

A still life composition featuring fresh herbs, ginger, turmeric, and a wooden spoon on a patterned surface. The scene is set on a wooden cutting board. In the upper left, a small red pot holds a bunch of fresh green herbs. To the right, a piece of ginger is sliced, and a small white bowl contains a mound of bright yellow turmeric powder. A wooden spoon lies diagonally across the center. The background is a dark surface with a repeating pattern of the word 'LOVE' in various fonts and colors. The overall aesthetic is clean, natural, and health-focused.

**NOURISH YOU
AYURVEDIC
SPRING CLEANSE
GUIDE**

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Welcome to your program

HELLO Beautiful!

I created this program for you because you deserve it and you are worthy of feeling amazing in your body, mind and soul.

You deserve to feel nourished - not deprived, have amazing energy, sleep really well, age with grace, be pain free and glow!! You deserve to look and feel beautiful. I am 100% committed to helping you get there.

When your body is given the right fuel & the right self care tools your body is able to cleanse itself and run like a well oiled machine. However when your body is full of ama - undigested matter, emotions and toxins, waste, your body cannot come into balance and function in a way that is best for you to thrive. When this happens, you can experience anxiety, depression, poor sleep, unnecessary weight gain, rapid aging, and potentially worse if you do nothing. This can lead to feelings of overwhelm.

The amazing thing is that the body can and will repair itself when given the right conditions and tools to bring it back into balance. We will be using Ancient **Tools of Ayurveda and some modern ones too!!**

Thank you for being here and thank you for bringing your friend! And thank you friend for joining in.

This will be easy to follow. You will be able to design your own approach. You determine the space you have in your life to create your journey.

For some of you this might feel scary - designing your own journey. TRUST YOU!

Whether you are a seasoned cleanser or someone new, I provide options for you to begin slowly and dive deeper.

This is not a journey of deprivation - only deep nourishment and self care. There are wonderful recipes and food suggestions.

Not only will you focus on a physical cleanse you will also focus on your emotion and spiritual cleansing as well.

I know life is busy and can be overwhelming - But I will teach you to be able to do this with ease.

I have been running cleanses now for over 7 years so I can support you all the way.

It is my wish and desire that at the end of the three weeks you will feel transformed, more in tune with you and create more space for inner peace & happiness.

Why Ayurveda?

I w have run cleanses, food elimination diets, autoimmune protocols and more!! Sometime the perception of cleansing or detoxing is focused more on deprivation and even sometimes imbalancing. I do not believe in deprivation as it can put our bodies into more of a stress mode hence defeating our primary purpose which is to nourish our bodies. **Ayurvedic cleansing** is a ritual practice steeped in tradition. Yogis have been doing this for thousands of years. While modern-day cleanses such as juice fasts or elimination diets abound, an Ayurvedic cleanse is anything but modern. Each has their purpose. While many options exist, they can be depleting or imbalancing.

This cleanse nourishes rather than deprives. It is balancing doshas, and is low-cost, making it accessible to all. Furthermore, it focuses on healing and replenishing the body, mind and spirit.

We cleanse in the spring in order to build on the seeds we have planted during our winter hibernation and to also free our bodies from the stagnating energy of winter.

It is an opportunity to **PAUSE** and **RESET** and **RENEW**.

During Spring our bodies want to naturally shed the toxins and heaviness of WINTER/KAPHA energy. It is at this time too we can be susceptible to colds & seasonal allergies.

Spring is that time of year to support our bodies with a cleanse and to let go of what energy no longer need.

Eating nourishing foods & adding in self care practices supports this RESET!

GENTLE DISCLAIMER

The responsibility for the consequences of your use of any suggestion or procedure

described hereafter lies not with the authors, publisher or distributor of this booklet. This booklet is not intended as medical or health advice. We recommend consulting with a licensed health professional before changing your diet.

FLOWING INTO CLEANSE MODE

More often than not we wait until we are sick to slow down and take time out. Doing this creates a path to illness.

Whether you are suffering from stubborn weight gain, IBS, inability to sleep, cravings, allergies, stress, low immunity, autoimmune... it is essential to take some time to slow down, rejuvenate and heal and better align yourselves with your habits so that you can move into that version of us that you truly want to become.

This helps you to become more aware of yourself, your actions, what you ingest from food to technology to news.

Coming into a cleanse encourages you to slow down, create more simplicity in life, cut back on social media, technology, sleep more, go on walks, prepare simple nourishing meals, create better boundaries.

As a result you can touch into the subtle, more sensitive side of life. It is a time where you can reflect, rest and savor the quiet pleasures of life.

How do you do this?

- 1) Clarify your why - Write it down. Question, why are you reading this? What are you hoping for? Write it down. Then move towards merging this - specific & actionable sentence. Reread you WHY a few times a day. Place it somewhere you can see.
- 2) Add in - instead of taking out. I have said this from day one of Health Coaching. If you want to reduce the amount of caffeine, sugar, alcohol, unhealthy carbs you ingest, don't focus on that. Focus on adding in more water, more greens, more juices, more walks, more veggies, more quiet time, MORE CONNECTING TO YOU.

Over the next 3 weeks you will slowly change your eating and self - care habits, learn how to combat stress and other toxins naturally. You will learn to eat for optimal health.

Some of this is about foods, some of this is about lifestyle, some of this is about changing habits. Ultimately, you are finding what will help nourish you, your body and your life.

This is a time for you to have your own unique experience.

As you will see I give you options. I will guide you to ease through it however I encourage you to stick with each phase for a short period of time to see how your body reacts.

You will be shifting not only your physical metabolism, but also your emotional and mental metabolism. At the end of this you will most likely not be attracted to the same things.

Make sure you have space for this process, maybe keeping your schedule a bit more open, ability to go to bed earlier and not having to do one more thing, letting go of some things during this time.

There is a lot of information here and you may not get to it all. Focus on what you can, participate in the calls and the facebook community group, where I will be doing live calls and adding more tips & guidance through this journey. Garnering support will propel you forward.

You have this packet and can always go back to try new recipes or practices which appeal to you.

During this time I also encourage you to keep a journal of your emotions, reactions and thoughts. Even if it is a word to two a day. This is not only about food and the ability to digest & metabolize food and rid the body of toxins. It also about how you digest your emotions and move the stagnant energy from your body so that you are able to bring in new life force - Prana into your body and life.

From the numerous cleanses I have run, I know from experience that community is what helps propel you forward to meeting your goals, to keeping you on track. Whether you are leaning in because you are freaking out or whether you are leaning into celebrate..... **Participating, supporting** and **cheering** each other on will help you better achieve your desired results!

Let's get to it then!!

YOUR WHAT YOUR WHY & YOUR ANCHOR

LIST THE OUTCOMES YOU WANT TO SET IN MOTION, THIS IS YOUR WHAT.

EX. I want to sleep better, I want to live well rested, I want more energy, I want to feel lighter in my body, etc.

1)

2)

3)

LIST WHY YOU WANT THE OUTCOMES ABOVE (WHY YOU WANT YOUR WHAT)

EX. I want to sleep better so that I can perform better at work. I want a promotion and a raise

1)

2)

3)

CREATE YOUR ANCHORS STATEMENT

Your anchor statement anchors your future potential in your present consciousness and in your emotional body.

EX. I rise and shine. I feel lighter and lither in my body.

WRITE YOUR ANCHOR STATEMENT.

TIPS FOR SUCCESS & TO BEGIN TO RESET

1) **Schedule Your Reset**

I know from experience that if I don't put it in the calendar it is less likely to get done. Make it your priority. Make this time sacred to you.

2) **Plan Your semi liquid Food Menu**

Use the weekly meal planner. Choose your smoothies, juices, broths & soups that speak to you. Include lots of leafy greens, stews, salads, sauerkraut. Make it simple. Space your meals and sip lots of hot water, lemon or spice in water in between meals.

3) **Purge Your Environment**

Purge your kitchen, your closet, your garage, your emotional baggage.. Let it go. Choose what you want to bring into your future.

4) **Slow down.**

Schedule less. Block out free time. Go to bed earlier. Enjoy the sun, Meditate, yoke the body with the breath, spirit, and the mind with your higher self. Deep rest, quiet time, take time to let go.

5) **Awaken your hunger**

Each of you have fire in your belly called AGNI. In order to cleanse you need to get in touch with your hunger - DO NOT STARVE yourself. Allow agni to lead the journey of setting fire to that which no longer be - physical toxins, emotional toxins, mental toxins.

HOW DO YOU START?

FIRST OF ALL - DO NOT START WITH WILL POWER!! From years of being an emotional eater and dieter, I know this will not work. Do not begin with “that which you cannot have” - focus on what you CAN have and how you can use these tools and food to nourish you. Be kind and compassionate with yourself during this process. Think of this as a time you are taking to deeply love and nourish yourself. I know this can initially feel undeserving of this, but slow shifts will transpire as you begin to take care of you. Use the affirmation packet to reinforce & remind yourself of this.

Part of going through a cleanse is easing the process of digestion, absorption and elimination.

Start slowly and go easy so you are not setting yourself up for failure. This is designed so that you can have lasting changes in your palette, cravings and kitchen rhythms.

Consider using a mix of the options offered to you.

In week 1, maybe start with a whole foods menu by omitting processed foods. For example oatmeal for breakfast, Water until lunch, quinoa, black beans & veggies for lunch and even maybe for dinner. This does not have to be fancy only SIMPLE. During this time EASE off caffeine, alcohol & snacking in between meals. If you experience cravings consider eating a few dates, raisins, or spoon of honey after a meal, or DRINK hot herbal tea.

During week 2, you are possibly ready to go deeper. Use your weekly meal planner. Maybe you go lighter and you delve into green smoothies, chia porridge for breakfast, kitichari for lunch and dinner for 3 days and then move into soups and smoothies for 4 days. That can be your deep cleanse.

Week 3 can be decided and determined by how you feel in your week 2.

All of this takes some paying attention to what your body & mind needs and a desire to work from ease.

This process of listening to yourself increases your awareness and ability to awaken your inner voice, accessing a subtler level. You will begin to notice and

so will others. Lean into the community, share your experience and garner support.

Try not to force yourself to do something hard so that the emotional toll on yourself ends up an internal battle. Focus on the loving and caring for you and on the others in the community that are doing this as well. This process should underwhelm you!

SIMPLE NOURISH AYURVEDIC APPROACH

	Week 1	Week 2	Week 3
Morning Fast	Green Tea	Green Tea	Green Tea
Lunch + dinner	Simple Whole Foods Diet (any recipes from Recipe Book) * Simplify your digestion + your life by eating the same meal for lunch and dinner. Eat more at lunch, or add 1/2 an avocado to your lunch.	Soup, salad, or kitchari	Simple Whole Foods Diet (any recipes from Recipe Book)
Daily Habits	Scrape your tongue. Drink water to go poop in the morning. Dry brush your skin before you get dressed. Make your food for the day in the morning. Talk walks instead of emotional eating. Sip hot water between meals Massage your skin daily with oil. Sit in Silence		

IVETTE'S TYPICAL PERSONAL DETOX

	Week 1 Get Ready	Week 2 Go in Deep	Week 3 Emerge
Breakfast	Green smoothie or green juice or spice lemonade. If I'm hungry chia porridge 20 minutes after that.		
Lunch	Soup or salad with a cooked grain, or bean + vegetable soup. More of the same for dinner, or a lighter version.	Broth, juice, spicy lemonade, miso soup, or vegetable soup. Less healthy fats and less bulk in general.	Soup or salad with a cooked grain, or bean + vegetable soup. More of the same for dinner, or a lighter version.
Dinner	Plenty of healthy fats in salad dressings, hummus, or soups made creamy with nuts.		Plenty of healthy fats in salad dressings, hummus, or soups made creamy with nuts.
Dessert	Dates! A small piece of extra dark organic chocolate, a teaspoon of raw honey, or Cate's raw cookies. Dessert must be eaten right before or after a meal. Not an hour later or between meals.		

SERIOUS CLEANSE OPTIONS

- The Traditional Kitchari Monodiet
- Living Liquids Cleanse
- The Fruit & Vegetable cleanse
- The Spicy Lemonade Diet
- The Juice Feast

This is not a process of suffering. Tune into you and your body. You can mix and match. Experiment with yourself.

SIMPLE RULES OF SUCCESS

- 1) Eat 2-4 times per day
- 2) No snacking - in between only water, hot water spice water or lemon water
- 3) Worksheets - Do the worksheets. They help to provide structure
- 4) Read through the recipes and create your meal plan - What appeals to you
- 5) Follow your intuition
- 6) Batch Prep/Cook - cook once, eat twice
- 7) If you eat out or travel, order simple salad with protein

JUICING

You will find delicious juice recipes in your Recipe Guide. Juicing is wonderful for cleansing because it gives the digestive system a break. By juicing, you also benefit from optimal nutrient assimilation because your body doesn't have to break down the food to collect the nutrients. You are also able to get all of the benefits of vegetables without all of the fiber and extra calories.

You may be tempted to purchase juices from your local health food store or juice bar. Know that you'll save money when juicing raw ingredients at home. Depending on where you live, buying freshly squeezed juices can run up to \$12 per bottle.

During your cleanse program, you may exchange a breakfast for a juice, or drink a juice for a snack as well. Do whichever best suits your body's needs. If you do not have a juicer, add 1 tablespoon of chlorophyll, wheatgrass, or spirulina to 20 ounces of water with lemon and consume 1 to 2 times a day.

If you are going to make the life-changing commitment to juicing regularly, I recommend investing in a juicer. For a comparison of the various models available, refer to <http://www.top10juicers.net>

SMOOTHIES

Like juices, smoothies are also great for cleansing. When food is blended to a liquid, pre-digested state, your digestive system has a much easier job. All of the nutrients can be easily collected and assimilated.

Any blender will work, but here are suggestions to consider when choosing which blender is right for you.

- **Vitamix** is a powerful blender with a very strong motor that not only blends smoothies, but can also make nut butters and even soups. However, at around \$499, it is a big investment. Another option is to go to www.vitamix.com and purchase a reconditioned blender for approximately \$350.
- **Blendtec** is another option similar to Vitamix and the starting cost is about \$350.
- **NutriBullet** is a great alternative and costs only \$99.
- **A generic kitchen blender** will typically cost you around \$20-\$40. It will work fine for most smoothies. However, it probably won't last as long.

SELF CARE TOOLS & PRACTICES

This journey is not only about what you eat but also about better habits. YOU ARE NOT AIMING FOR PERFECTION - RATHER DEEP NOURISHMENT!!

MORNING

- WAKE EARLY, PREFERABLY STATE 3 THING YOU ARE GRATEFUL FOR TO YOURSELF
- GO PEE
- SCRAPE YOUR TONGUE, BRUSH YOUR TEETH
- DRY BRUSH YOUR BODY
- DRINK 2-8 CUPS OF HOT WATER, ADD LEMON IF YOU LIKE
- POOP
- APPLY COCONUT OIL/SESAME OIL INSIDE YOUR NOSTRILS
- EXERCISE FOR 20 MINUTES - BREATHING THROUGH YOUR NOSE (YOGA, WALK, SPIN, JUMPING JACKS, DANCE)
- MEDITATE (EVEN FOR 2-3 MINUTES)
- MASSAGE YOUR BODY WITH A PURE OIL BEFORE DURING OR AFTER BATH.SHOWER
- MAKE YOUR FOOD FOR THE DAY

NOON

- EAT YOUR BIG MEAL - ENJOY ENJOY ENJOY THE FOOD, YOUR BODY, YOUR LIFE
- GO FOR A SHORT WALK
- SIP HOT WATER THROUGH THE AFTERNOON
- TAKE TIME TO BE AWARE OF WHAT YOU DESIRE, CONNECT TO YOUR DESIRE, SMALL LEVEL, TAKE ACTION

EVENING

- QUIT WORK BEFORE 6PM, UNPLUG
- EAT A LIGHT MEAL IN THE EVENING
- GO FOR A WALK
- DO SOMETHING FUN WITH PEEPS OR ON OWN
- MEDITATE, JOURNAL, PLAY WITH ESSENTIAL OILS OR DO SOME GENTLE YOGA BEFORE BED, IF YOU READ - INSPIRATIONAL & PEACEFUL & NOURISHING

SELF CARE PRACTICES ARE JUST AS IMPORTANT AS WHAT YOU EAT.

I put that sentence in big uppercase letters to grab your attention. Sadhana is simple daily practises done with spirit. Sadhana is the spirit of the cleanse. You get to simplify your life through simplifying what comes in through your five senses. This leads to a more “in tune with spirit” or spiritually-attuned state of being. I find this refreshing with the typical craziness and hustle of daily life. ^[1]_[SEP]

You get to slow down. You get to focus on self-care and healing for a short spell. It's not forever. Just for a short time you get to take really good care of you. Focus your attention to this section if you want to streamline better body habits for life.

Don't fall into the trap of thinking that this experience of taking a break from “normal” is all about diet. The foods help. But, the self-care habits - these are key. You have an excellent opportunity to make big shifts in a short window of time.

As you read on - circle the habits that aren't already automated for you. Check off the ones that are.

Scrape your tongue + lube your nose. Each morning with a stainless steel tongue scraper, or a spoon to remove any gunk & help stimulate your digestive tract. Notice what is on the tongue scraper. Only scrape your tongue in the morning. If you tend towards dry sinuses, lubricate your nostrils in the morning with sesame oil or ghee, by rubbing oil in your nostrils with your pinky finger.

Poop daily or do enemas. Having a complete bowel movement within an hour of arising is optimal. During the cleanse, you can also do enemas.

Sip hot water. Pour 1 liter of boiled water in a thermos. Add a squeeze of fresh lemon. Sip throughout the day; every 15 minutes is optimal. Hot Water Therapy: Fill a thermos of boiling water first thing in the morning. Drink 1 ½ quarts of hot water throughout the day. This helps purify your blood, your sweat and urine channels and your adipose (fat) tissue. Sip the hot water every 20 minutes throughout the day. This can be your only beverage for a deeper cleanse.

Breathe/exercise/walk. Exercise for a minimum of 20 minutes each morning before ingesting nutrients. Sun salutations, rebounding, walking, or jogging is perfect. Stored emotions bubbled up to the surface during cleansing. For this reason, please go for a walk, meditate, journal if you are overwhelmed by emotions. Move out of the realm of thoughts and allow your awareness to simply keep letting go of whatever is arising. Exercise Start every day of your cleanse with a minimum of 20 minutes of exercise (can be before or after meditation). Morning is the time for increasing metabolic and catabolic activity. This starts the day off in a kapha reducing manner. For those in training, listen to your body instead of your training schedule. You will end up with more energy and cultivate a deeper strength with this approach. Also, if you desire to lose weight during the cleanse, eat a very light meal at dinner, or skip dinner altogether and take a walk before it gets dark.

Self-massage and bathe daily. Use either almond, sunflower, or sesame oil (available in quart size at health food store) or dry brush if you have oily skin. During the deep cleanse, try to take a bath daily after your massage before bed. Make the bath as hot, and steep yourself for 20 minutes, then get in bed. For a detox bath, add the following to each bath: 2 cups Epsom salts, one cup baking soda, 10 drops lavender or eucalyptus essential oil. Full body oil massage is external oleation, which helps move ama from the deeper tissue of the body back into the digestive tract. Find a sunny window and get out an oil big towel, and a bottle of organic sesame oil (raw untoasted). Heat about 4 oz. of the oil until it's warm. On your towel, massage oil into your skin – head to toe. Work as much oil into your skin as possible. Then, relax in the sun. After your sunbathing take a hot shower or bath, and let the water rinse off the excess oil. Do not use soap. If you don't have time for this procedure, simply rub the oil on before or at least during your shower. Take a hot bath when you have time to relax, it will bring you back to yourself.

Meditate. Begin and end your day with Meditation. Allowing yourself the opportunity to meditation for 5-20 minutes at the beginning and end of the day will greatly enhance your cleansing experience. Meditation is essential for cleansing. Begin and end your day with meditation. Even if it is brief, it is essential. Allowing yourself the opportunity to meditate for a few moments each hour, or at least 10 minutes every other hour will greatly enhance your cleansing experience. Whenever you feel overwhelmed or have intense cravings or emotions, take 5 minutes for deeper breathing and meditation. Sit formally for a

half hour a day, preferably at the same time each day. For specific meditation techniques, visit:

www.integralenlightenment.com

Silence. Increase the amount of time spent in silence in your pre-cleanse. Your deep cleanse should be spent in silence as much as possible. If you are working, plan the silent days for when you have days off. Explain to the people you are living with your intention and ask for their support. During the cleanse, you are encouraged to move into silence whenever possible and appropriate. Silence also cleanses the mind, and reserves more energy for the body to remove toxins. In silence we have access to witness consciousness, and the more subtle states with increased depth.

Orient towards ease. This course is designed to inspire you to step out of your daily life and refine your routines to fulfill your deeper desires. Design your cleanse so that it is relaxing and rejuvenating. If you don't have much time for yourself keep your meals simple so that you prepare food just once a day. The cleanse should be an easeful experience where we move with grace into a state of being, and end up doing much less. We can each prepare our bodies, our minds, our families, and our households for the cleanse by getting comfortable with the routines and integrating them into our particular situation.

Read. During this time, read and listen only to that which awakens your spirit.

Practice grace. As a seated contemplation, please identify what for you will be the greatest challenges and greatest opportunities for the course, and surrender the process to grace. You may choose to do this daily as part of your morning meditation

CLEANSE SUPPORT TOOLS

I cannot stress how important the following cleanse support tools are. Trust me...I know life gets busy. But when you feel those unwanted symptoms, your body is sending you a clear message that it needs some support. Using these tools will help minimize your cleanse symptoms which can be unpleasant. Don't underestimate the value of these tools. I promise you will thank me later!

OIL PULLING

Oil pulling is by far one of my favorite tools and so easy to do. Oil pulling removes unwanted bacteria and yeast from the mouth, which supports a healthy body. You can use coconut oil or sesame oil. To do this, put 1-2 tablespoons of oil in your mouth and swish the oil for 5-20 minutes. Then, spit the oil into the trash to avoid it hardening and clogging up your sink. Rinse your mouth with water and sea salt and then brush your teeth. You want to do oil pulling on an empty stomach. If you are doing both oil pulling and tongue scraping, I suggest you start with the oil pulling.

TONGUE SCRAPING

I suggest scraping your tongue daily in the morning and before bed. This method removes the mucus and toxic build-up in your mouth. Use a tongue scraper or a spoon to reach to the back of your tongue and pull forward, scraping off the white film and repeat. My favorite scraper is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local natural food store.

SKIN BRUSHING

I cannot say enough about skin brushing except that it is easy and your kidneys will thank you for it. You can skin brush in the morning before your shower and at night. Skin brushing supports your lymphatic system, kidneys, and liver. It has been known to reduce toxins by 25% in the body.

HOW TO SKIN BRUSH:

1. Skin brush with a dry brush (made for this purpose) before you shower or bathe. My favorite is made by Yerba Prima, available from Amazon or your local natural food store.

2. Always brush toward your heart with the flow of the lymphatic fluid.
3. Begin at the soles of your feet, then move up your legs brushing in a circular motion for energizing or move from the top down for more grounding.
4. Brush your chest and shoulders toward your heart in long strokes, then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
5. Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage cleansing.

CASTOR OIL PACK

This is my all-time favorite! Please do not be afraid by the instructions because once you master the castor oil pack you will never look back. Buy castor oil from [amazon.com](https://www.amazon.com) or your local natural food store. There are two ways to do a pack:

1. Rub castor oil on your stomach, liver (right side) and upper abdomen. Some people prefer to soak a cloth, towel or old shirt in the castor oil, wrap the pack in plastic wrap (BPA-free preferred) and then apply over the desired organ. You can lay a hot water bottle or a heating pad on the top of the pack and relax as you release toxins for about 45 minutes.

OR

2. Lay on a towel and rub the castor oil on your stomach, liver (right side), and upper abdomen. Then re-apply every 15 minutes until you've reached the 45 minute mark.

SELF MASSAGE DO'S & DON'TS

DO's

Use the same spot for oil massage

Choose somewhere warm, private and comfortable. Stand or sit on an old, clean towel. When you have a regular spot you'll feel pulled there when you need a massage.

Take time 1x week for a good session

While your day-to-day massage might be a quick affair, take 10-20 minutes on a weekly basis to deeply explore the full benefits of self-massage.

Make it a family affair

If you have young children or babies, get them greasy before, during, or after bathing. Children that grow up receiving regular casual massage with bathing naturally perpetuate the habit. Teach young kids that self-massage is part of whole body maintenance by doing your massage while they are around.

Sculpt your inner God(dess)

Your hands are yours to shape your body as you intuit. Let your hands intuitively explore what needs to get back into circulation. Notice what needs kneading, soothing, wringing and rubbing. Have a blast.

Start with your feet

If you're touch-averse, start oil massage with your feet before bed. As weeks pass, you might do your hands and head. Then limbs. And finally, you might want to do a full body massage. Take it slow, and relax.

Warm your oil for a special treat

When you have time, warm your oil bottle in a hot water bath (like a tea mug) before you do your feet.

DON'TS

Use your favorite towels afterward

Your towels or bathrobe will pick up the residue of oil from your skin. Use old, but clean towels after your oil massage. And don't put old towels in the dryer — they could ignite.

Do it in a cold place

If you do oil massage in a less-than-inviting environment you'll rush through it, instead of taking time to enjoy your body.

Use rancid oil

If the oil smells off... it is. Your skin is your body's largest digestive organ. What you put onto your skin goes into your blood, then into your liver. Buy organic cold-pressed oil and add high-grade essential oils for specific healing benefits.

Rush

Obvious as this may seem, rushing around with oil on your skin is downright dangerous. You're slippery.

Clog your drains

Oil down the drain hardens and builds up into a plaque. Doing oil massage after showering prevents this. If you prefer to oil massage before you shower, flush heated diluted vinegar down your pipes.

Give up

The benefits of oil massage on the mind and emotional body are profound. Often we think talking our problems out will help. Sometimes that works — but other times it brings more energy into the head. When you're feeling disconnected, self-loathing, or dissatisfied, feed your body love with oil and your hands. You may be surprised at how quickly you can shift into a balanced state of being.

ADVANCED CLEANSE TOOLS

CONTRAST SHOWERING

This is so easy to do and requires no extra investment! In the shower, alternate between hot and cold water to support lymphatic drainage. The hot water brings blood flow to the skin's surface while the cold water brings blood flow inward to the organs. This is beneficial for cleansing and circulation. I recommend three minutes of hot water, one minute of cold, three minutes of hot, etc. You can repeat this for 15 minutes always finishing with cold water.

ENEMAS/COLONICS

Please do not be scared by this one! Enemas are a beautiful way to clean out toxic waste, such as bacteria and yeast, from the colon. If the colon is backed up, you will experience poor digestion, weight gain, acne and bloating.

If you prefer to have a colonic done for you, find an experienced Colon HydroTherapist in your area. I suggest doing a home enema when you have some alone time on the weekend. They can be done in the morning upon waking, as this supports liver cleansing.

I recommend **coffee enemas** (best to be performed in the morning) and **probiotic retention enemas** (best to be performed in the evening). Probiotic retention enemas are fabulous for adding good bacteria to the colon and cleansing the intestinal wall. They are also quite beneficial for those who suffer with IBS, constipation, weight gain and headaches. A retention enema is an ideal way to bypass the digestion process where the probiotic can get damaged by stomach acid.

For more information on enemas:

Coffee enema:

<http://www.drlwilson.com/articles/COFFEE%20ENEMA.HTM>

Probiotic retention enema:

<http://blog.listentoyourgut.com/tips-for-jinis-probiotic-retention-enema/>

BENTONITE CLAY

Bentonite clay, composed of volcanic ash, is known for its ability to absorb and remove toxins. Clay is magical. You can add clay to your bath or consume this powerful cleanser. If you consume clay, you must drink a lot of water afterward.

EPSOM SALT BENTONITE CLAY BATH: Dissolve ½ cup of Epsom salt in warm water. Mix ½ cup bentonite clay in ½ cup of warm water and stir until the clay is dissolved. Add the clay to the bath and then soak for 20 minutes.

BENTONITE CLAY DRINK: You can ingest bentonite clay, which is great for cleaning out the GI system of pathogens. Add 1 teaspoon to water and drink 45 minutes away from any supplements.

ONE- MINUTE MEDITATION

I know you have a very busy life, so one minute of meditation can do wonders. This meditation was created by one of my favorite Ayurvedic Doctors named Dr. John Douillard. By doing it often, you will reset your nervous system and step away from the "flight and fight" mode we normally operate in. For more information see: https://youtu.be/BmAzb_ShnQk

AFFIRMATIONS

Affirmations can be said daily. This is a simple way to train your mind to focus on the positive. By speaking in a loving way to yourself, you set the stage for success.

Take the time to write down your affirmations this week. Close your eyes and meditate as you place your hand on your heart. What comes up for you? What affirmation will release an old pattern that is not serving you? If you need some affirmations to begin with, here are a few from the queen of affirmations, Louise Hay.

1. "I love myself; therefore, I behave in a loving way to all people for I know that which I give out returns to me multiplied."
2. "I only attract loving people in my world for they are a mirror of what I am."
3. "I am open and receptive to all the good and abundance in the Universe."

DEEP BREATHING

I have found deep breathing to be quite effective for digestion, relaxation and clearing the mind. Simply place your hands on your belly, breathe in through your nose and then exhale through your mouth. Repeat this for 5 minutes and visualize the breath entering your body. Then, as you release the breath, visualize all negativity leaving. As you practice this in the morning or throughout your day, be mindful of your body and how your breath affects your energy.

VISION BOARD

A vision board is your gateway to inspiration. I have a vision board in my closet, and office. It is a simple way to capture all the dreams you have for yourself and your life and turn them into a reality. Your vision board will be your personal reminder that you can create the blueprint for your life and you focus on it daily.

A vision board is made from pictures cut from magazines, printed images from the internet, and/or photographs from your life that inspire you to be the best version of yourself. You can add quotes or an image that moves your soul. Gather all of these visuals and display them together.

TO BEGIN YOUR VISION BOARD:

1. Think about your desires
2. Pinpoint what truly inspires you

TO CREATE YOUR VISION BOARD:

Get a large poster board, corkboard or wall space. Use pushpins, tape and glue to display all of your images together. Now you have one positive expression of your thoughts, goals, inspirations, ideas, and ideals.

If you are a techie, you can also look for a vision board app such as Jack Canfield's Success Vision Board.

GRATITUDE LIST

What are you grateful for today? Notice even the smallest of things that you may take for granted. Write down at least five of the things you're grateful for either every morning or right before bedtime. This list will you stay in a positive frame of mind and will aid cleansing.

CLEANSE YOUR SPACE

You have learned a lot about cleansing your body and now I want to talk about cleansing your space. Your home is sacred. When there is clutter in the home, especially after the winter and moving into spring when you're always in the house, your energy can feel stagnant.

Take the time to de-clutter your space. I've found that decluttering my home has led to a decluttered mind! Cleansing your body is such a beautiful journey and you will feel even lighter and brighter when your space matches this journey.

DESIGN YOUR PROGRAM WORKSHEETS

Which word sounds better to you right now: detox, cleanse or rejuvenation? Roll them around in the universe of you. Which resonates? Let's pay attention to that. Otherwise, we'll create unnecessary conflict.

Here are a few more considerations before you plan your menus. Take time with the questions.

Are you?

- Overfed
- Overscheduled
- Exhausted
- Inflamed or in pain
- Energized
- Rested

Describe the rhythm of your life lately?

Describe how have you been nourishing yourself?

With food?

With Self -care?

Does your body want less weight? If so, how much?

How do you want to feel? Write 5 words. Then, circle the one that is most true. This is your anchor word, or core desired feeling.

- 1)
- 2)
- 3)
- 4)
- 5)

Now write that on 5 sticky notes or small pieces of paper. Stick or tape them in the most obvious place where you will see them. Think - steering wheel, bathroom mirror, door at eye - level. This word will help you orient to why are you doing this process when you don't feel like it Tell other people your word, if you want.

How deep or superficial do you want this process to be? Don't judge yourself. Be honest. What can you dive into right now?

What would success look like to you for this particular cleanse journey?

List 5 foods or dishes which render you energized, light and clear?

- 1)
- 2)
- 3)
- 4)
- 5)

List 5 foods or dishes which render you feeling lethargic, heavy & dull?

- 1)
- 2)

- 3)
- 4)
- 5)

Which are the best foods for my body now, intuitively?

What foods, beverages do you definitely want to steer clear of, if only for this "reset" process?

HOW TO CHANGE A HABIT?

List habits that are not doing good for you!!

- 1.
- 2.
- 3.
- 4.
- 5.

What is the strategy to change that habit?

Ask one person to hold you accountable.

Who is that person?

How can they support you in a small & specific way?

DETOXING/CLEANSING vs. REJUVENATING/NOURISHING

Think of this as “in-home” retreat where you are lightening up and or grounding down - working towards more ease in your life. Lightening is where you are taking in lighter, juicy, broth type foods. Grounding down will mean more rest, maybe more calories, more time to relax, restore.

For me I usually need more of both - first I like to ground down and then lighten up. It really depends on what you are experiencing.

If you are feeling tired and stressed, then most likely you will need to ground down before lightening up. Even if you are carrying excess weight you will need to ground down before lighten up. Otherwise you might crash and burn before you enter Week 2.

If you are not tired and stressed, but you are heavy and lazy then you should go with lighten up first.

In practical terms this is what this means for you.....

Lightening up = Cleansing = Reduction of Body Mass

Green is your color @ all meals

Liquids over solids - Feel into what happens as you move into a more liquid diet and then a more liquid diet. If you truly are not stressed & need lightening up you will begin to feel amazing energy after a few days.

- Choose living foods over cooked
- Use less fat
- Gain additional nourishment through exercise, meditation & rest in lieu of food.

Grounding Down = Rejuvenation = Slowing Down + Nourishment

Add in practices/rituals in lieu of omitting them

Make simple one pot meals - kitchari, soups, stews

Eat cooked or raw food, prepared warm
Use more fat (ghee, avocado, cold- pressed oil, soaked nuts_
Get nourishment through nature, exercise, meditation, rest and food

There is no right or wrong way to do this. You can have a combination of these and variations in between. I encourage you to pay attention, be aware so that you are growing more in sync with yourself each day!

How do you want to feel in 21 days or at the end of your journey?

LIGHTER, CLEARER & ENERGIZED --->>>

Living liquids
Spicy Lemonade
Fruit & Vegetable only

GROUNDING, NOURISHED, & TAKING BETTER CARE OF SELF---->>

Simple, clean, whole foods diet
Kitchari
Living foods cleanse

How much time do you want to spend preparing food?

Almost none:

Spicy Lemonade
Living Liquids
Fruit & Vegetable

A lot: Cooking & Prepping Lover

Simple, clean, whole foods diet
Kitchari
Living Foods Cleanse

Do you want to overcome caffeine/sugar addiction?

Living Liquids

Fruit & Vegetables only cleanse

Do you want to clear out mucus?

Spicy Lemonade

Which program attracts me the most?

- Design my own
- Living Liquids
- Spicy Lemonade
- Fruit & Vegetable only cleanse
- Kitchari Monodiet
- Living Foods Cleanse
- Combination

During this time would you prefer to have juice, soups, smoothies, kitchari or simply fruits & vegetables?

What percentage of Living Foods/Juices & what percentage of Cooked foods do you want to eat during:

Week 1 _____% _____%

Week 2 _____% _____%

Week 3 _____% _____%

SIMPLIFY YOUR DIET

What foods does your body want more of?

Leafy Greens
Root Vegetables
Fresh Fruits
Cooked Grains
Hot Soups/Stews
Green Smoothies
Fresh Juices
Raw Foods
Fresh Herbs & Spices
Herbal Teas
Beans
Nuts, Seeds, Oils, Healthy Fat
Fermented Foods (sauerkraut, miso)
Broth (bone/vegetable)
Water
Other_____

What 2 will I focus on? Why?

- 1.
- 2.

What are a few recipes in the Recipe Booklet that reflect what I need/

- 1.

2.

3.

4.

FOOD GUIDELINES

1- CLEAR OUT YOUR KITCHEN

First rule is to make space - space in your fridge, your counter. Place your blender and juicer on the counter. Clear out the junk.

2 - LIQUIFY

Make simple juices, broths, smoothies, soups, stews. Your body can best absorb the nutrients and energy when in liquid form. You will gain tons of energy that can get lost in digestion/absorption/elimination. All of this will be directed to digesting/burning off ama (toxins) - this is not only food, but also physical, mental and emotional toxins.

3. EAT CLEAN & GREEN

Since day 1 of Health Coaching I have encouraged my clients to always load up on greens. Durig this time it is even more critical. Chlorophyll is the green blood of plants. They detox your blood ridding your body of them. It is also easily converted to energy. Starting the day with a green smoothie or juice is key. If you are in a cold climate enjoy some miso soup with seaweed.

4. MAKE YOUR MEN

How much do YOU want to release?

How much do YOU want to grow?

Plan your menu according to this. For some it may be more liquids, for others it might be more fat nourishing. For some it might be less electronics and more self care.

5. SIMPLIFY FOOD PREP

Put your weekly menus on your fridge. Shop for what is on the menu and store it in the fridge. Prep most of all of your food in the morning so you are set up for success.

TOP TIPS FOR CLEANSERS

1- FOCUS ON WHAT YOU CAN MAKE SIMPLE

This is about less being more. Take out distraction, business, craziness. Simplify the liquid in the diet, outdated habits like overscheduling, overwhelming, staying up late. Each day align with what nourishes you, supports rest and improves organization. As a result you will have more energy to focus on clearing your body/mind.

2 - GROUND, GROUND GROUND

Cloud watch. Walk in nature. Observe time, space, meditate. Connect yourself with your higher self. Connect with your spirit. Deep rest, quiet time. Allow yourself to go within.

3 - PURGE

Once you are in the zone - you will purge, not only your kitchen, your office, your close, your garage, emotional baggage. Align with the why and the what. What is fit for your future you?

4 - Talk to your AGNI

In your belly is a fire called ANGI - digestive fire. Give it space and time to do its work of letting go of what no longer serves. Physical toxins, emotional toxins, thought toxins.

5 - Evolve your INTEGRITY

Every ending is a new beginning. What are the better habits you desire to have in your life? In your Kitchen, in your daily routine, in your bathroom, in your nightly rituals. With this space & time that you give yourself, you should be WISER after your cleanse. You will have a shift in perspective. Create support and relationships to support your new normal.

GUIDELINES FOR YOUR BODY TYPE

[TAKE THE AYURVEDIC DOSHA QUIZ](#)

Once you take the quiz, you can see if you are on track by following the guidelines below.

VATA (light bodyweight, easily excitable mind)

Vatas are already light, dry, cold, sensitive, and have dispersing energy. Foods & eating habits that are intrinsically opposite these qualities will optimize health for VATA people and VATA season.

You may be drawn to begin your cleanse with juice cleansing and move there into soups. As you move into and out of deeper cleansing, eat heavier, oily foods such as avocados, soaked nuts and seeds and add spice like ginger or cayenne. Use mostly soups during your cleanse, warmed and moderately spiced, or warm juices up. Combine dark leafy greens with avocados or soaked nuts.

PITTA (medium bodyweight, intense mind)

Pitts are already hot, oily, sharp, intense and radiating. Foods and eating habits that are intrinsically opposite these qualities will optimize health for PITTA people and PITTA season.

You may be drawn towards a deeply purifying juice cleanse or all living foods. In general, steer towards a mild, more bland diet with plenty of roots and greens, sweet fruits, mild spices, sprouted grains, coconuts and avocados, and plenty of fresh sprouts. After a deep cleanse, protein may be desired through almonds and sunflower seeds.

KAPHA TYPES (heavy bodyweight, fluid mind)

Kaphas are already moist, cool, grounded, heavy, and have condensing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for KAPHA people and KAPHA season.

You may be drawn strongly towards 1-3 days of hot water fasting, and from there moving into some spicy juices and spicy light soups. As you move into and out of deeper cleansing, eat something bitter first in the meal. Keep nuts and seeds

minimal. Spice foods well, soak and sprout nuts and seeds. Enjoy apples, pears, lemon, ginger and parsley.

MAKE YOUR GROCERY LIST

What you need to start preparing:

Once you know your constitution (and that of those you feed), write a list of foods that will be optimal. Think in terms of categories:

- Leafy Greens
- Root Vegetables
- Fresh Fruits
- Seeds for Sprouting
- Seeds, nuts,
- Grains & beans (mung beans, brown rice)
- Seaweeds

Condiments

- Oils (olive, sunflower & flax)
- Lemons, Limes
- Stevia Leaf
- Raw Honey
- Superfoods to play with (maca, goji berries, cacao nibs, chia, etc)

EMERGING

What are you noticing?

- Do feel more centered?
- Do you have more energy?
- Are you sleeping better?
- Are you eating better?
- Do you need to do this better?

How does your new habit change your life?

What new recipes are you going to try this week?

- 1.
- 2.

What do you need to add to your shopping list?

Are you capable of adding a new lifestyle habit this week, or would you rather focus on your number one?

EMERGING FROM A LIQUID DIET

If you've done a few days of water and/or juice fasting, you need to be careful when you begin to eat food again.

Your digestive tract is very sensitive.

I recommend in this order:

- Whole Fruits
- Vegetable Soups, miso, sauerkraut with meals
- Steamed vegetables sauerkraut with meals
- Salads sauerkraut with meals
- Soaked, sprouted or cooked grains added to soup sauerkraut with meals
- Sprouted or cooked legumes in a soup or stew sauerkraut with meals

If you have trouble digesting or absorbing nutrients, mix together the following spice powders, and take 1 tsp, in a few ounces of warm water - ginger, cumin, fennel, black pepper, cardamom. You can take this spice mixture for a week before meals.

EMERGING WITH FOOD

What next?

The time where you emerge from your cleanse is just as important as the preparation and deep cleanse phases. It is a time of reflection, introspection and consideration. You will exit the cleanse as you began it, slowly and mindfully. You will continue to journal, you will consider which practices you may want to incorporate long term. You may even feel that your body need more cleansing and you will cleanse longer.

Notice the effect of each food on your body and your mind. Do not introduce too many foods too soon. Take it slowly. Notice what you really like and where you have adverse effects - AND NOTICE!! You have taken this time out to nourish and awaken to your body's inner wisdom, honor and respect that.

- Honor your belly fire - where you eat regularly daily, not snacking or mindlessly eating.
- Keep it simple
- Continue to sprout seeds, pulses and soak grains.
- Keep recipes and food ideas simple - If you crave more protein, try introducing some fish.
- Introduce heavier foods at lunch time when your digestive fire is at it strongest.
- Eat dinner early.
- Check in whether a food is causing AMA - in other words, does it make you feel heavy? Is your tongue coated? Does it have any side effects?
- Keep meals well spaced, do not snack. Snacking creates ama. If you are hungry before your lunch and dinner is ready have raw vegetables (carrots, radishes, celery)
- If you have a busy schedule, cook all of your food in the morning, keeping you from random snacking.
- Eat mindfully, sitting down, not driving.
- If you crave meat, try first introducing fish with steamed veggies (with sauce/salad dressing), avoiding starches. This makes it easier to digest. Same with starches - have them with vegetables along, and not meat. If you crave bread, sprouted grain breads (in the freezer section) are the lightest to start with.
- If you still have ama, if you are still over-eating.
- You need to empower digestion when introducing heavier foods or when you have issues digesting and absorbing nutrients:
- Eat a slice of ginger with honey and lemon juice before eating. Check your tongue 20 minutes after eating and then another hour later.

- Mix together the following spice powers and take 1 tsp in a few ounces of warm water: (ginger, cumin, fennel,black pepper, cardamom). You can take this spice mixture for a week before meals.)

Craving Sweets?

Tray baked root vegetables, juiced carrots or beets. Use raw honey (do not heat or bake with it), or maple syrup.

East nut cookies (at least 2 days after the cleanse). Grind 2 cups almonds or cashews in a coffee grinder until they become a powder. Add 1/4c maple syrup, 1 tsp cardamom powder. 2 tsp water (enough to be a batter consistency). Bake on a buttered cookie sheet at 300 F until golden brown.

EMERGING REFLECTION JOURNAL & NOURISHMENT PLAN

Continue to journal or record your voice as you emerge from the cleanse. You may want to keep journaling as you evolve through changing your eating habits.

Here are some questions you may want to ponder:

- Is my body done cleansing? Is my mind? If the answer is no, you may choose to continue your cleanse.
- Have I released ama? Physically? Mentally?
- What types of cravings have I had, before, during and after the cleanse? Have my cravings become smarter?
- How is my energy different now, from what it was before the cleanse?
- Do my channels feel clear? What are my thought patterns? My emotional patterns? How have they changed?
- What am I celebrating as I emerge from the cleanse?
- What has been the most challenging about the cleanse?
- How have I best nourished my body - mental, physical and spiritually?
- What practices will I continue?
- Where do I want to make permanent changes?
- How will I continue to get support from my desired changes?

YOUR EMERGING ACTION PLAN

While each person's action plan will be unique, everyone should have some type of action plan going forward. Go through your journal entries and decide, and put in writing, which practices you plan to continue.

Here are some suggestions:

- Keep sipping hot water
- Juice Daily
- Include more living foods into your everyday diet
- Don't snack
- Don't eat leftovers
- Continue daily yoga/meditation/pranyama
- Make lunch the main meal of the day

Meal Planning

Eating in accordance with your higher purpose is not necessarily easy. It is worth the effort, and it takes planning. Here are some guidelines to keep you on track.

- Make a weekly menu outline
- Get out your cookbooks and make a grocery list. Set aside a time slot each week to do this. Pour yourself a cup of tea and make this a fun creative time. Choose seasonally and doshic-ally appropriate meals. Get the partner and family involved.
- Put the menu on the fridge
- Keep in mind this is a guideline - flexibility and resilience to changing events is key!!
- Shop for the week
- Stock up on staples and buy fresh ingredients you'll need for the week
- Remind you!! At the end of the day or before bed - look at you menu for the next day
- Plan/Calendar fro prep work, slicing, peeling, chopping. When you are able. Early morning is best. Soak any grains/beans/nuts before you go to bed

- Use early mornings to prep if you can
- Cook grains, roast a squash, steam some veggies while you do your morning meditation or yoga.

PLANNING, PLANNING, PLANNING ahead is the key to nourishing you the way you want to. Planning creates structure. Structure precedes evolution - the next version of you!!

FAQs

Breathing

Breathe through your nose for 20 minutes upon arising. You can do sun salutations take a walk / jog go for a bike ride, etc. Start each day with a meal of Prana then whenever you are struggling with the limitations imposed by the cleansing process you can remember to simply go outside for a 5-2 30-minute walk and a breath through your nose. This is the most simple form of pranayama or breathing exercise to clear the body and mind channels of stagnant energy, the channels that carry the breath. The life force then will be able to transmit more energy on a cellular level enabling a clearing of thoughts and emotions the simple this is an essential and powerful technique when used regularly.

Menstruation

When you menstruate you want to soothe your body into releasing blood you don't want to use strong actions like enemas salt water flushes or even nasal oiling as a toxin removal therapy during your menses. Some practitioners also don't advocate for oil massages steaming or bathing during Menses. If you're planning a serious cleanse or detox make sure to avoid oleation and purgation during your menstrual time when menstruating keep following your diet and lifestyle patterns spend time on your cushion and your mat

Breastfeeding

Many women worry that when cleansing that her toxins will go through to her baby well that is true. What is also true is that the toxins already are going through to the baby. The post-mortem diet is a nourishing and detoxing diet use the recipes and follow your heart's desire sticking with warm mushy and oily and gently spice soups and stews if your baby is younger than 5 months avoid oleation and purgation focus on yourself nourishment and sleep

Should I continue to take all my vitamins minerals and amino acids during the cleanse?

Unless it's prescription or under the recommendation of your position please stop taking all supplements for the duration of the cleanse this will allow you to really simplify your routine and get the nourishment you need from foods that you need it will also allow you to add your supplements back into your routine one by one so that you can determine how they affect you and whether or not you need them on a daily basis.

Why are we discouraged from drinking herbal tea throughout the day?

In an effort to really get back to the basics herbal tea is better than snacking but it does stimulate digestion and it is best to allow your body to digest completely between meals rather than throwing in one more thing to complicate the process simplify hydration to water many people are dehydrated from simply not drinking enough water

What should I eat?

Take some time to read through the recipes. Notice what you're attracted to don't second-guess yourself. All of these cleanses are time-tested recipes and simply decide and begin.

I don't have much time to prepare food, what should I do?

Best time of day to repair your food is in the morning if this is not possible prepare your food the night before or use a Crock-Pot or a pressure cooker and cook in the evening with a crock pot cook your soup or your kitchari overnight keep your day simple by eating the same meal all day

For those of you who want to cook food, but don't have much time to cook

Go to bed early and prepare all of your food for the day in the morning or if you must the night before. Buy or borrow a pressure cooker and cook in the morning to cook fresh food daily quickly if you buy one makes her a stainless steel I prefer a 3/4 size or cook your food overnight in a Crock-Pot or slow cooker

Eat the same thing for three meals either kitchari or one of its variations

Pressure cooker guidelines

In general, regular kitchari - have a pot at pressure for about 10 to 15 minutes bring the pot to pressure with medium-high heat. Once it increases pressure, reduce to low. Pressure cookers can only be filled halfway with liquid. If your pressure cooker isn't big enough to accommodate the recipe, add as much liquid to half way then after cooking add the additional liquid to release pressure quickly put pot in sink under cold tap water.

How should I reduce caffeine or coffee alcohol or marijuana?

Either go cold turkey or wean solely. You will get detox headaches and body aches. They are real, they happen when more toxins are releasing, being eliminated. You can slow this down by weaning off in 4 to 7 days.

For coffee go half decaf then decaf and a decaf green tea than hot water with lemon for alcohol or marijuana you can go cold turkey. Then when you have the urge go for a quick walk outside. 5 minutes is enough to breathe deep. When you're done drink a glass of water. Build a new habit around this emotional trigger. To reduce the chance of headaches from these take Skullcap herb 3 capsules 3 times a day for a few days.

Symptoms - see symptoms & weekly menu planner and food diary too!

I have a headache. You are detoxing in a major way and it doesn't always feel very good. Doing an enema to relieve your headache, enjoy a massage or self massage and take a bath before bed. Try to get to bed early your body is going through a dramatic shift right now be sure to take it easy on yourself

I'm not sleeping well.

Attune to natural light and moonlight try not to use a lot of electricity or anything with a screen after sunset and see when you naturally become sleepy journaling to a little late is okay if you're still alert as it is kind of like a meditative reading.

If you meditate in the early hour of darkness you might find yourself moving into quiet contemplation or getting ready for sleep lie in bed and meditate on surrendering in the back body before falling asleep wake up around on or just before and begin your day try to do the same routine every morning very the routine only to refine it if you are suffering from insomnia herbal supports can help like Ashwaganda 2 taking two tablets after dinner or one after breakfast

tones or nervous system or Sleeping soundly is a sedative both are available at Banyan.

I am hungry what should I do?

During cleansing you may feel hungry more acutely. This isn't bad or dangerous don't be afraid of your hunger, instead check it out see what the emotional differences are for you between hungry and full on the flip side our bodies do bass when we eat around the same time everyday do not snack between meals eating the same thing more at less at lunch and dinner can ease the body's assimilation processes if your body is used to clean eating meat regulating it may take you a while to assimilate amino acids from beans or greens if you're eating raw increase hemp seeds spirulina and avocados if you're eating cooked use more oils and beans adjust the recipes according to your needs.

I'm way too emotional, what should I do?

A walk outdoors is usually the best way to shift your energy and your emotions you can also add oil massage sunbathing bathing meditation or yoga are all good for clearing emotions and moving energy I'm not pooping what should I do read the download - [MOVE YOUR POOP](#) or do a water-based enema.

I have chronically loose stools what can I do?

You could try one part equal parts bilva cumin coriander and fennel with one part slippery elm and one part AAA take one teaspoon three times a day 30 minutes before meals

I am pregnant or within 3 months postpartum

You need to eat heavier food like sweet potato, coconut flakes, almonds or rice. Add to any of the dishes or add avocado and chopped roasted not just salad have plenty of healthy fats in your meals. No oleation, salt water flushes or purges. Focus on a very simple very nourishing diet and dialing in your daily self-care practices. Focus on The Daily Rhythm schedule. If you need extra protein you can also soak 10 almonds per night and peel them in the morning and add them to soups or just eat them

where can I buy high-quality seeds for sprouting nuts in oils?

I'm a big fan of the [raw food world](#) I buy seeds to sprout sprouting tools Nori sheets, coconut butter, chlorella tablets and other item.

Should I take Herbal supplements and Medication?

continue to take your prescribed medications or talk to your doctor about weaning off medications you are uncomfortable taking for the cleanse I recommend taking a break from other daily supplements and vitamins this allows your system to rest