



The morning routine.

LESS REACTIVE, MORE FLOW · FOR THE APP
FIVE PHILOSOPHIES, THE MORNING, THE MOMO KITCHEN, TWENTY FIVE QUICK RULES

FLOW, not just routine.



FIVE PHILOSOPHIES. ONE MORNING. THE MOMO KITCHEN. TWENTY FIVE QUICK
RULES. EVERYTHING BEHIND THEM LIVES IN THE FOOD EDITION.

00 // CONTENTS

KEYWORDS: PHILOSOPHIES MORNING
KITCHEN RULES
SALT FLOW

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

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education, not medical advice. pregnant, breastfeeding, on daily medication, or managing a condition? show section 03 to your doctor first.
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01 // READ THIS FIRST

KEYWORDS: MORNING SLOW
BOWL JOURNAL
RULES SAFE

what this is, how to start, and who should ask a doctor first.

01.01 WHAT THIS IS

my morning, written down. the five philosophies it grew out of, the drink ritual, the sun ritual, the minute by minute, the momo kitchen [the bowl and five more recipes], and twenty five quick rules to screenshot.

less reactive first. more flow after.

01.03 HOW TO START

one new piece every four days, journal open. the warm salt water and the bowl first, then the psyllium, the tea and the glutamine. the aloe is optional. the kefir last, once ferments are back for you, one sip to start.

on a bad morning, the hydration and the bowl is a full win.

01.02 WHERE THE REST LIVES

the food edition carries the order, the journal, the ladder and the swaps behind all of this. when a line here says food edition, that is where to look.

01.04 WHAT IT IS NOT

it is not medical care, and not a reason to stop anything you were prescribed. pregnant, breastfeeding, on daily medication, or managing your blood pressure, blood sugar, kidneys or liver? show [section 03](#) to your doctor first.

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

xx coach momo

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. food edition 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. food edition 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.** food edition 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 food edition section 18. the shelf is food edition 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 food edition 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 food edition section 14. how much protein, if you train, is food edition 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.

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 food edition 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, food edition section 20, and sunscreen does not get in its way. the walk is the lymph pump that was measured, food edition 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 . food edition 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. food edition section 19. 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.

03.09 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.

03.10 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.

03.11 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 . food edition 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. food edition 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, food edition 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. food edition 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 food edition 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, food edition 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. food edition 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. food edition 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. food edition 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, food edition 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, food edition 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 food edition 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.

04.23 **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.** food edition section 23.

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.**

04.24 **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 food edition 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, food edition 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, food edition 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, food edition 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, food edition 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: food edition 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 , food edition 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, food edition section 12.
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: food edition 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, food edition section 18.
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, food edition 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. food edition 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, food edition 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:** food edition 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 FOOD EDITION 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**.

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. food edition 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. food edition 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. food edition 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 food edition section 20.
18	stop eating two to three hours before bed	a full stomach and a flat body do not mix. food edition 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. food edition 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. food edition 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. food edition section 26.
25	get out of fight or flight	the long exhale, during the reaction, not only in the chair. food edition section 11.

this is education, not medical advice. it describes what i do and the parts of the goats' teaching i keep. the babe-science and the full source list are in food edition section 27. 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 FULL GUIDE

the food edition carries the order, the journal, the ladder, the swaps and the shelf behind every line in here.

ASK ME

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

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



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food will heal.

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