



## Packing Suggestions

For ideas of what to bring with you, I suggest the following:

small flashlight

comfortable clothing or sleep-ware for your journey

a set of underwear or shorts & tops to be discarded after  
spiritual shower (optional)

1 long-sleeved shirt or sweater ( for near to the ocean winds)

clothing that will mostly keep you cool

an eye mask if you have one you like, otherwise I have one.

earplugs if you have trouble sleeping

personal care items

swimming suit and towel

umbrella ( you probably won't need it)

water bottle

journal and pen

your favourite pillow (optional)

sunglasses

you can bring your computer to use on the integration days

# Diet Advise

There are a few diet suggestions to keep in mind.

For 1 week pre and post treatment, please refrain from drinking alcohol.

Eat a healthy diet free of processed and overly fried foods.

Drink coconut water or electrolytes for a few days prior to coming.

On arrival day, eat a hearty breakfast and lunch, eating only fruit after 3pm and then only water after 4pm. if you normally drink caffeine, only have one drink in the morning. Refrain from eating, drinking or using anything with bergamot, such as Earl Grey tea, grapefruit, tonic water and some kinds of deodorants.

