesame:** the salad.
- **salmon, skin on,** fresh dill and rosemary, **coconut yogurt** with live cultures and no sugar: the salmon dinner.
- **pasture raised eggs, goat cheese,** kalamata olives: the leftovers scramble, once eggs are back for you.
- **extra virgin olive oil** and **ghee.**
- **himalayan pink salt:** the plate salt.

04.54 **THE KIT****ONCE**

- **jars with lids:** the pudding, the nettle, the oats.
- **a small pan with a lid:** the apples, the pudding, the roots that simmer.
- **a heavy pan that takes heat,** enamelled cast iron or stainless steel: the salmon. no non-stick.
- **a spice grinder:** flax every other week.
- **a blender:** the pancakes.
- **a water filter:** any clean filtered water works.
- **a small humidity meter:** [section 10](#).
- **a copper vessel,** if you like: [section 03](#).

04.51 **THE PUDDING****SECTION 04**

- **ceremonial cacao:** a solid block, from a brand that publishes its lead and cadmium tests.
- **canned coconut milk:** the shortest label you can find.
- **almond milk:** fresh, or a carton with only almonds and water.
- **almond and macadamia butter:** nuts, maybe salt, nothing else.
- **vanilla bean paste:** made from the bean; read the label for sugar.
- **local raw honey** and **pure maple syrup.**

04.53 **WHAT I KEEP****READ SECTION 19 FIRST**

- **colostrum powder:** freeze dried. it is dairy.
- **s. boulardii capsules:** one with lunch, one with dinner.
- **slippery elm powder:** the 4 pm drink.
- **aloe vera, inner fillet:** decolourised, never whole leaf.
- **magnesium citrate:** for the slow mornings.

04.55 **QUALITY OVER QUANTITY****WHAT I CHECK**

the list is not a task list if the ingredients are poor. **grass-fed kefir** if you can find it. **almond milk fresh**, or the plainest carton. **protein naturally sweetened**, grass-fed, with a heavy metals test. **oats gluten free and soaked;** the walnuts soaked too. **saffron with a purity test;** castor oil cold pressed, hexane free. **flax whole, ground at home.** nuts raw. blueberries organic; the apples here are not, and i trust the shop. **chia is just chia.**

04.56 **WHERE I BUY**

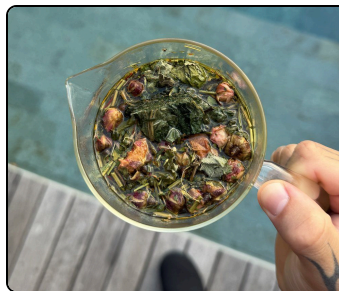
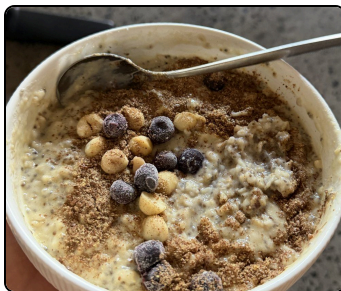
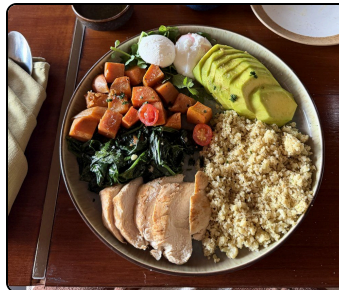
NO LINKS, NO CODES

in bali, **the organic shops and tokopedia**. anywhere else, your supermarket carries most of this list and iherb ships the rest to most countries. **nobody paid to be on this page**.

Real meals.

none of them are perfect, and that is the point.

change the vegetables. eat the fruit, the potatoes, the oats, the rice, the fish, the broth, the soup. **the same few plates, every week, rotated.**



05 // TWENTY FIVE QUICK RULES

KEYWORDS: WARM SALT POOP TEA SWEAT FLOW SPICE SILENCE SUNSET BREATHE REST LISTEN

the screenshot pages. the short version of everything before it, and the thirteen i added by hand on october 3rd.

#	THE RULE	THE DETAIL
1	coffee with food, in the morning	the bowl first, then the cup. the timing is the rule, not the count.
2	swap cold drinks for warm, and cold food for warm	warm and cooked is easier going while things are loud. the grandmothers were right about this one.
3	warm salt water on waking, and before meals	build up in the morning: a pinch, then 1/2 tsp, then 1 tsp. a pinch before meals. the rest of the day, salt your food to taste, after cooking. with pots, mcas or autoimmune issues, up to 10 g a day: philosophy 1.
4	poop one to three times a day	philosophy 5.
5	psyllium every morning	half a teaspoon in 4-8 oz warm water. drink it before it sets. two hours away from any medication.
6	saffron, rose and clove tea	6 cloves, 10 threads of saffron, 8 rose buds, 12 oz hot water. my morning tea. mid-reset, fresh ginger until spices are back.
7	warm salt water and glutamine in the morning	20 oz warm water, 1 tsp salt on the ramp, 5 g glutamine. my first cup. section 03 for who should ask first.
8	sweat daily, if you can	training, a hot walk, a sauna. then salt your water, because you just sweated it out.
9	flow, not just routine	the routine is a shape, not a test. on a bad morning, the hydration and the bowl is a full win.
10	hop to move lymph	your muscles are the pump, and hopping is a lot of muscle in a small space. a minute of small hops while the oats soak, inside the sun ritual. section 03 .
11	squeeze to sponge	squeeze and release a muscle, then stretch it. i picture my fascia as a sponge, squeezed out and refilling. it is a picture, not a lab result, and it feels great.
12	aloe vera every day	2 tbsp, inner fillet, for the acemannan. section 19 for the why, section 03 for who should skip it.
13	listen to your body	write it down. then believe it over the list, the teacher, and me. section 09 .
14	if very reactive, avoid the spicy flavours	cinnamon, ginger, turmeric, garlic, onion. cut them only if you are reacting to everything, even the acidic ones like lemon and apple cider vinegar. if your tongue reacts hard, think of what your gut tissue is doing. section 12 .
15	music to set the mood	frequency music for work. limitless for flow.
16	silence to create spaciousness	and to process. not every hour needs a sound in it.

#	THE RULE	THE DETAIL
17	circadian rhythm with the sun	rise with the sun, last meal around sunset. the tradition says it restores qi, the liver and the life force. the clock science is section 20 .
18	stop eating two to three hours before bed	a full stomach and a flat body do not mix. section 12 .
19	five deep breaths before food	and a prayer of gratitude , for the food to be healing and beneficial for your temple.
20	eat your supplements	the minerals and the fibre arrive in the same bag. section 22 .
21	rest when you need it	the body needs to heal , and it does that work while you are not working.
22	eat two or three times a day, to 80 percent full	three real meals, starch at every one. 80 percent is the stopping point, not a calorie cut. section 17 .
23	nutrient max	the most nutrition per bite: single ingredients, cooked fresh, a wide variety. philosophy 2.
24	the antihistamine is a doctor's call	there is real medication for mast cell flares. if you are reaching for the pharmacy one most days, that is the sign to get the workup , not a rule to keep taking it. section 26 .
25	get out of fight or flight	the long exhale, during the reaction, not only in the chair. section 11 .

06 // THE GOATS

KEYWORDS: MATT MIKE
EVA VAL
KYLE THE REST

the eleven teachers i read. what each one teaches, and the part i keep.

WHO	WHAT THEY TEACH	THE PART I KEEP
matt @endsickness	the building before the body. calm the immune system before you try to kill anything. recovery is measured by the foods you got back.	the order, the journal, the ladder, fibre before capsules.
eva hooft @eva.hooft	safety first, then food, then the gentle work. eat enough. no cleansing in pregnancy or for kids.	"the belief that everything is dangerous can become more dysregulating than the thing you're trying so hard to avoid."
kyle peche @kyle_peche	cooked vegetables, simple meals, walking when you are depleted. nothing on empty.	"right thing, wrong time, is the wrong thing."
mike chang @mikechangofficial	a twenty minute morning practice: tap, strength, stretch, breath, stillness. seventy percent effort, every day.	"be okay with being weak. be okay with being tight."
val itriago @valitriago	you are not lazy, you are in freeze. move first, think second. breathe out long.	stand up. look around. name five things. walk to the mailbox.
alice maisetti @alicemaisetti	safety before expression. short bursts over long routines. a hand on the chest.	"your body doesn't need more control. it needs permission."
ariana medizade @wellness.pharm	a pharmacist's checks: the form, what it interacts with, who should not take it. a blood test before iron.	brewed, not extract. tea as a reason to sit down.
jen newton @herbswithjen	herbs are tools and they never work alone. a safety line on every herb.	"no herb out-works your fork."
troy casey @certifiedhealthnut	breath, water, nature, food, movement, rest. morning light. walk every day.	"everyone wants a miracle while walking around in one."
zero @zerothefaster	salt first, before and through everything. he coaches long water fasts. his line on hospitals: "hospital iv's are salt."	"appreciation of the [toilet] after salting is like none other." the morning salt, on my ramp. not the fasts, and not his amounts.
brandon j. perez @the.ace.edit	acemannan, the sugar molecule in the inner aloe gel, for an immune system that won't stand down. his family lived it through mcas, eczema and autoimmunity.	"it doesn't stimulate or suppress your immune system. it balances it."

06.01 WHAT THEY ALL AGREE ON

feel safe. eat enough. get the basics moving: bowels, a walk, sleep on a clock. go slow. anything aggressive goes last, if it goes at all. the order is the whole thing, and none of it is for sale.

06.02 HOW I USE THEM

they are right about the order and the rituals. the reasons they give are often thinner than the practice. so i keep the practice, say what i do, and **let the babe-science carry the claims.**

BRAIN FOG IS NOT A CHARACTER FLAW. *It is reactivity.*



RESTORE YOUR LIFE FORCE WITH SALT, SUN, FEEDING THE GOOD BACTERIA,
AND SLEEP ON A CLOCK. THE JOURNAL FINDS THE DOOR.

07 // THE IDEA

KEYWORDS: REACTIVE
MAST CELLS
IMMUNE

THREE DOORS
ORDER
CALM

the reaction is often you, not the bug.

07.01 THE IDEA

calm the system before you try to kill anything in it. most of us do it the other way round: the harsh protocol, the flare, the harder protocol, the bigger flare. very efficiently. with a spreadsheet.

07.02 THE GOAT LINE

matt, in print: "the flare-ups are rarely caused by pathogen die-off. they are actually a sensitivity response the immune system is having to the product." **push harder and you end up more reactive** than when you began.

THREE DOORS

3

everything that sets you off comes in through one of them: what you eat, what you breathe, what stresses you. **find the door before you buy the bottle.**

THE SPLIT

80%

of recovery from **the choices you make, not the supplements you take.** one teacher's estimate from years of clients. mine is higher.

THE RULE

1

change at a time. **one food, one powder, one capsule.** then you know what did what.

07.03 WHAT IT MEANS

symptoms that come and go are not random. something set them off. the work is **finding the door**, and the journal in 09 is how.

07.04 WHAT IT DOES NOT MEAN

it does not mean it is in your head. it means **the order matters**, and most of us were doing it backwards.

07.05 THE REALITY CHECK

07.06 THE WORDS

MCAS · HISTAMINE INTOLERANCE · REACTIVE

mast cell activation syndrome is **a diagnosis a doctor makes**, with criteria and real medication. histamine intolerance is a clearance problem: the histamine comes in faster than you break it down. reactive is the word for the rest of us. heat, a smell, a glass of wine, the wrong lunch.

you do not need the diagnosis to use this guide, and this guide does not give you one. [section 26](#).

07.07 THE TEACHERS' MODEL

IN MY WORDS

chronic inflammation from a particular environment, plus the foods that are **hard to digest**: eggs, dairy, nuts and seeds, animal proteins, gluten. they say those open the gut wall and wind the mast cells up, with a nervous system under chronic stress on top.

the record: a leaky gut wall is real, the home test for it is not, and **the chain has never been tested as a chain.** the order they teach is right anyway.

07.08 INSTEAD OF ELIMINATING

WHAT PLANTS AND VARIETY DO

you have to have a wide variety of foods if you want to feed the good bacteria in your gut. 20 to 30 plants a week, 25 to 29 grams of fibre a day, and the plate at plant-based 80 percent, animal-based 20 percent.

high cholesterol: **oats and psyllium have the trials**, the soluble fibre carries bile acids out. fatty liver: the walk, the lift, no alcohol, less sugar, [section 22](#). butyrate is the gut's story, made by the bacteria you feed, not a pill. meat: fresh and small is a different food from aged, ground or day three. [section 14](#).

07.09 SUPPLEMENTS CAUSING YOU TO REACT?

WHAT IS COUNTERPRODUCTIVE

a capsule into a body that is still being triggered is money and a new variable, and the product itself is the usual suspect when a flare arrives in week two. **restore nutrients from the plate first.** then the short list, one at a time. [section 19](#).

07.10 WHAT EVERYONE TRIES FIRST

WHAT YOU TRIED	WHAT USUALLY HAPPENS	THE MOVE
the acid pills	the teachers say low acid, so people buy acid. with reflux it burns, and the home test for low acid is a guess. the fix the model itself gives is less meat and simpler protein, not a capsule : a reactive gut has a hard time breaking protein down when the acid is low.	the taper. section 14 .
digestive enzymes	many are grown on aspergillus, a mould, and the blends carry beta-glucanase and pectinase, enzymes that digest the oat and apple fibre you are trying to feed the bacteria with.	food first. section 19 .
the long fast, the juice cleanse	one of the teachers fasted twenty six days on vegetable juice and was still sick at the end of it. you cannot calm a body by starving it , and a reactive one reads hunger as a threat.	eat enough. section 17 .
the stack of twenty bottles	too many supplements is the mistake every teacher admits to, and synthetic ones tend to backfire within weeks in a chronic illness. their own lists of errors read the same: too many supplements because they felt good, over-exercise, over-doing anything they could.	one at a time, plant derived , after stage one. section 19 .
the parasite kit, the oregano oil	the herbs in it burden a liver before you have even hydrated your colon and fed the good bacteria. the flare people call die-off is usually the product. if something really is living in you, that is a test with a doctor.	last, if ever. section 08 .
the diet that keeps shrinking	fewer foods every month, carnivore at the end of the road. the biggest trap is fear of food: carnivore teaches the nervous system that plants are dangerous. the plate that only gets smaller is the illness with better branding .	count the foods you got back . section 13 .
the harder protocol after the flare	the pattern every teacher describes: some progress, a taste of normal, and then the push to fast-forward it. the flare after the push is you, not the bug .	go back one step. section 08 .

THE REASSURANCE

the boring list is the one that works. feed the good bacteria with plants. keep food warm, cooked and fresh. eat enough. salt your water. sleep on a clock. walk after meals. breathe out long. the extreme methods and the over-supplementing do more harm than good, and most of us have the receipts to prove it. you are not behind. you are at ground zero, and it is the right place to start.

07.11 WARM, COOKED, FRESH

MINE

fresh is safer: histamine climbs in leftovers, especially the ones with protein in them, and the only raw vegetables on the quiet-phase list are spinach, lettuce and carrots. so: **steam nearly everything, cook it today**, freeze the rest the same day, and keep the raw for fruit, lettuce, carrot and cucumber. [section 12](#).

07.12 READ THE SOURCE

ENDSICKNESS.ORG · [SECTION 06](#)

the order in this guide comes from here. where the site goes deeper on mast cells and histamine: [how i defeated mast cell activation syndrome](#) · [histamine intolerance, simplified for beginners](#) · [the histamine intolerance recovery guide](#) · [the 33 mistakes people make](#) · [synthetic supplements and mast cells](#) · [mast cells and chronic inflammation](#). read it knowing [section 24](#).

07.13 THE ACID QUESTION

07.14 WHERE THE TEACHERS SPLIT

TWO CAMPS

one camp: eat more alkaline than acidic food and change the ph of your blood, with fresh vegetable juice once or twice a day, chlorella, and fewer meats and starches.

the other camp, on parasites: if your stomach acid is low, your bile is not flowing, your bowels are not moving daily and your gut terrain is off, you are giving parasites a home; stomach acid is the first line of defence.

07.16 HOW I SAY IT

MINE

the plant camp is right for a reason it does not give. the juice does not alkalise your blood; **the fibre acidifies your colon**, and the colon is where the parasites and the candida live. so: the plant plate, the fibre up slowly, goat kefir by the sip [its cultures are acid-makers too], and nothing that switches your stomach acid off without a doctor's reason.

a parasite you can name is a test with a doctor, and candida that will not settle after the antibiotics is the bacteria coming back, fed. less killing, more restoring, again.

07.15 WHAT THE RECORD SAYS

BABE-SCIENCE

the body keeps acid in the two places that matter, and your plate does not change your blood. blood sits at 7.4 and the lungs and kidneys hold it there; food moves the ph of your urine, which is the kidney doing its job, not your blood changing. the alkaline diet as a treatment: thousands of papers screened, no trial.

the stomach runs at a ph of about two, and that acid is the first wall a parasite or a bug meets. people on acid-suppressing drugs get more gut infections in the big reviews. **the colon makes its own acid**: the fibre you feed the bacteria becomes short-chain fatty acids, the colon turns mildly acidic, and that is the environment the unwanted guests dislike. in a dish and in mice those same acids keep candida in its quiet yeast form, and the known trigger for candida taking over is a course of antibiotics killing the bacteria that make them.

07.17 WHAT I LEAVE

THEIRS, NOT MINE

alkaline water, ph drops, chlorella for your blood, and the candida cleanse. **the record has none of it.** the sugar part is true in a dish and small on a plate: cut the packaged sweet stuff because the fibre is in the other foods, not to starve a yeast.

07.18 IT GETS WORSE BEFORE IT GETS BETTER. SOMETIMES

WHAT YOU FEEL	WHAT IT USUALLY IS	THE MOVE
bloating and gas in week one or two, as the fibre comes up	the bacteria you are feeding, adjusting. soft and often in the same window is the same adjustment.	slow the fibre down. do not stop. section 18.
hungry, tired and short in the first five days	a body that was underfed, being fed.	more rice and potato than you think you need. section 17.
a flare within a day of something new	information, not a hurdle. it is rarely die-off, it is you.	take out the last thing you added. go back one step, not to the beginning. section 08.
worse every week in one building, better away from it	the room.	section 10.

THE LINE BETWEEN THEM

a fibre belly and a hungry first week are expected, and you push through them slowly. a reaction is not expected, and you do not push through it. the journal tells you which one you are in.

08 // THE ORDER

KEYWORDS: REMOVE SLOW
SUPPORT ONE AT A TIME
RETRAIN LAST

three stages. most people begin at stage two.

STAGE	WHAT	HOW
1	remove what is setting you off	food is sections 12 to 17. air is <u>section 10</u> . stress is <u>section 11</u> . most of the progress lives here, not in the bottle.
2	then the short list	supplements, only after stage one has had a fair run. <u>section 19</u> .
3	retrain the alarm	slow breathing, twice a day. listed third, started on day one. <u>section 11</u> .

08.01 WHY THIS ORDER

the line under principle 5 in section 01 is the whole section: **right thing, wrong time, is the wrong thing.** the parasite kit before you have slept on a clock for a month is the wrong time: **the herbs in it burden a liver** before you have even hydrated your colon and fed the good bacteria. and if something really is living in you, that is a test with a doctor, not a kit from a reel.

08.02 IF YOU FLARE

a flare is information. open the journal and look back a day. take out the last thing you added. go back one step, not back to the beginning.

this is how you do it by your own symptoms, and not by somebody else's list.

09.01 WHY

i keep two. **the morning one is two pages:** left, the to-do list; right, how i feel, a sad sentence or a health update, foam roller under the quad while i write. **the food one is this section**, and it is the only tool in this guide that works on everybody. **without the log, you are flying blind**, and i will not coach without one either.

09.02 WHAT GOES IN IT

- everything you ate, drank and took.
- where you were.
- what stressed you.
- how you slept, and your bowels.
- the **two or three symptoms** you chose to watch.

09.03 HOW TO KEEP IT

THE RULE

THE DETAIL

pick two or three symptoms	something you can see or count. burping and bathroom visits count. a rash counts.
meals under five ingredients	so the page can actually point at something.
one change at a time	a couple of new foods a week. one new supplement at a time.
when something flares, look back a day	food, place, stress. check all three.
wait for the second time	one bad afternoon is noise. the same food and the same reaction twice is a pattern.
any format	phone or paper. the one you will actually keep.

09.04 HOW TO READ IT

WHAT YOU NOTICE	WHAT IT USUALLY MEANS	THE MOVE
the same reaction after the same food, twice	that food, for now	take it out, swap it using section 16 , test it again in a few months.
fine on half a portion, not on a full one	the amount	keep it. smaller, and less often.
worse through the week in one building, better away from it	the air in that building	section 10 .
a flare with no food pattern at all	air or stress	sections 10 and 11.
a bad night	something put you on alert	look back a day: an event, a food, the room.
bowels slow down	yesterday's plate	fibre went up too fast , or fell away.
a food you cannot stop eating	an early flag, in my experience	rest that food and watch what happens.
a new supplement felt good, then turned on you in week two	the product	stop it. i see this all the time.

09.05 WHAT I WATCH FOR AFTER A MEAL

racing thoughts	dry or itchy skin	a puffy face	sudden tiredness
a crash after eating	a rash	a bloated belly	weak muscles
red skin	a stuffy nose	mood swings	wanting to keep eating

NOT A JOURNAL MATTER

swelling of the lips, tongue or throat, trouble breathing, or a reaction within minutes every time you eat one food. that is an allergy question and it belongs with a doctor. [section 26](#).

10 // THE ROOM

KEYWORDS: DAMP AIRCON HUMIDITY VENTILATE TEST FIX

you do not get better inside the thing that is making you worse.

10.01 THE BUILDING FIRST

the room goes on the list before the supplements do. no visible water damage required. aircon coils, ducts, drip pans, the bedding. the one most people hear too late: **you do not heal while you are being re-exposed.**

10.03 THE AIRCON

the one people miss. if your symptoms flare when the ac kicks on, the system itself is one of the most overlooked mould sources. **no leak needed:** condensation inside the coils, dusty ducts, old insulation and a dirty drip pan grow mould silently.

and the part that stings: people chase food reactions, supplements and diagnoses for months while the real trigger is being inhaled all day. **start with the air.**

mine was the upstairs room: an AC water issue, two years of sleeping under it. i moved rooms and the stomach issues went with the room.

10.02 THE SIMPLEST TEST

go somewhere else for a week. better away, worse within days of coming home: the room goes on the list.

10.04 THE AIRCON TEST

three nights with it off. if the morning eyes, the puffy face or the burping drop, book a deep clean before you switch it back on. in bali, ask for **cuci AC bongkar:** the indoor unit taken apart, coil, blower and drain pan.

then one night with it clean, **pointed away from the bed.** better again: the unit. worse again: the cold, dry air itself, so cool the room before bed, switch it off and sleep with a fan.

10.05 WHAT TO DO

THE MOVE

THE DETAIL

humidity under 50 percent

a small meter does the job. **a dehumidifier is the fix.** bedding on a hot wash, pillows included.

aircon filters and coils cleaned

on a schedule, not when it smells. in bali humidity, every two to three months.

ventilate when you cook

a fan in the window, blowing out. the overhead fan is not enough. stainless steel pans over non-stick.

fragrance out

synthetic fragrance in anything. candles included. tragic. unfair. science remains hostile.

dry food sealed

rice, oats, seeds. **nothing loose, nothing stored warm.**

leaks fixed

the boring answer is usually the answer.

test before you assume

a home mould test tells you whether this section is your problem.

10.06 THE HONEST PART

not everyone's problem is the house. if the test comes back clean, **cross it off and stop worrying about it.** the line under principle 10 in [section 01](#) belongs here: **the belief that everything is dangerous can be more dysregulating than the thing you are avoiding.**

10.07 AND THE OTHER HALF

no powder fixes a building. if the room is the problem, fix the room.

11 // THE BREATH

KEYWORDS: NOSE DURING
SLOW FREEZE
TWICE A DAY FREE

stage three, started on day one. the one free thing with a trial behind it.

11.01 HOW I DO IT

- in through the nose, slowly.
- at the top, **one more small sip of air**.
- out through the nose, long and slow. **longer out than in**.
- **five minutes. morning and night**. same chair.

11.03 THE TEACHERS' DOSE

the heaviest practice i have read is twenty five to thirty minutes twice a day, credited above any supplement: **breath is not passive, it is training**. five minutes is where you start. more is yours to find.

11.02 BABE-SCIENCE

the long exhale beat meditation. stanford put about a hundred people on five minutes a day for a month. the breathing group improved more on daily mood than the meditation group did.

basically: five minutes you spent breathing out. the heart monitors did not change, so it is not resetting anything. **that is allowed to be enough**.

11.04 THE PART PEOPLE SKIP

use it during a reaction, not only in the chair. in the car, at work, mid conversation. eyes open, nothing to picture, just the pace.

11.05 WHEN BREATHING IS NOT ENOUGH

THE PRACTICE

THE MOVE

when you are frozen

stand up. step side to side. name five things you can see. walk to the mailbox. **movement before motivation**. i have been in freeze for whole winters, and this is the way out.

when you are wound up

breathe out for longer than you breathe in.

the hand

a hand on the chest. a short burst, not an hour. the point is that you do not need fixing, you need to feel yourself again.

every hour

shake it out for a minute. **stretch for sixty seconds every hour**. let go of doing a good job.

me

the slow arm thing every morning. six minutes. i do not know if it moves anything. i know **it moves me off my phone**.

the no

saying no counts. the body hears all of it.

12 // FRESH BEATS PERFECT

KEYWORDS: FRESH FIVE INGREDIENTS
STEAM OIL AFTER
BLAND ROTATE

histamine is mostly a time problem. the rest is how you cook.



12.01 THE MECHANISM

histamine builds in food as it sits. leftovers, aged, cured, ground and canned are where it collects. cooking does not take it back out.

so the same chicken is **a different food on day three.**

12.02 THE HONEST PART

every histamine list online disagrees with every other one, and the teachers' own lists disagree with each other. use one as a map. **then believe your journal.**

12.03 MY KITCHEN RULES

THE RULE

THE DETAIL

cook it fresh, eat it today	leftovers get one day in the fridge. after that, the freezer, the same day you cooked.
steam nearly everything	until the colour changes and there is still a little crunch.
oil and salt after cooking	olive oil on the food, not in the pan.
bland while things are loud	strong flavours are the first thing a reactive body objects to. red apple over green. broccoli over raw onion and garlic. the spice rack comes back later.
fewer than five ingredients	in a meal. so the journal can point.
fruit raw, vegetables lightly cooked	raw is for fruit, lettuce, carrot and cucumber.
rotate	anything that is not a fruit, a vegetable, rice, beans or potato is not an every-day food.
nothing in the two hours before bed	a full stomach and a flat body do not mix.
the big five	fermented, aged, cured, smoked, canned: the common irritants of the kitchen. reduce them while things are loud, then back one at a time.

THE RULE

THE DETAIL

alcohol

wine and beer most of all. **a ferment and a drink in one glass.**

THE ANSWER IS NOT
FEWER FOODS.

It is more, in order.

COUNT THE FOODS YOU GOT BACK, NOT THE ONES YOU CUT. GREEN FIRST,
THEN WIDEN ON PURPOSE. THE JOURNAL SETS THE PACE.

13 // THE LADDER

KEYWORDS: GREEN
YELLOW
ORANGE
RED
REINTRODUCE
WIDEN

four colours. the red tier is the list of common irritants, not a ban: reduce, then reintroduce one at a time. learned from the ladder's author, run my way.

1

GREEN
every day

2

YELLOW
twice a week at most

3

ORANGE
once every week or two

4

RED
the common irritants · reduce, then reintroduce

13.01 DO YOU NEED IT AT ALL

most of you do not. if the journal already shows two clear triggers, you have your answer without a ladder. this is for the one who reacts to everything and cannot see a pattern.

13.02 IF YOU DO

two to three weeks, not forever. the whole point is the widening at the end. count the foods that come back, not the ones you cut. i count mine on fridays.

13.03 HOW IT SORTS

by how easy a food is to break down, and by how often people react to it. **green is the easiest. red is the one people react to most.**

13.04 WHAT DECIDES A REACTION

how often you eat it, more than the food itself. the thing you eat every single day is the one most likely to turn on you.

TIER	WHAT IT MEANS	EXAMPLES
green [DAILY]	the floor. the fewest reactions.	apples, pears, bananas, blueberries. broccoli, kale, carrots, beets, cucumber, lettuce. rice, potatoes, sweet potatoes. lentils and beans, started slowly. olive oil, sea salt, honey. water.
yellow [TWICE A WEEK]	good food, not every day. in rotation.	most other fruit, from melon to kiwi, mango, avocado and tomato. onions, peppers, squash, zucchini, spinach. brown rice pasta, millet, rice cakes. hummus, kidney beans, flax meal, ground chia. avocado and coconut oil.
orange [EVERY WEEK OR TWO]	a treat. one at a time, journal open.	citrus and coconut. oats, corn tortillas, gluten free breads and chips. tofu, peanuts, sunflower seeds. fruit juices.
red [THE COMMON IRRITANTS]	not a ban. the foods people react to most. if you are constantly inflamed and tired after eating, reduce these first, then bring them back one at a time to find the one. the first one back is usually meat, a small portion.	dairy, meat, fish, eggs, nuts and seeds, gluten, the ferments. anything processed, fried, spiced, dressed, or with more than ten ingredients.

COMMON IRRITANTS, NOT FORBIDDEN FOODS

this is not a list of foods you cannot eat. it is the list people react to most: dairy, meat, eggs, nuts and seeds, gluten, the ferments. **if you are constantly inflamed and tired after eating, reduce them for a few weeks,** then bring them back one at a time, a few days apart, journal open. **the one that brings the fog or the belly back is your trigger.** everything else comes home. remove and reintroduce: that is the whole method.

13.05 THE FULL LIST

those are examples, in my words. **the complete list, by category, is on the ladder's own site:** the food ladder. read it there, then come back to the journal.

13.06 WHERE I DIFFER

oats daily, nuts and kefir once you are steady, beans by your own body, lifting kept. section 15.

13.07 THEN WIDEN

STEP	WHAT	HOW
1	green only, two to three weeks	the reset, if you need it: the most important stretch of the whole thing. boring on purpose.
2	add yellow, a few a week	one at a time, journal open.
3	then orange	the same way.
4	the common irritants last, one at a time	a reaction to a food you brought back shows inside three days. the one that reacts is your trigger; the rest come home.
5	a food that flares you	rest it for three months, then test it again.
6	count the foods you got back	that number is the scoreboard.

13.08 THE GOAT LINE THIS SECTION LIVES BY

from [section 01](#): "healing isn't about surviving on fewer foods. it's about becoming resilient enough to eat more."

13.09 AND THE TRAP

fear of food. a plate that only ever gets smaller is not recovery. it is **the illness with better branding.** i know because i ran that brand for years.

READ THIS ONE TWICE

if food rules have ever gone badly for you, skip the ladder. do the kitchen rules in 12 and the swaps in 16, and do it with someone in your corner. cutting foods is the wrong first move for a lot of people. i was one of them.

14 // LESS ANIMAL, MORE PLANT

KEYWORDS: TAPER
REPLACE
FIBRE UP

SIMPLEST SOURCE
PORTION
NOT LECTINS

the taper. done by your own symptoms, and you replace what you take out.



FIRST STEP

1

serving of animal food a day, the rest plants. **then every other day.** the journal sets the pace.

TARGET

20 to 30

different plants a week. **each fibre feeds a different colony.** count them on friday.

WATCH WINDOW

3

days. a reaction to something you brought back **shows inside three.**

14.01 THE PATTERN

reactive people lean on meat because it feels like the one safe food. **the plate shrinks around it**, the fibre falls away, and the reactions to everything else get louder. it is the most common shape i see.

14.03 ABOUT LECTINS

you will hear that eggs, chicken and dairy are the problem because of lectins. that is not the reason the ladder gives, and it **is not how lectins work.**

lectins are plant proteins. they are highest in raw beans and grains, and **cooking breaks them down.** that is why every list on earth says beans, well cooked.

14.02 THE THINKING

- **protein that is not fully broken down** irritates the gut and the immune system.
- animal food several times a day **feeds the gut bacteria that make histamine.**
- **plant fibre feeds the ones that calm things down.**
- meat that is aged, ground, cured or left over **carries histamine of its own.**

14.04 THE PROTEIN LINE

the sentence that **keeps the whole taper honest**, from [section 01](#): you do need protein, and you get it from the simplest sources possible.

mine is in [section 15](#). **if you lift, you need more** than a quiet-phase plate gives you.

14.05 THE TAPER

STEP	WHAT	HOW
1	bring the plants up first	more of the fruit and vegetables that already agree with you. nothing comes out yet.
2	animal food once a day	everything else plants.
3	then every other day	hold each step until the journal goes quiet.
4	find your portion	some people stay fine on a small portion twice a week. some need none for a while. the journal decides, not the rule.
5	replace, do not just remove	lentils, black beans, chickpeas, white beans. start slow with beans. section 15.
6	fibre up slowly	fibre goes up as protein comes down. too fast and you bloat.

14.06 FOOD BY FOOD

the foods people react to most. **not a ban:** reduce, then bring each one back on its own, three days apart, and **let the journal say which one it was.**

FOOD	COMMON IRRITANT?	THE THING TO KNOW	THE SWAP
eggs	one of the most common. egg white sits on most histamine lists too.	one of the foods people react to most.	the momo bowl, section 04. sweet potato with banana. once eggs are back, the leftovers scramble, 04.
chicken	common, with all meat. the first one back.	smaller animals digest easier. fresh only. never ground, never left over.	lentils, black beans, white beans, chickpeas.
dairy	common. milk, cheese, yoghurt and kefir sit on the histamine lists.	aged and fermented carry the most. two exceptions, on purpose: ghee is the fat with the milk sugar and proteins skimmed off, so most dairy-reactive people keep it, and it carries a little butyrate of its own. kefir comes back by the sip once ferments are back: live cultures, food not medicine. section 15.	rice milk. ghee or olive oil where you used butter. kefir by the sip, later.
nuts	common. tree nuts most, peanuts a step behind.	twice a week at most while you are reactive. walnuts, cashews and peanuts run highest.	flax meal, ground chia, avocado. pecans or macadamias once nuts are back.
seeds	less often. flax meal and ground chia are the gentle ones; sunflower next.	ground and rotated.	grind them. whole seeds pass straight through.
fish	common when it is not fresh. fresh fish is allowed on the older histamine lists.	canned and smoked are the classic ones.	test fresh, or frozen at sea, late.

FOOD	COMMON IRRITANT?	THE THING TO KNOW	THE SWAP
gluten	common.	the protein named most often, by every teacher i read.	rice, potato, millet, brown rice pasta.

14.07 **THE ONE TO ADD**
if you stay mostly plants for months, **b12 is the one that stops being optional**. ask your doctor to check yours. **test before you guess**: the rule for everything on this page.

14.08 **PERMISSION**
and yes, you can keep a little meat around. **fresh, small, never day three**. the point is the plate getting wider, not purer.

DO NOT RUN THIS ONE ALONE
if you are pregnant or breastfeeding, under eighteen, underweight or losing weight, have a history with food rules, or take medication timed to meals. doctor first. section 26.

15 // THE MOMO PLATE

KEYWORDS: OATS THE BOWL PROTEIN BEANS LIFT YOUR BODY WINS

the ladder was written for a quiet, resting body. ours trains. seven places i do it differently, and why.



15.01 OATS

an orange food on the ladder, once every week or two. **mine are daily.** soaked, rinsed and cooked, they are the easiest fibre and protein breakfast i know for a body that trains.

if oats flare you, **rice is the swap**, cooked soft, and nobody is keeping score. and if eggs do not react to you, **the leftovers scramble** in [section 04](#) is the other breakfast.

15.03 PROTEIN, IF YOU TRAIN

a **palm at every meal, three meals.** the quiet-phase plate on the ladder is ten percent protein, and even its author raises it if you exercise.

babe-science: dr. gabrielle lyon, 30 to 50 grams of protein, three times a day. basically, your muscles need a big enough hit to even notice you ate. lentils and beans count. a plain isolate when a meal comes up short.

and yes, this still works if breakfast is a shake at 2pm. that is called lunch.

15.05 LIFTING STAYS

hard training sits on every reactivity trigger list i have read. i read that as volume, not the habit. **keep your lifts.** drop the sets and the intensity while the journal is loud, and walk more. the program is still the program.

15.02 THE MOMO BOWL

BREAKFAST · [SECTION 04](#)

2/3 cup gluten free oats, **soaked twenty minutes, simmered fifteen** with banana, salt, cinnamon and vanilla. chia off the heat for ten. then protein, nuts, poached apple and ground flax, with kefir sips on the side. the amounts and the reasons are in [section 04](#).

babe-tip: make the apple on sunday and freeze it in portions. whey if dairy suits you, pea or rice if it does not.

15.04 BEANS: LISTEN TO YOUR BODY

beans and lentils are the daily proteins on the ladder, and **every version of the ladder says start slow.** the older histamine lists even put legumes in the high column, so the lists disagree with each other here.

bloating, gas, itch or a flare after beans is **information, not failure.** a smaller amount, soaked and cooked soft, or a rest and a retest. your body wins over any list, theirs or mine.

15.06 FRESH ANIMAL PROTEIN

the ladder gets most of the way without it. a lot of you will not, and that is fine. the ladder in 13 and the taper in 14 are the test. the kitchen rules in 12 are the floor: **fresh, small, never ground, never day three.**

15.07 **NUTS, ONCE YOU ARE STEADY**

tree nuts are a common irritant while you are reactive, and walnuts run highest on the histamine lists. **once nuts are back for you, mine are daily:** a quarter cup in the bowl, pecans or macadamias first, straight from the freezer. the babe-science is in section 04.

15.08 **KEFIR, ONCE FERMENTS ARE BACK**

ferments come back last, and that rule stands. once they are back, **goat kefir is the one ferment i push:** one sip with breakfast, then up while the journal stays quiet, as far as a small glass if it lets you. mine is one to four sips. the why is section 18.

THE RULE OVER EVERY RULE

listen to your body. write it down. then believe it over the list, the teacher, and me.

16 // FOOD SWAPS

KEYWORDS: INSTEAD TRY SAME MEAL FRESH CAPSULES KITCHEN

swaps, not cuts. same meal, calmer version.

INSTEAD OF [OUT]	TRY [IN]	WHY
coffee on an empty stomach	the bowl first, then the coffee	quick rule 1.
iced drinks	the same drink, warm	quick rule 2. warm is easier going while things are loud.
leftovers from the fridge	cooked today , or frozen the day it was cooked	time is the histamine.
eggs at breakfast	the momo bowl	eggs are a common irritant. breakfast can still be warm. <u>section 04</u> .
chicken every day	lentils or beans most days , fresh chicken now and then	the taper. replace, do not just remove.
salami, bacon, ham, deli meat	beans, or a small portion of meat cooked fresh	cured means aged.
canned tuna, sardines, smoked salmon	white fish frozen at sea , as a late test	canned and smoked are the classic ones.
cow's milk	rice milk	the simplest swap on the page.
parmesan, cheddar, blue cheese	avocado and sea salt on a rice cake	the aging is where it builds.
yoghurt, kefir, kraut, kimchi	poached apple, cooked vegetables	for a reactive body, ferments come back last . then kefir, by the sip.
bread and wheat pasta	rice, potato, brown rice pasta , rice cakes	gluten is a common irritant.
walnuts, cashews or peanuts every day	ground flax or chia while you are reactive. pecans or macadamias once nuts are back	those three run highest. every nut lives in the freezer.
overnight oats on the counter	oats soaked in the fridge, or twenty minutes in warm water, then cooked	a night on the counter is a ferment. if oats flare you, rice, cooked soft.
tomato sauce	pumpkin, carrot and a little beetroot , blended with olive oil	tomato is yellow. this one you can eat daily.
raw spinach	lettuce, kale, chard	spinach is yellow. the others are green.
strawberries and citrus	apple, pear, banana, blueberries	the four daily fruits.
bone broth simmered all day	vegetable broth made today	a long simmer is a long sit.
soy sauce, vinegar, dressings	sea salt, olive oil, fresh basil, fresh ginger	ferments and long labels.
spice blends and curry powder	sea salt and one fresh herb	if a blend flares you, you will never know which part did it.
wine, beer, kombucha	fresh ginger in hot water , sparkling water	a ferment and alcohol in one glass.
protein bars and powders with long labels	beans first. a plain isolate with no fillers when a meal comes up short	fewer things to react to , fewer things to argue about.



16.01 The supplement swaps.

16.02 THE BOARD

THE CAPSULE, THE KITCHEN VERSION, THE RECORD

a capsule is a food with the plant taken out. the detox dudes run about forty five of them through a course; eva's protocols lean on a dozen; ariana's reel started this with six. here is the kitchen version of each, with the record in one line. dd, eh and am mark who takes it. none of them is affiliated with this guide.

16.03 THE SIX I KEEP

MINE

salt, psyllium, glutamine, colostrum, aloe, s. boulardii. magnesium citrate on the slow mornings. everything else on this board, i eat. the food version is smaller, slower and simpler, and on a quiet week **that is the point.**



16.04 **The lining.**

THE CAPSULE	THE KITCHEN VERSION	THE RECORD
I-glutamine [DD · EH]	bone broth and cabbage	a cup and a plate is about a gram; the scoop is five. the one real trial, 106 people, used the scoop.
collagen peptides [DD]	bone broth, slow cooked meat, the skin	collagen is gelatin. the powder is the broth, dried.
colostrum [DD · EH]	it already is a food	god's first gift, the first milk. a freeze dried powder is the kitchen version. it is dairy.
zinc carnosine [DD]	meat for both halves, pumpkin seeds for the zinc	the pairing is lab-made. food gives the parts, not the pair.
slippery elm, marshmallow, aloe [EH]	the plant, brewed. the inner fillet	already the food version. leave the licorice out of the drink, it raises blood pressure.
butyrate capsules [DD]	ghee, and the fibre that makes it	cooled potatoes, oats, beans. your own bacteria make far more than the capsule carries.



16.05 **The bacteria.**

THE CAPSULE	THE KITCHEN VERSION	THE RECORD
spore probiotic [DD · EH]	goat kefir, by the sip	live cultures in the gentlest milk. one sip to start , journal open.
prebiotic powder, acacia, psyllium [DD · EH]	oats, poached apple, chia, ground flax, beans	185 studies on fibre and long term health. chia and basil seeds are the powder with the plant left in .
akkermansia [AM]	pomegranate	33 to 47 times more akkermansia in the people whose gut could use it. about a third could not . twenty people.
prokinetic [AM]	two green kiwis	184 people, four weeks: one and a half more complete movements a week , the same as psyllium. the growers funded it.
digestive enzymes [DD]	bitter greens before the meal, papaya, pineapple, ginger	arugula, dandelion, radicchio. and chew . capsule enzymes are often grown on a mould.
betaine hcl, bitters [EH]	arugula, dandelion, a squeeze of lemon	the acid test is a doctor's. bitters are a salad you eat first .
apple cider vinegar [DD]	it already is a food. lemon does the same job in the cup	the one item on that list that was never a capsule .
antimicrobial kits, oregano oil, garlic caps [DD · EH]	garlic, cloves, ginger, on the plate	after a real test, with a doctor . the flares people call die-off are usually the product.



16.06 **The binders.**

THE CAPSULE	THE KITCHEN VERSION	THE RECORD
charcoal, clay, carbon cleanse [DD · EH]	psyllium and oats	the binder you eat every day without it binding your pills.
modified citrus pectin [DD]	apples with the skin, citrus with the pith	pectin is the peel. the capsule is a modified molecule; the fruit is its parent.
chlorella, spirulina, super greens [DD · EH]	leafy greens, a strip of nori	the binder claims are thin. the greens are real food.



16.07 The minerals.

THE CAPSULE	THE KITCHEN VERSION	THE RECORD
magnesium citrate, magnesium oil [DD · EH]	pumpkin seeds, beans, oats, greens, a handful of walnuts	one ounce of walnuts a day took magnesium shortfall from 70% to 52%. citrate stays for the slow mornings.
zinc capsules [DD · EH]	oysters, beef, lentils, pumpkin seeds	test first. zinc alone for months pushes copper down.
copper [EH]	liver, cashews, sesame	fewer than six in a hundred are short of it. test, do not guess.
iodine drops [DD]	a strip of nori, fish	drops are a thyroid problem. nori is the food dose , and the pretty salts carry none.
electrolytes, trace minerals, quinton [DD]	the salted cup, a banana, a potato, coconut water	water follows minerals. the morning cup is the electrolyte drink.
iron [EH]	red meat, lentils, an iron pan	ferritin through a doctor , who also asks why. every other day if you take it.
vitamin d [EH]	the first hour outside	in bali your skin makes it by noon. the morning light sets the clock ; that is the receipt, not the capsule.
b1, thiamine [DD]	pork, sunflower seeds, lentils, oats	the oats are already breakfast.
silica [DD]	oats, cucumber, bananas	the mercury binder story has no human trial . oats again.



16.08 **The liver, the skin and the rest.**

THE CAPSULE	THE KITCHEN VERSION	THE RECORD
nac, glutathione [DD · EH]	eggs, whey, garlic, onion, broccoli	your liver builds glutathione from protein and sulphur foods. nac's trials are for paracetamol overdose.
broccoli sprout extract [DD]	broccoli sprouts	three day sprouts carry ten to a hundred times the grown head. a jar on the counter.
dim [DD]	broccoli, cabbage, kale	your stomach makes dim from cruciferous vegetables. the capsule skips the vegetable.
milk thistle, dandelion tincture, liver drops [DD · EH]	coffee, artichoke, beets, not drinking	494,585 people: coffee drinkers had about half the risk of dying from chronic liver disease. a pattern, not a promise.
coffee enema [DD · EH]	a cup of coffee, drunk	not in this house. the cup is where the liver data lives.
liposomal vitamin c [DD]	kiwi, guava, capsicum, broccoli	two kiwis is a day of vitamin c.
quercetin [DD]	onions, shallots, capers, apples	a shallot a day improved eye symptoms in a trial of sixteen. the capsule raises antihistamine levels; ask the pharmacist.
dao enzymes [DD]	pea shoots	the teachers' model. no human trial on either.
omega-3, marine phytoplankton [DD]	sardines, mackerel, ground flax	ground, or the seed passes straight through.
master aminos, protein powder [DD]	eggs, fish, lentils with rice, a plain isolate when a meal runs short	beans first. fewer things to react to.

THE CAPSULE	THE KITCHEN VERSION	THE RECORD
blue blocking glasses, melatonin [DD]	the sunset, and a dark room	the glasses copy what the sky does for free.
beef organ capsules [DD · EH]	liver, one meal a week	the capsule is the organ, dried. the plate is the organ.

NO KITCHEN VERSION

methylene blue, dhea, nad, mucuna, lithium orotate, pine pollen, elk antler, tudca. these are drugs, hormones or bile acids, not foods. they are a conversation with a doctor, not a grocery list. the castor oil pack is a ritual, not a food, and it stays because it is cosy.

16.09 **A CUP, NOT A CAPSULE**

brewed leaves give a small, variable dose. an extract gives a drug sized one without the pharmacist. **the liver injury list is almost all extracts.** section 23.

16.11 **SMALLER IS THE POINT**

the food version carries less and arrives with fibre, water and the plant around it. on a quiet week, that is enough. **a flare after something new is information.** section 08.

16.10 **TEST BEFORE A BOTTLE**

iron, zinc, copper, vitamin d, b12. **a blood test through a doctor** before anything mineral. the rule, and it is right every time. section 19.

17 // EAT ENOUGH

KEYWORDS: THREE MEALS
STARCH
FIBRE
PROTEIN
WARM
NO FASTS

a body that is underfed stays on alert. i know, i ran the experiment.

40

VEGETABLES
mostly steamed

30

FRUIT
raw is fine

20

STARCH
rice and potatoes

10

PLANT PROTEIN
lentils and beans

17.01 THE QUIET-PHASE PLATE

that is the ladder's split, in percent. it is a plate for a body that is resting and reactive, and it is **a fine place to stand for two weeks.**

17.02 IF YOU TRAIN

more starch and more protein. the author of that plate says so himself, and so do i. how much is in section 15. the bowl is section 04.

17.03 THE RULES

WHAT	THE DETAIL
three real meals	a few hours apart. not grazing all day.
starch at every meal	rice, potato, sweet potato. the one most of you need: do not fear carbohydrates.
a protein at every meal	a palm. beans or lentils first, fresh animal protein where your own ladder allows it, a plain isolate when a meal comes up short.
cooked vegetables	easier going than raw while things are loud.
olive oil	on the food, after cooking.

17.04 THE FIRST FIVE DAYS

the hardest ones. **the mistake is not eating enough** through them. eat more rice and potato than you think you need. hunger is a stressor, and a stressor is a door.

17.05 NO LONG FASTS

no juice cleanses, no multi day fasts. some of the teachers run them. i left them out. you cannot calm a body down by starving it, and i have the years to prove it.

if you have diabetes or take medication with food, **keep your doctor's plan for meal timing.**

18 // REBUILD WITH FIBRE

KEYWORDS: FIBRE SLOWLY
PLANTS ROTATE
APPLE FOOD FIRST

fibre first. the capsule, if ever, second.



18.01 BABE-SCIENCE

fibre is the gut lever with the biggest dataset behind it. the lancet pooled 185 studies: risk bottoms out at 25 to 29 grams a day. america averages 16.

basically: beans, oats, fruit and cooked vegetables did more in that dataset than anything in the powder aisle. and yes, **you build up slowly**. a reactive gut and a very large bowl of beans is a bad first date.

18.03 THE GENTLE ONES FIRST

- **poached apple.** recipe in [section 04](#).
- **oats**, soaked, rinsed and cooked. [section 04](#).
- **bananas, blueberries, pears.**
- **steamed carrots, broccoli, beets.**
- **rice and potatoes.**
- **lentils and beans**, in small amounts. the beans note in 15.

18.05 THIRTY PLANTS

20 to 30 different plants a week is the target. each fibre feeds a different colony. it is simple and very hard to get wrong.

18.02 THE THINKING

fibre is what the helpful gut bacteria eat. fed, they make the signals that tell the immune system to stand down. a probiotic on a carnivore plate has nothing to grow on. **feed them first**, then decide whether you need the capsule at all.

18.04 GO SLOWLY

a little more each week, not all at once. **bloating means slow down. it does not mean stop.**

18.06 THE POWDERS THE TEACHERS ROTATE

apple pectin, acacia, arabinogalactan, inulin, beta glucan, bee propolis, colostrum.

one at a time, in rotation, never all together. food first, powder second.

mine is psyllium, **half a teaspoon every morning.** [section 03](#).

18.07 GOAT KEFIR

18.08 THE ONE FERMENT I PUSH

TO GROW THE GOOD BACTERIA, WITH THE LEAST REACTIVITY I HAVE FOUND

goat kefir is how i grow them once the fibre has had its two weeks. it is live cultures, a dozen strains and the yeasts, in the gentlest milk i know: goat casein is closer to the a2 kind, the fat sits in smaller globules, and the ferment has eaten most of the lactose before you do.

the ramp is the whole trick: one sip with breakfast, then up while the journal stays quiet, as far as a small glass if it lets you. it is still a ferment and it still sits on the histamine lists, so the sip is the test. most people who ramp it this way keep it. the ones who flare at a sip wait a month and try again.

store-bought goat kefir, pasteurised then cultured, is fine. **you do not need a farm.** if you cannot find goat, a2 cow kefir is the next one down.

18.09 BABE-SCIENCE

fermented food has one honest trial. stanford put 36 people on six servings a day for ten weeks: microbiome diversity went up and 19 of 93 inflammatory proteins came down; the main measure did not move, and there was no comparison group. that is the record, and it points the right way.

basically: the fibre feeds the colony you have. the kefir brings new members. **feed first, then introduce, by the sip.**

ask first with a dairy allergy, which is different from being reactive. section 26.

18.10 THE FIRST TWO WEEKS

18.11 WHAT YOU SHOULD SEE

SALT, PSYLLIUM AND PREBIOTICS FROM FOOD, WEEKS ONE AND TWO

soft, easy, one to four times a day. no straining, no urgency. that is the salt, the psyllium and the fibre doing their job, and it settles at one to three once the plate is steady.

bloating and gas in the same window are the bacteria adjusting. **slow the fibre down. do not stop.**

18.12 IF YOU ARE NOT THERE

KEEP HYDRATING THE COLON

psyllium soaks up many times its weight in water, so a dry bowl of fibre is a plug, not a broom. in this order: **a full cup of water with the psyllium** and more through the day. the warm salt water on waking. a walk after breakfast. still nothing by day three, magnesium citrate. it draws water into the bowel and works in hours.

ask first with kidney disease before any magnesium. loose stools mean too much. if you still need it most days after the first weeks, that is a doctor conversation, not a forever rule.

18.13 BABE-SCIENCE

psyllium and water are the pair with the trials. psyllium is the fibre the constipation guidelines actually name, and fibre with enough fluid beat fibre alone on stool frequency in a trial of constipated adults. magnesium has a placebo-controlled trial of its own, the oxide form, in japan. citrate dissolves better, which is why it is the one in my cupboard.

basically: **the water is not optional.** the psyllium is a sponge, and a sponge needs filling.

18.14 WHAT I DO

half a teaspoon of psyllium in the morning cup, stirred and drunk before it sets, **a full glass behind it.** magnesium citrate on the mornings things are slow. and the walk, every day, because the walk is what moves it.

18.15 WHAT YOU SEE, AND THE MOVE

WHAT YOU SEE	WHAT IT USUALLY IS	THE MOVE
soft, one to four a day	the salt, the psyllium and the fibre, working .	nothing. keep going . it settles at one to three.
nothing for two or three days	a dry colon, or the fibre went up without the water .	water, the salt water on waking, a walk, then magnesium citrate . philosophy 5.
loose, not watery	the salt teaching: the spent minerals leaving. mine: the salt water doing its job .	nothing, if you feel fine.
watery, more than once	the salt went up too fast , or the magnesium is too much.	back one step on the salt . skip the magnesium. <u>section 03</u> .
bloated and gassy	the bacteria you are feeding, adjusting.	slow the fibre down . do not stop.
nothing for a week, even after the moves	not a journal matter.	call your doctor.
black or bloody, or a fever with belly pain	not a journal matter.	a doctor, the same day . <u>section 26</u> .



EAT MORE.
SUPPLEMENT LESS.
Restore everything.

OATS, APPLES, KEFIR, CHIA, FLAX, BEANS, LENTILS. SALT YOUR WATER. SUN
AND NATURE TO HEAL. FEED EVERYTHING BEFORE YOU KILL ANYTHING.

19 // THE SHELF

KEYWORDS: PLANT DERIVED COLOSTRUM
ROTATE BIFIDO
ONE AT A TIME LAST

what the teachers take, and my calls. if you take any medication, ask your doctor or pharmacist first.

FOOD IS THE MEDICINE

the plate does the work: the prebiotics, the minerals, the fibre, the salt. **three key supplements fill the gaps, especially for a leaky gut:** s. boulardii [the probiotic yeast], l-glutamine [the lining's fuel, 5 g in the morning cup] and magnesium citrate [the slow mornings]. everything else on this shelf is optional, one at a time, after the food has had its turn.

THE FOUR RULES

THE DETAIL

not until stage one has had a fair run

a supplement into a body that is still being triggered is **money and a new variable**.

plant derived, single ingredient

so the journal can point.

one at a time, starting small

cut back at the first side effect.

rotate

never daily. not even the ones that help.

19.01 COLOSTRUM

THE TEACHERS' FAVOURITE

god's first gift, the first milk. **they file it under food**, not supplements, and most of them want it raw from a farm. the record is in the lining table below.

my call: a freeze dried powder is the easier and safer way to try it. it is dairy.

19.02 BIFIDOBACTERIUM FIRST

THE PROBIOTIC RULE

bifidobacterium strains, not random blends. the reasoning is that many probiotics raise histamine. fibre ranks above all of them. [section 18](#).

my call: optional. if you try one, read the strain list on the label.

19.03 S. BOULARDII, MINE

THE PROBIOTIC I TAKE · NORMAGUT 250 MG

a yeast, not a bacterium, so the worry about probiotics that raise histamine is about a different family. the bacterial capsules gave me gas and a histamine flare; **this one did not**. none of the teachers names it: **this one is mine**, from my own gut report. one with lunch, one with dinner, in room temperature water, never hot and never iced, and two hours from any antifungal.

babe-science: the most studied probiotic yeast, and its strongest trials are for the diarrhea that comes with antibiotics. even the shelf that calls its probiotic essential takes it five days a week, not seven. mine: **daily for four weeks, then five days a week**. ask first with a weakened immune system, a central line or a hospital stay.

19.04 MAGNESIUM, THEN THE REST

ZINC · SELENIUM · B12 · VITAMIN C · VITAMIN E · DHA

magnesium is the one every teacher agrees on. plant-based forms, built up slowly. the others added one at a time, most taken every other day. mine is citrate, on the mornings things are slow. philosophy 5.

19.05 **GLUTAMINE**

MINE

5 g in my morning salt water. it is an amino acid you already eat in every protein, and the cells lining your gut burn it for fuel. the claims for it run ahead of the trials. i take it because i like how my gut feels on it.

my call: ask first with kidney or liver disease, or in pregnancy. **the food version is bone broth and cabbage**, the lining table below.

19.07 **ACEMANNAN**

THE RECORD

the sugar molecule in the inner gel of the aloe leaf. the claim from the people who teach it: it does not stimulate or suppress the immune system, it balances it, and they lived it through mcas, eczema and autoimmunity.

their clearest line: histamine intolerance is a clearance problem, mcas is a release problem, and acemannan does not clear histamine for you; it supplies the raw material the body uses to rebuild the tissue that does. the source is in [section 27](#).

19.06 **ALOE, INNER FILLET**

MINE

2 oz before breakfast and 2 oz before the next meal, room temperature. i buy it fresh by the litre, freeze it in 3 or 4 oz portions and take one out the night before. start at a tablespoon. **inner fillet, decolourised, never whole leaf.** i take it for the acemannan in it, the next two cards.

my call: not in pregnancy or breastfeeding. ask first if you take anything for blood sugar or your liver numbers have ever been off. loose stools mean too much.

19.08 **ACEMANNAN, THE FINE PRINT**

READ BEFORE YOU BUY

the label matters. the teaching's own words: "just because acemannan is derived from aloe vera doesn't mean every aloe vera product still contains acemannan." if acemannan is the point, the label should say so.

the case for mcas rests on how it works, related research and family stories rather than a trial in mcas, so **your journal is the judge**. the people who teach it say some flare for a week or two at the start. in this guide, a flare after something new is information. [section 08](#).

19.09 **TEST, DO NOT GUESS**

ARIANA'S RULE

vitamin d, iron, b12, zinc. **a blood test before a bottle.** she is the one teacher here who says it every time, and she is right every time.

19.10 **PLANT EXTRACTS**

APIGENIN · BAICALIN · LUTEOLIN · QUERCETIN

concentrated extracts are strong, and concentrated extracts are also the supplements **most often tied to liver trouble**.

my call: ask first if you take anything, or if your liver numbers have ever been off.

19.11 **DIGESTIVE ENZYMES**

A SHARP CATCH

many are made from a mould called aspergillus. if mould is your trigger, **read the label**.

19.13 **ANTIMICROBIALS AND PARASITE KITS**

LAST

after a real test, with a doctor. the flares people call die-off are usually a reaction to the product itself. oregano oil is the usual suspect.

19.12 **BINDERS, CHARCOAL AND CLAY**

THEIRS, NOT MINE

several of the teachers use them. i left them out. **they bind medication along with everything else.**

19.14 THE LINING, AND THE FOOD VERSIONS

WHAT	THE FOOD VERSION	THE RECORD	ASK FIRST, IF
I-glutamine	bone broth and cabbage. a cup of broth and a plate of cabbage is about a gram ; the scoop is five. on a quiet week the food version is enough for me.	the one real trial: 106 people with diarrhea ibs after a stomach bug, fifteen grams a day for eight weeks. eight in ten improved against one in twenty on placebo ; the leaky-gut marker came back to normal. one trial, one centre.	kidney or liver disease, pregnancy. <u>section 03</u> .
zinc carnosine	the zinc is in meat, shellfish and pumpkin seeds; the carnosine in meat. the pairing is lab-made , a japanese ulcer medicine: food gives the parts, not the pair.	ten volunteers, a painkiller that triples the leak in five days; with zinc carnosine alongside, the leak did not rise. tiny, and real .	zinc on its own for months can push copper down. not daily for long, and test before a bottle .
slippery elm, marshmallow root	a bark and a root: a mucilage that coats what it touches . a tea, or the powder in warm water, drunk slowly.	a coat for the mouth and throat is well shown; how far down, nobody has measured. no trial of either alone on the gut , and the mixes that include slippery elm are small, with no control group. the thirty day mucilage drink some teachers run adds licorice, which raises blood pressure: leave it out.	two hours away from any medication , like psyllium. marshmallow: ask first if you take anything for blood sugar.
colostrum	god's first gift, the first milk . a freeze dried powder is the food version here. it is dairy.	the best tested thing on this page: ten trials pooled , mostly athletes and painkiller studies, and the leaky-gut marker came down. they disagree on how much. the teachers say seal; i say feed the lining, journal open.	a dairy allergy. a flare after it is information. <u>section 08</u> .

TWO THAT THIN THE BLOOD

nattokinase and serrapeptase. if you take anything that affects clotting or bleeding, ask before you touch either.

20 // LIGHT, SLEEP AND THE DAY

KEYWORDS: FIRST HOUR
CLOUDY COUNTS
DIM
SAME TIME
WARM FOOD
WALK

what the teachers do before breakfast and after dark, and what i keep.

THE PRACTICE	WHAT THEY TEACH
first light	morning light first, outside, no sunglasses. it switches the whole house on. asleep by ten.
the dose	ten to twenty minutes of sun a day, not all day. early to bed.
the dark	morning light, and no bright light at night.
the signal	morning light is first on the list of small signals that tell a body it is safe.
the evening	warm bulbs over led in the evening. a steady sleep pattern. broken sleep and too little sunlight both sit on the trigger list. so does long heat.
before bed	ten minutes of stretching and slow breathing before bed. no food in the three hours before.

20.01 WHAT I KEEP

THE MOVE	THE DETAIL
outside in the first hour	before the phone. cloudy counts. the dogs make sure of it. the sun ritual is section 03 .
short, not scorching	morning light is for your clock, and it works through your eyes, so sunscreen does not get in its way. mine goes on before i step outside.
dim the house after dark	lamps, not ceiling lights. phone out of the bedroom.
the same wake time	weekends included.
a wind down that never changes	ten minutes. the same ten minutes.

20.02 BABE-SCIENCE

a regular wake time beat sleeping longer. 60,977 people wore trackers for a week and were followed for years. the ones with the most consistent sleep timing had the lowest risk, and regularity predicted it more strongly than hours slept.

basically: the alarm matters more than the lie-in. i know which one you would rather hear.

20.03 THE OLD VERSION OF THE SAME DAY

chinese medicine calls it nourishing life: up with the light, warm cooked food, a walk after meals, eat what is in season, move slowly every morning, do less. the grandmothers were right about the day.

YOU DO NOT NEED
A HARDER WORKOUT.
You need a quieter one.

MOVEMENT IS MEDICINE, DAILY. NO GYM TODAY? HIT A FLOW. FIFTEEN MINUTES
ON THE MAT, A WALK AFTER MEALS, HOP, SWING, SWEAT.

21 // MOVEMENT AND LYMPH

KEYWORDS: WALK
STRETCH
SIX MINUTES
SEVENTY PERCENT
AFTER MEALS
LIFT

gentle, daily, and smaller than you think.

THE PRACTICE	WHAT THEY TEACH
the fluid	exercise is mostly about moving fluid. walk first. then tai chi.
the round	twelve moves, thirty seconds each, a six minute round. seventy percent effort every day beats all out once in a while.
when depleted	walking over hard training when you are depleted.
rhythm	rhythm first: step, sway, cross the body.
the foundations	gentle only, until the foundations are in.
the stretch	hard training sits on the trigger list while you are reactive. stretch every muscle five days a week. time outside, in something green.

21.01 WHAT I KEEP

THE MOVE	THE DETAIL
a walk after meals	ten to fifteen minutes. any pace.
six minutes every morning	the round above, or the slow arm thing. you are allowed to be bad at it.
stretch with the breath	breathe out as you lengthen.
lift when you are steady, move every day	the lifts stay, lighter and shorter while the journal is loud. the days you do not lift, you still move: a flow on the mat, a walk, the hops. movement is medicine, daily.
hop	a minute of small hops while the oats soak. quick rule 10.
squeeze, then stretch	while the chia sets. quick rule 11.
sweat most days	training, a hot walk, a sauna three to five times a week. then salt your water. quick rule 8.

21.02 BABE-SCIENCE

your muscles are the pump. twenty adults, a fifteen minute stroll on a treadmill, and the main lymph duct widened by 27 percent on ultrasound. deep breathing in the same people on the same day did not move it.

basically: there is no drain to unclog. some of the teachers dry brush, some tap, some bounce. i like the brush. it is a nice feeling.
the walk is what does the work.

21.03 IF EVERYTHING SETS YOU OFF

start with walking and stretching and stop there. add load when the journal has been quiet for a few weeks. i do the ocean for the ocean, not for anything it is supposed to do.

22 // LIVER AND MINERALS

KEYWORDS: LESS LOAD
FIBRE
ALCOHOL
FOOD FIRST
WHICH SALT
ONE AT A TIME

take the load off first. add second.



22.01 THE SHIFT

stop trying to stimulate a liver with supplements and **start removing what is loading it.** that is the whole move.

22.02 THE LIST

- find your food triggers.
- less processed food.
- more plant fibre.
- less meat, simpler protein.
- plant fats over fried.
- and the one nobody posts: **not drinking.**

22.03 WHAT THE TEACHERS TEACH

movement and food ahead of any liver herb. sleep and enough nutrients. bitters before meals. castor oil packs, for the ones who like them.

22.04 WHAT I KEEP

the walk, the fibre, the sleep, and not drinking. the castor oil pack is cosy and i like it. i do not claim it does anything to a liver.

22.05 MINERALS

THE PRACTICE	WHAT THEY TEACH
the order	magnesium first. then zinc, selenium, b12, vitamin c. plant derived, one at a time.
together	minerals work together. do not megadose a single one for months.
fed first	you cannot do anything on empty. eat first.
iron	a blood test before iron.
the fork	no mineral protocol at all. the fork first.

22.06 WHICH SALT

THE SALT	THE READ
celtic light grey	a moist grey sea salt from france. every lot ships with a lab sheet, lead included. about a seventh less sodium per gram than pink, because it is wet. my morning cup.

THE SALT

THE READ

baja gold	the sea of cortez salt the detox dudes sell. the most magnesium and the least sodium per gram on any sheet i read, and the brand publishes its tests. three to four times the price of celtic where i live.
himalayan pink	a rock salt, so the lowest microplastic category in the one global study. one bag in thirty one tested over the lead limit in another, and you cannot tell which bag you bought. it stays on my plate.
redmond real salt	a utah rock salt. the brand's own sheet says "not a guaranteed analysis". i skip it.
bali sea salt	amed, kusamba, tejakula: local, unrefined, hand harvested, lovely as a finishing salt . no microplastic test exists for any of them, and the one indonesian sea salt in the global study was the worst of all thirty nine. not my cup.
the potassium salt	part potassium chloride, a quarter to a half by brand. the only salt with a stroke trial behind it: 20,995 people, five years, fourteen percent fewer strokes. not with kidney disease or potassium-sparing medication. the plate, not the cup.

22.07 THE PRESSURE PROBLEM

BABE-SCIENCE

pots is a blood volume problem. stand up and the blood pools in the legs, the pressure drops and the heart races to keep up. salt holds water in the blood, so the volume comes up and the heart has less to chase. **the pots guideline says 10 to 12 g of salt a day with two to three litres of water**, and a six day trial of a high salt diet raised the blood volume and brought the standing heart rate down. mcas and pots travel together often, which is where the rest of the teaching comes from. outside pots the trials are not there: **the journal decides, and so does your doctor** with blood pressure, heart or kidney trouble.

22.09 WHAT THE TEACHERS TEACH

never table salt or iodised salt. the lists run baja gold, icelandic, celtic, pink; the cup is one teaspoon, soft and fluid, not liquid. salt first, their amounts not mine. the strictest shelf wants a third-party test for metals and microplastics. **unrefined, and tested**, is the thread.

22.11 FOOD FIRST

beans, lentils, potatoes, greens, bananas, ground seeds. **the minerals and the fibre arrive in the same bag**. a handful of nuts when nuts are back on your ladder.

22.08 THE FANCY SALT

BABE-SCIENCE

pink salt really does carry more minerals than white. thirty one pink salts against one white, measured for twenty five minerals: the pink won on magnesium, potassium, calcium and iron. then the arithmetic. a teaspoon a day is about five percent of your magnesium and under one percent of your potassium. basically: **buy the salt for the lab sheet, not the minerals.** the cup is for the water you hold; the beans and the greens are where the minerals are.

22.10 MY SALT PICKS

TWO SALTS, ONE OPTIONAL

1. celtic light grey, the morning cup. the only salt on this page where every lot ships with a lab sheet.

2. himalayan pink, the plate, after cooking. a rock salt, so the lowest microplastic category.

optional, the potassium salt: the plate swap with a stroke trial behind it. not with kidney disease or potassium-sparing medication.

skipped: redmond, no guaranteed analysis; the bali sea salts for the cup, untested; baja gold, the same job as celtic at three times the price. a strip of nori a few times a week for the iodine. **where i buy mine: tokopedia in bali, iherb anywhere.**

22.12 WHAT I LEAVE

liver flushes, coffee enemas and hair mineral tests. section 24.

23 // HERBS AND TEAS

KEYWORDS: BREWED GINGER ONE AT A TIME
BLAND FIRST ASK FIRST LAST

a tea is a tea. an extract is something else.

THE PRACTICE	WHAT THEY TEACH
the safety line	a safety line on every herb . ginger with meals. chamomile. nettle leaf, steeped overnight. honey never for a baby under one.
brewed	brewed, not extract . fennel, ginger or peppermint after a meal. tea makes you sit down.
bland first	bland first . dried herbs, spices and seasonings are common irritants while you are reactive. fresh ginger is on the safe list and fresh basil is in the recipes.
bitters	bitters before meals.

23.01 WHAT I KEEP

THE MOVE	THE DETAIL
brewed, not extract	a cup, not a capsule . i drink six a day and own no extracts.
one new herb at a time	the same rule as food. journal open .
fresh ginger	in hot water , or grated into rice.
my morning tea	rose, clove and saffron, once spices are back on your ladder . section 03 .
the tea cabinet	twenty one jars, three to five at a time , morning and evening. the recipe is in section 04 .
nettle leaf, overnight	the long infusion: about 30 grams, a big handful, of dried leaf in a litre jar of room temperature water, capped, four hours or overnight, in the fridge in bali heat. to drink it warm, pour a third to half a cup and add the same of hot water. finish the jar within the day.
let it cool	four minutes after pouring.
if you take anything prescribed	ask the person who prescribed it before you add a herb. every time.
pregnant or breastfeeding	no herbs without your doctor.

23.02 NETTLE LEAF

THE MINERAL TEA

the one you drink as a nourishing infusion: **iron, calcium and magnesium**, from one of the most mineral dense plants there is. no kettle, just time: the long steep is what pulls the minerals out.

the honest part: the swiss histamine list puts nettle tea on its avoid list, and the fresh sting is histamine itself. one small hay fever trial found a slight edge over placebo. **one cup first, journal open**. ask first with kidney trouble, a blood thinner or blood pressure medication.

23.03 WHILE YOU ARE REACTIVE

this is the last section to act on, not the first. **start with ginger and stay there for a while**. the spice rack is a reward for a quiet journal.



23.04 **THE BEST LINE IN THE WHOLE SHELF**

jen's: "natural does not mean take more."

24 // WHAT WE LEFT OUT

KEYWORDS: FLUSHES HAIR TESTS
FASTS CLAIMS
CHARCOAL FAITH

the teachers are all worth reading. read them knowing this.

WHAT	WHY IT IS NOT HERE
liver flushes	a big dose of oil on an empty stomach is rough on reflux , and i have not seen anything that shows they do what is claimed.
long fasts, water fasts and juice fasts	you cannot calm a body by starving it. the salt here is a teaspoon in the morning, higher only for a pressure problem, philosophy 1. the fasts never.
salting kids	not without their doctor.
the salt water flush	a big dose of salt in a glass, drunk fast, is a colon flush, not a morning cup. the guide it comes from says not with high blood pressure, crohn's or ibs , and not often. the cup here is a teaspoon; the higher dose for a pressure problem is spread through the day, never one glass.
talking people out of their prescriptions	the diagnosis is real and so is the medication. never drop one without the person who prescribed it.
pushing through a flare	a flare after something new is information. take it out. section 08 .
the vaccine and mask posts	not in this house.
ten percent protein as a forever plate	it is a quiet phase plate. the teacher who wrote it raises it if you train. so do i: section 15 .
charcoal, clay and daily binders	they bind medication along with everything else.
hunting raw dairy	a powder is the easier and safer way to try colostrum.
kefir as medicine	the teacher who recommends it as mast cell medicine also says most probiotics raise histamine. here, kefir is food, and goat kefir is the ferment i push : by the sip, once ferments are back, pasteurised is fine. section 18 .
parasite cleanses	if something really is living in you, that is a test with a doctor , not a kit from a reel.
hair mineral tests	a blood test through a doctor tells you more.
coffee enemas	not in this house.
skipping sunscreen	no.
the autism posts	some of these teachers say their approach helps autism, and those are some of their biggest posts. that is no part of this guide.
the faith framing	some of these teachers write from faith, and some sell from it. praying is on my page because it is mine. it is not a product and it is not a protocol.

25 // A DAY THAT WORKS

KEYWORDS: LIGHT BREAKFAST MOVE LUNCH EARLY DINNER SLEEP

my shape. borrow it, do not obey it.

WHEN	WHAT
on waking	the morning, <u>section 03</u> : brush, scrape, sunscreen, the hydration, the aloe, outside while the oats soak, the tea, the bowl, then coffee.
breakfast	the momo bowl, <u>section 04</u> . mid-reset, the reset bowl.
morning	train, or walk. the program decides which.
lunch	the biggest meal. rice or potato, steamed vegetables, lentils or beans, olive oil and salt. one s. bouldarii with it, room temperature water.
after lunch	a short walk.
4 pm	the slippery elm drink : 1 tsp slippery elm powder in 8 oz room temperature water, sipped slowly, no food. cold water pulls the mucilage, and the mucilage is the medicine [cold means never heated, never iced]. two hours away from medication and from the s. bouldarii.
dinner	early and smaller. one s. bouldarii with it. nothing in the two hours before bed.
evening	lamps low. a herbal tea, rose if you have it. five minutes of slow breathing. the same bedtime most nights.

25.01 POACHED APPLES OR PEARS

SECTION 04

poached soft with ginger, made on sunday for the week. **the recipe and what each thing does are in section 04.**

25.03 BEANS, RICE AND GREENS

LUNCH

jasmine rice, black beans and steamed broccoli. **sea salt and oil go on after cooking**, not during.

25.05 FOUR HUNDRED MORE

ON THE LADDER'S SITE

the ladder's site has published breakfast, lunch, dinner and snack lists built only from it. **the links are in section 27.**

25.02 THE MOMO BOWL

SECTION 04

oats, banana, protein, nuts, chia, poached apple and ground flax, with kefir sips on the side. **the full recipe and the reasons are in section 04.**

25.04 GINGER RICE SOUP

DINNER

simmer white rice soft with fresh ginger. fold in white beans and a handful of greens. if chicken is on your ladder, use chicken cooked that day. **eat it fresh, freeze the rest the same day.**

26 // WHEN IT IS NOT A DIY PROJECT

KEYWORDS: DOCTOR PREGNANCY
TESTS SAME DAY
MEDICATION EMERGENCY

nothing here is meant to set you against your doctor.

26.01 SEE A DOCTOR BEFORE ANY OF THIS IF

- **nobody has ever properly looked into your symptoms.**
- you are pregnant or breastfeeding.
- it is for a child.
- you take daily medication.
- you have been **losing weight without trying.**

26.02 THE DIAGNOSIS IS REAL

mast cell activation has real tests and real medication. if this guide sounds like your life, that is a reason to ask for the workup. it is not a replacement for one. **i am your coach, not your clinician.**

STOP AND GET SEEN

the same day: black or bloody stools · a fever with belly pain · yellow skin or eyes · pain that is getting worse, not better.

right now: swelling of the lips, tongue or throat · trouble breathing · chest pain · fainting. after a food or a supplement, that is an emergency.

AND IF IT IS YOUR HEAD THAT IS LOUD

tell someone today. in the us you can **call or text 988**, any hour, free.

where i read. the goats, matt first, and the babe-science.

27.01 MATT, ENDSICKNESS.ORG

- [the three stages of healing](#)
- [target the immune system, not the pathogens](#)
- [beating symptoms without supplements](#)
- [the symptom journal](#)
- [his 22 triggers](#)
- [his 11 rules for mast cell symptoms](#)
- [the food ladder](#)
- [the ladder, step by step](#)
- [his older histamine list](#)
- [food sensitivities](#)
- [why he eats mostly plants](#)
- [meat and histamine, and the taper](#)
- [plant fibre](#)
- [fibre before probiotics](#)
- [his cooking rules](#)
- [the slow breath](#)
- [his stress tools](#)
- [his nutrient list](#)
- [his liver list](#)
- [breakfast recipes](#)
- [lunch recipes](#)
- [dinner recipes](#)
- [snack recipes](#)
- [how i defeated mast cell activation syndrome](#)
- [histamine intolerance, simplified for beginners](#)
- [the histamine intolerance recovery guide](#)
- [the 33 mistakes people make](#)
- [synthetic supplements and mast cells](#)
- [mast cells and chronic inflammation](#)
- his instagram, @endsickness. 600 posts, 2019 to 2026.
- [the aircon post](#), @endsickness, december 2025.

27.02 THE OTHER TEN

- @eva.hooft
- @kyle_peche
- @mikechangofficial
- @valitriago
- @alicemaisetti
- @wellness.pharm
- @herbswithjen
- @certifiedhealthnut
- @zerothefaster, and his substack
- @the.ace.edit

27.03 THE DETOX DUDES

- josh macin, the detox dudes: the salt water flush post and video, and his member course [the 14 day blueprint and the morning hydration drink]. read for the salt, not the flush.

27.04 MINE

- five philosophies to evolve, written by hand.
- the quick rules and the new morning, the same notebook. october 2026.

27.05 THE BABE-SCIENCE

- dr. gabrielle lyon on protein per meal.
- stanford, 2023: five minutes of breathing a day against meditation, one month, about a hundred people.
- the lancet, 2019: 185 studies on fibre and long term health.
- a japanese ultrasound study, 2025: a fifteen minute stroll and the main lymph duct, 20 adults.
- uk biobank, 2024: sleep regularity against sleep duration, 60,977 people.
- uk biobank, 2021: coffee and chronic liver disease, 494,585 people.
- the heart rhythm society consensus, 2015: pots, 10 to 12 g of salt and 2 to 3 litres of water a day.
- a vanderbilt trial, 2021: six days of a high salt diet in pots, blood volume up, standing heart rate down.
- a canadian trial, 2008: whole flax, ground flax and flax oil, and omega-3 in the blood.
- a review of 15 cohort studies, 2016: nuts and long term health.
- daylight against indoor light, measured in lux.
- an australian lab study, 2020: thirty one pink salts against one white, twenty five minerals and lead.
- a global survey, 2018: microplastics in thirty nine salt brands from twenty one countries.
- a chinese village trial, 2021: potassium enriched salt against regular salt, 20,995 people, five years.
- a tulane trial, 2019: glutamine for diarrhea ibs after an infection, 106 people, eight weeks.
- an imperial college crossover, 2007: zinc carnosine against a painkiller's leak, ten volunteers.
- a pooled analysis, 2024: bovine colostrum and gut permeability, ten trials.
- an australian pilot, 2010: slippery elm mixes in ibs, 31 people, no control group.
- a tufts trial, 2010: hibiscus tea and blood pressure, 65 adults, six weeks.
- two small trials, 2009 and 2011: chamomile and anxiety, 57 people; chamomile and sleep, 34 people.
- a review, 2014: peppermint oil capsules in ibs, nine trials. the capsule, not the tea.
- an israeli trial, 2003: fennel seed oil and baby colic, 125 infants.
- a review, 2014: ginger and nausea in pregnancy, twelve trials.
- a one day pilot, 2009: dandelion leaf extract and urine output, 17 volunteers.
- the pharmacology: silymarin is poorly soluble in water, which is why milk thistle is sold as capsules.
- licorice root and blood pressure: the glycyrrhizin case reports and the european safety ceiling.
- two peruvian trials: maca and sexual desire, 57 men over twelve weeks, 2002, testosterone unchanged; 14 women after menopause, six weeks, 2008.
- a review, 2013: cinnamon and fasting blood sugar, ten trials.
- a review, 2016: turmeric extracts and knee arthritis pain, eight trials. the extract, not the tea.
- the brands' own lab sheets: [celtic sea salt, every lot](#) and [baja gold, 2026](#).

this is education, not medical advice. it describes what i do, what the teachers i read teach, and the parts i keep. none of them is affiliated with MoMo[Life] or MoMo[Muscle], and none of them has reviewed this guide. it does not diagnose or treat anything. your doctor knows things about you that a guide cannot.

Where to go next.

THE FOLLOW-ALONGS

the morning flow and the sun ritual play as videos in [the MoMo app](#), under MoMo[Life]. press play while the oats soak.

THE SHORT VERSION

the morning routine is the pocket version of this guide: the philosophies, the morning, the kitchen and the twenty five rules.

ASK ME

[dm me in the app](#). send the number, 04.18 or 03.02, and i know exactly which line you mean.

SHARE A PAGE

screenshot a recipe, make it, and tag me on instagram, [@momomuscle](#). the file itself stays with members.



momo[life]

food will heal.

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