



DIVE DEEPER
Serious Detoxing
Options
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Adapted from Cate Stillman's work

DIVING DEEPER OPTIONS

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SPECIFIC DETOXES

Detox Option	Description	Benefits
Fast Mimicking Diet	Five days of 500-750 calories with a ketogenic distribution of macro-nutrients 85% fat, 10% protein, and 5% carbs.	<ul style="list-style-type: none"> -Removal of cancerous or precancerous cells -Increase immune system functioning -Increase lean tissue mass -Decrease in fat tissue --Rapid shifting into nutritional ketosis -Increase gene expression for long periods of time -Autophagy and apoptotic cellular clearing/repair -Decrease oxidative stress and inflammation -Increase mental performance and BDNF (brain stem cells that create new neurons) -Increase immune system functioning
Living Liquids	<ul style="list-style-type: none"> -Broth, juice, spicy lemonade, miso soup, or vegetable soup. Less healthy fats and less bulk in general. -The Living Liquids cleanse involves an upgrade in how you use your kitchen in relation to the prana, enzymes, & nutrients in food. -You'll chop, blend, juice, and sprout. Not so much cooking. 	<ul style="list-style-type: none"> -Easy, fast, simple to prepare. -Living Foods - high prana diet
(juices, smoothies, soups, broths, spicy lemonade)	-You'll want a high powered blender (Vitamix) and maybe a juicer. Borrow what you don't have.	<ul style="list-style-type: none"> -Easy to transition into and out of. You'll eliminate waste fast. -Easy to make batches of broth, green juice or soup.

<p>Kitchari (Traditional cooked)</p>	<p>-This is the traditional Ayurvedic cleanse. Plenty of protein. Suited for those who like Indian food.</p> <p>-Many find it constipating. This cleanse is referred to as a monodiet. You eat only kitchari (3 meals a day), either the “living” or cooked versions. Consume fresh juices in the morning and vegetable soups if you tend to get constipated or bloated from beans.</p>	<p>-Traditional Ayurvedic Detox. Prepare food once a day.</p> <p>-Grounding and nourishing Very Inexpensive.</p> <p>-Plenty of sustenance - a good choice for those working outdoors or doing intense exercise. It is more comfortable for those looking for a gentle cleanse.</p>
<p>Juice Feasting</p>	<p>-Drinking up to 1 1/2 gallons of fresh juice per day, with an emphasis on low sugar green juices, with celery and leafy greens. You can also include nutrient dense green powders (e.g. spirulina or barley grass powder), bee pollen granules, digestive enzymes and hemp oil</p>	<p>-Mineral rich juices create a grounding and the body is receiving fresh nutrition in abundance. Eliminate stays strong for most people. Can be done for up to 90 days.</p>

SAMPLE ADVANCED DETOX OPTIONS

	Week 1	Week 2	Week 3	More:
Living Liquids (juices, smoothies, soups, lemonade)	Kitchari, vegetable soups, fresh juices, smoothies and other simple whole foods.	Smoothies, juices, living soups, spicy lemonade, broths for 7-10 days	Green smoothies, juices and living soups	Listen to Angela Monarch's interview
Fast Mimicking Diet	5/2: 5 days of whole foods, 2 days of 500-600 calories.	Five days of 500-750 calories with a ketogenic distribution of macro-nutrients 85%	5/2: 5 days of whole foods, 2 days of 500-600 calories. Whole foods diet.	Vyktor Longo on Youtube
	Mostly liquid calories. Mung bean soup, vegetable soup, etc.	fat, 10% protein, and 5% carbs.		
Kitchari (Traditional cooked)	Kitchari, vegetable soups, fresh juices, smoothies and other simple whole foods.	Kitchari, vegetable soups, fresh green juices	Kitchari, vegetable soups, fresh juices, smoothies and other simple whole foods.	Listen to Mary Jo Cravatta's interview (Guest speakers)
Juice Feasting	Ease into juice feasting - transition with living liquids	Juice feast for 5-10 days	Ease out with living g liquids, cooked soups, broths	follow Angela Monarch and David Rain
Reminders:	Try enemas or salt water flushes			
	Sweat daily - through baths, steam, sauna or exercise overdressed!			
	Receive massage & do self-massage Exercise gently, but daily.			
	Source plant foods locally, and wildcraft when possible. Meditate daily.			

FAST MIMICKING DIET

Five days of 500-750 calories with a ketogenic distribution of macro-nutrients 85% fat, 10% protein, and 5% carbs.

Good sources of fat:

Green Olives: 10 olives = 35-95 calories
(depending on size) Avocado: 1/4 of the
fruit = 80 calories

Almonds: 1/8 cup of
soaked, peeled = 100
calories Flax seeds: 1 tbsp.
golden: = 30 calories

Sesame seeds
1 tbsp = 50

calories Olive
oil = 1 tbsp =
120 calories

Ghee = 1 tbsp
= 130 calories

Almond butter:
1 tbsp = 100
calories

Complex Carbohydrates/Protein

Split mung beans (uncooked): 1/8 cup = 90 calories (has the
2:1 ratio of protein/carb) Vegetable Soup (greens, not roots)

Miso (add water)
= 1 tsp = 10
calories

Vegetable Broth
= 1 cup = 70
calories

Quinoa:
1/2 cup cooked
= 100 calories

Hardboiled egg

Bone Broth: 50 calories/cup

Vegetables

Sauerkraut: 1/2 cup = 25 calories

Mixed lettuce greens:
3 cups = 200 calories
1 cup beets: 60
calories

Other

Honey: 1 tsp = 21 calories
Ryvita multigrain rye crisp bread: 1 slice = 37 calories

Supplements

Electrolytes like magnesium and salt to
replenish from water loss Grass-fed liver
tablets to provide micronutrient support
Branch chain amino acids (BCAAs) to help prevent
any loss of lean tissue Greens powder to provide
micronutrients
Algal oil or cod liver oil for omega-3 fatty acids

Fast Mimicking Diet

Count Your Calories! (Use an app)

Example days:

Day 1: Nut bar (200 calories), 4 cups vegetable soup with 1
tbsp. olive oil (300 calories) split in 2 meals, 1 cup sauerkraut
(100 calories), 10 olives

Day 2: Ryvita + almond butter (140 calories), 4 cups split
mung soup with ghee (500 calories, 1/2 cup sauerkraut

Day 3: Pot of homemade vegetable broth (8 cups = 560 calories)

Day 4: Ryvita + almond butter (140 calories), 4 cups split
mung soup with ghee (500 calories), 1/2 cup sauerkraut

Day 5: Ryvita + almond butter (140 calories), 2 cups vegetable
broth with quinoa (200 calories), 1 cup baked beets with olive
oil (150), sauerkraut (1/2 cup sauerkraut) (50 calories)

NOTES

Nut bar: Soak: 1/8 cup Almonds + 1 tbsp. sesame seeds + 1 tbsp. flax seeds. Drain. Grind with 1 tsp. honey add a pinch of cinnamon and ginger. (200 calories)

Vegetable soup: use celery, leek, zucchini, leafy greens for fewer calories.

THE KITCHARI MONODIET

The Kitchari Monodiet is the traditional Ayurvedic cleanse with mung beans, rice, vegetable and spices. Eating the same food daily creates the most stability for the mind, and gently allows the body to remove ama (toxins). It is satisfying, easy and cleanses the palate along with deep tissue.

With this monodiet, you can change the proportions of carbs to protein by changing the amount of rice to beans. On this diet you will deeply awaken your sense of taste. Also advisable for those making major life changes, including releasing addictions and changing from processed foods to whole foods. Add cooked mung beans or lentils for more protein. Daily cooking required.

Oleation is deep! Only commit to the oleation/ purgation process if you can commit to going deep and resting a lot. It will diminish your agni and demand a lot from your body. Do not oleate if you cannot take time off from your regular schedule. You must have time to rest and nurture yourself to do this correctly, without needing to rush out of the process. Do not do oleation therapy while you are menstruating!

The Overview:

10 day cleanse: 4 day pre-cleanse with internal oleation, 5th day, rest day, followed by 5 more days kitchari

Follow the kitchari recipe

If you don't like kitchari, have steamed rice and steamed vegetables. You can also make it into a soup.

Sprouted mung bean kitchari is more cleansing.

Split mung bean kitchari is more soothing.

Include a beet a day in your kitchari (golden or red) to help balance bile.

Balance the amount of vegetables in your kitchari to match your needs: more green vegetables makes it more cleansing.

Take triphala or Downward Flow before bed to help eliminate toxins from your gut and colon.

Kitchari Cleanse Food Schedule

Week 1	Week 2	Week 3
Simple whole foods diet, begin oleation. Prefer: kitchari, vegetable soups, fresh juices	Finish oleation, purgation, rice gruel, kitchari, enemas	Kitchari, vegetable soups, fresh juices

AYURVEDIC OLEATION + THE PURGE

The toxins that are most harmful are fat-soluble, not water soluble. For a more profound level of detoxification, you need to mobilize and escort oil the fat-soluble toxins. Oleation happens in 2 ways:

1. Skin - through oil massage
2. Gut - through internal oleation

Internal Oleation process

The process of taking ghee or oils before a cleanse provides internal lubrication, which enables the ama or toxins begin to come back from the deep tissue to the gastrointestinal tract of elimination. This creates deep inner lubrication. If you have high cholesterol, use flax seed oil instead.

Oleation is before the deep detox, although it's a deep detox experience in itself.

Eliminate all other fat intake

On these days to enable your body to fully metabolize the oils. Flavor foods instead with miso soup broth, Bragg's liquid aminos, vegetable broth, lemon juice, maple syrup, etc.

Choose recipes from the recipe section, omitting any

Oleation Schedule	Day 1	Day 2	Day 3	Day 4	Day 5
Before Break- fast	2 tsp. ghee	4 tsp. Ghee	6 tsp. ghee	8 tsp. ghee in morning. Take 2-3 tbsp. castor oil in evening	Rest Day

KITCHARI – PURGE DAY

The Purge

On the eve of Day 4, eat an early, light dinner, or skip dinner. Before bed, take 2-4 tbsp. castor oil chased by a 1/2 c. fresh squeezed orange juice. Buy an organic, cold-pressed castor oil at the health food store.

If you tend towards constipation use up to 4 tbsp. castor oil.

The castor oil will purge your entire digestive tract, rendering 6-10 bowel movements, perhaps with some bile in the bowels within 4 hours. If you don't have 6 bowel movements, you can take more castor oil in the morning.

If you feel nauseous, chew on a dime slice of ginger root. Repeat as desired.

Don't eat until after you have purged.

After your Purge

The following recipes are what to eat when your earnest hunger returns after you purge with castor oil. Below is the traditional diet following the purge.

For those who **don't** want to cook 4 pots of rice, you can make Cooked Rice, and then water it down according to the ratios. This Manda, Peya, Vilepi digestive recovery is standard Ayurvedic post-purge cuisine.

Rice Water (Manda)

Manda means liquid. When purging, most people lose their appetite. Manda is the first meal to be taken when the appetite returns (four hours). It is basically water in which basmati is boiled. Use 14 parts of water to 1 part of Basmati rice. It should be served lukewarm with a tsp of ghee and a pinch of black salt.

Rice Soup (Peya)

Peya means soup. Two to three hours later the patient should feel hungry again. Peya is a thin, light porridge. Make with eight parts water, one part rice. Cook until very soft.

Thick Rice Soup (Vilepi)

Vilepi means thick soup. It should be served for the third and fourth meals. Cook with four parts water to one part rice. Add black salt, a

pinch of raw sugar, and sautéed spices in ghee such as ginger, turmeric, cumin, coriander, and fennel.

Cooked Rice (Odana)

Odana means cooked rice. It is rice as we know it normally. It should be served at the fifth meal. Odana is cooked 2:1 water to grain.

Mung Dal Soup (Yusha)

Of all lentils, mung daal is the easiest to digest. Yusha is rice with yellow mung dal added served as a soupy mixture for the 6th meal. Akrita yusha is without spices, fat and salt. Krita yusha is with spices, fat and salt. Use four parts water to 1 part basmati and 1/2 part split mung lentils. Recommended spices are black pepper, dry ginger, ghee, and salt.

Rice and Daal Mixture (Kitchari)

A kitchari is any dish of rice and beans. Rice and beans together provide all twenty amino acids. Fats, carbohydrates and proteins are the building blocks of ojas. Cooked with ghee, kitchari is ojas building. Kitchari may be eaten for many meals and is very cleansing. It helps with recuperation and rejuvenation.

LIVING LIQUIDS, LIVING FOODS+ JUICING

Living Liquids

is designed for those who have experience cleansing seasonally, and have the discipline and the desire for a deep cleanse. Helpful for weight loss, spring allergies, spring colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use water enemas if you don't eliminate on your own while juice fasting.

- ★ Do a Salt Water flush on the morning of the first day: combine 2 tsp. - 1 T. sea salt in 1 qt. Warm water. Drink first thing. Other days start the day with 2 c. hot water with lemon juice
- ★ When you get hungry make 1 pint of Green Lemonade. Dilute with a little water.
- ★ Have at least as much water as juice between juices. Experiment with juice recipes.
- ★ Have juice for breakfast lunch and dinner. The first 2-3 days are the most challenging.
- ★ Juice or have alkaline broth for 5-10 days.
- ★ Also experiment with vegetable broth

Living Foods

is designed for those who have experience cleansing seasonally, and have the discipline and the desire for a deep cleanse. Helpful for weight loss, spring allergies, spring colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use water enemas if you don't eliminate on your own while juice fasting.

- ★ Do a Salt Water flush on the morning of the first day: combine 2 tsp. - 1 T. sea salt in 1 qt. Warm water. Drink first thing. Other days start the day with 2 c. hot water with lemon juice
- ★ When you get hungry make 1 pint of Green Lemonade. Dilute with a little water.

- ★ Have at least as much water as juice between juices. Experiment with juicing any of the foods from the Spring Equinox Cleanse or the other juice recipes.
- ★ Have juice for breakfast lunch and dinner. The first 2-3 days are the most challenging.
- ★ Juice or have alkaline broth for 5-10 days.

JUICE FEASTING

When I juice fast, I buy food in bulk and store them in a second refrigerator. Juice feasting is amazing and fun, but it's also:

- ★ expensive (unless you have a garden stocked with greens and fruit trees or live in the tropics)
- ★ requires space to store vegetables
- ★ requires more trips to the store
- ★ requires organic or non-sprayed produce

That said, I love juice feasting. I will often start a juice feast drinking close to 1 gallon of juice per day. A few days in, I'm usually down to 3 quarts per day. Some people will drink less. About 1 gallon is usually recommended.

Before a juice cleanse, I buy these in bulk:

- 1 case organic celery
- 1 case organic apples
- 20 pound bag of organic carrots
- 1/2 case of organic kale
or other greens 1/2 case
- lemons

These are my staples. I'll buy a bunch of ginger, oranges, beets, and odds and ends to keep it interesting. I harvest as much greenery from the weeds in my yard and plants in my garden. Through in carrot tops, beet greens, turnip greens. Every plant you bring into your juice feast has nutrients you won't otherwise receive.

Below is from Juice feasting by the Rainoshek's

Leafy Greens: You are juicing 2 pounds of leafy greens each day, so you need 10 pounds of greens: spinach, kale, parsley, romaine, butter lettuce, dandelion greens, chard, etc. Weigh it, and recognize that these are the most nutrient dense foods you will have ever juiced. The cell walls of these plants are tough, which is why we suggest using a Vitamix or Press-style juicer to break those walls open to release the nutritious juice inside. If you are new to

Green Vegetable Juice, start with two favorites: spinach and parsley, then move to kale, romaine, butter lettuce, chard, and so on. One other green of note: cilantro. This green pulls heavy metals from the body,

particularly mercury, so if you have had, or do have, mercury fillings, please use this green each week of the Feast.

Celery: We juice one head per person of celery every day of the Feast. Why? Because celery is loaded with organic sodium, which is one of most important alkalizing minerals. Most of us are deficient in organic sodium from eating a standard or acid-forming diet (meat, dairy, wheat, processed sugar, and soy). Putting back in organic sodium will reduce or eliminate acid reflux disease, ease gastrointestinal distress, heal the lining of the stomach, aid digestion of proteins, and alkalize the bile of the liver and gallbladder (acid bile creates gallstones). Celery is a key part of the alkalizing aspects of the Juice Feast.

Cucumber: Cucumbers have a reputation as the best kidney cleanser known. They are a diuretic; thus, they prevent bloating due to water retention, and they help to wash the kidneys and bladder of debris and stones. Cucumbers are cooling, refreshing, water-rich, filling, low in calories, alkaline, and high in energy. The popular health lecturer and teacher Paul Bragg said of cucumbers, "There is nothing more nourishing for the skin to have than the liquid juice from the cucumber. The nutrition-rich water that it contains, when taken into the body, adds luster to the hair, sparkle to the eye, color to the lips, tone to the skin, and spring to the step." Paul Bragg, even in his 90s, had beautiful skin, in part due to his daily juicing of cucumbers. We use 1 cucumber a day per person minimum, and they go very well with celery juice and leafy greens. One of our favorite juices is leafy greens with celery, cucumber, lemon, and apple. We will discuss juices more in the next section, "Getting Juicy: Making Beautiful Juices."

Sweet Root Crops: Carrot, Beet, and Yam. These are sweet, and also your most calorie dense vegetables that you can juice. In terms of calories per quart of juice, you can't be(e)t a yam! We buy about 5 lbs of carrots for every 3 days of Feasting, so you might want to get 10 lbs for yourself

SALT WATER FLUSH

Why

A salt water flush empties the digestive tract.

The salt solution has the same specific gravity as your blood. It causes a “tidal wave” effect—pushing everything along until it comes out the other end. The best time to do a salt water flush is the first day of your deep cleanse. Those juicing or doing the Spicy Lemonade Cleanse can do it daily.

"Lose Weight, Have More Energy Be Happier in 10 Days" is about the Master Cleanse. In it he states: "The reason for two teaspoons of salt is to increase the weight (specific gravity) of the salt water until it matches the weight of the blood. When the salt water and the blood are the same weight, the body will treat the salt water as though it were blood, not absorb the salt from the digestive system, and will just 'flush" the salt water through the system instead of absorbing it."

The salt loosens crap from your digestive tract, pulling fecal matter and mucus off the walls. It pulls the good and bad bacteria down the chute. If you do any salt water flushing, you'll need to eat probiotic foods (miso, sauerkraut) as you emerge from your detox.

Why Not

If you have a pre-existing condition or are currently taking medications, it's best to check with your doctor before doing a salt water flush, just to be on the safe side. If you have high blood pressure, weak kidney function, or adrenal fatigue I don't recommend it.

If you are on a low sodium diet, you won't need as much salt. Reduce by 1/4 the amount.

Troubleshooting + FAQ

Q: It didn't work.

A: Some bodies need more or less salt. You are aiming for your blood salinity level. Chances are you were dehydrated before you began. Drink plenty of fresh water, preferably warm to hot.

Q: I'm bloated.

Chances are you were dehydrated before you began. Drink plenty of fresh water, preferably warm to hot.

How

Depending on the speed of your bowels, plan on 1-2 hours to be at home for your flush. Do it first thing in the morning, I often drink a quart of fresh water before the salt water - otherwise I get dehydrated. Vata-types will not need to drink as much water or salt water. As you experiment, adjust with what works for your body.

In a pan, warm:

- 1 Liter of water
- 2 tsp. sea salt or Himalayan salt (use a high quality salt)

- ✓ Once the salt is dissolved, pour into a glass jar. Add a squeeze of lemon. Put on lid and shake to ensure salt does not settle on bottle.

- Guzzle the water in 5-10 minutes. Fast is effective.
- Lie on your left side and do a quick belly massage. Flip over and do it again.
- Within 10-60 minutes you will probably eliminate. It can take longer.
- ✓ Once you are done popping. Rehydrate.

- Drink water. Salt water is dehydrating. Stay hydrated.
- Take an electrolyte packet or dissolve a tablet. You will lose all your good gut flora during salt water flushing. Replace electrolytes daily.
- At the end of your detox, use probiotic pills or even better, eat your own homemade sauerkraut. Start fermenting your kraut on the first day of your detox and it will be