The First Stage of the Dietary Transition
Detoxification 1/2

Stage compatible with: :
- Ayurveda, Traditional Chinese Medicine & macrobiotics
- Raw foodism, veganism & living food
- The Mediterranean diet & the Seignalet diet
- The Paleolithic diet & the ketogenic diet

The logic and objectives of this stage

Freeing yourself from legal and illegal drugs
AND
Freeing yourself from industrial food that contains highly harmful ingredients such as:**
- sugars (white/brown/syrups), refined salt, white flours, and modified oils;
- GMOs, preservatives, flavor enhancers, colorings, sweeteners, thickeners, stabilizers, etc.

The consumption of sweet fruits and vegetable juices will facilitate the transition to the next stage.

The concrete changes to put in place.

1. Do not consume illegal drugs:
- Heroin
- Opioids
- Cocaine, crack, and amphetamines
- Ecstasy
- Cannabis

2. Do not consume legal drugs:
- Alcohol
- Tobacco
- Antidepressants
- Painkillers

3. Do not consume processed grain-based products:
- Sliced bread, rusks, pre-baked breads
- Breakfast cereals (often sweetened)
- Cereal bars
- Industrial cakes and biscuits
- Ready-to-cook pasta, instant noodles

4. Do not consume salty snacks:
- Chips, aperitif biscuits, crackers
- Flavored popcorn
- Extruded snacks (such as Curly, Monster Munch)

5. Do not consume ready-made meals:
- Vacuum-packed, tray-packed, or frozen meals (lasagna, gratins, quiches, couscous, etc.)
- Boxed or powdered soups
- Instant rice or mashed

6. Do not consume candies and sweets:
- Candies, chewing gum
- Industrial chocolates
- Chocolate bars

7. Do not consume meat products and processed meats:
- Sausages, hams, salamis, and industrial pâtés
- Nuggets, cordon bleu, industrial ground beef
- Dishes containing "reconstituted meat"

8. Do not consume industrial beverages:
- Sodas and sweet carbonated drinks
- Energy drinks
- Fruit juices made from concentrate
- Flavored milks

9. Do not consume dairy products and substitutes:
- Sweetened, flavored, or fruit yogurts
- Dairy desserts (custards, mousses, flans)
- Processed or portioned cheeses
- Sweetened milk drinks

10. Do not consume ultra-processed vegetarian or vegan products:
- Plant-based burgers, vegetarian nuggets
- Meat or cheese substitutes based on soy or textured proteins

11. Do not consume industrial bakery/pastry products:
- Packaged pastries (croissants, pain au chocolat, etc.)
- Cakes such as madeleines, brownies, muffins
- Ready-to-bake pies or pie crusts

12. Do not consume industrial sauces and condiments:
- Mayonnaise, ketchup, barbecue sauces, salad dressings
- Stock cubes, powdered sauces
- Ready-made vinaigrettes

Results when the objective is reached

This first stage is the most important, as it marks the starting point of a major awakening associated with the decision to take care of oneself. It can be considered achieved when one has integrated (in thought and in action) that:
- **Legal and illegal drugs, beyond poisoning the body and making it dependent, are consumed to cut oneself off from disturbing emotions (they are known as isolating drugs).**
- **Industrial products, all developed for profit with the complicity of high-level institutions, are not food for us; they act addictively like hard drugs, damage the digestive system, disrupt food cravings and the hormonal system, and cause depression and chronic fatigue.**
- **Real food is that which grows on the earth, not processed food preserved in packaging. It is therefore necessary to learn—or relearn—how to prepare one's own food using the most natural ingredients possible.**