



**LIVING VIBRANTLY**  
**YOGA & AYURVEDA**

*Lainie Jenkins*

Inspired by Cate Stillman founder of the Yogidetox and  
[Yogahealer.com](http://Yogahealer.com)



# DESIGN YOUR CLEANSE

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## Welcome to the Reset 21 Day Cleanse

I'm glad you are here. If you brought a friend, thank you. If you're friend brought you, you have a good friend who cares about you. And how sweet is that.

I'm Lainie.

I started experimenting with detoxing in my 30's before I had any knowledge of Ayurveda. I have never been drawn to quick fix diets or fasting, I love my food too much. Since having three children and now 50 I have learnt that it is about focusing on what it is that nourishes me, both body and mind and being mindful of letting those habits that don't serve me creep back into my life.

The 21 Day Cleanse is in no way a fast. It is about learning about your body type and deeply listening to what it needs. Each time you do this cleanse you will learn something new about yourself (isn't that amazing in it self). It's not about doing it all one way as we are always changing, it's about doing what fits in with your life and lifestyle, cool hey!

I invite you to look at this Cleanse as an experience, and also an experimental community. I 'll teach you what I know pulling from any wisdom I've gained as an Ayurvedic lifestyle consultant, yoga teacher and student of life. I'll ground what I know with what actually works for me as a modern working householder, child-raiser, freedom-lifestyle persuaded person. I'll also be doing the Cleanse right alongside you. We'll experiment together.

This Cleanse is based on the classical Ayurvedic Cleanse rituals and inspired by Cate Stillman of

YogaHealer who facilitates a Yogidetox in her community twice a year. After studying and practicing Ayurveda for 20 years I had found a way to put all of what I had learnt into practice in an intense setting of 21 Days. I can not remember the last time I had that much energy and balance in my body and mind. It reminded me of old daily habits I had dropped off and introduced me to some new ones.

I apply the most basic teachings of Ayurveda - the stuff that isn't cultural to India- but is just raw truth. I will help the 21 Day Cleanse members tap into their personal ancestral palettes, stimulated by the spices their grandmothers harvested and cooked with. I apply Ayurvedic concepts on detox, food combining, and self-care practices to a modern western women, who are probably not from India, who probably have a very busy life, and need some time and space to let go of old patterns and start fresh.

And that, my friends, is the how the 21 Day Cleanse got started, and why I have invited you to join me and the One Family Yoga Community to do it together.

So as I kick off the 21 Day Cleanse I invite you to ease into your grand experiment in the next few weeks, approach it like a spiritual scientist of sorts. Your body is now your test lab.

Your job is to find out what makes you thrive. Let's get on with it, shall we?



## Entering Cleanse mode

### Cleanse mode is a lovely time out.

Often we wait until we're sick to take time out of life. This sets up a pattern that feeds the disease process. Instead, we can train ourselves to crave a seasonal time out.

When we take time out twice a year to slow down, to rejuvenate, to heal, to reset, we give ourselves a chance to update our habits in line with who we want to be now. And, we update our habits in line with who we want to become.

When we don't take the time out to simplify how we live, what we eat, what we do in our everyday habits, we perpetuate whatever pattern we are in. We often unconsciously go in whatever direction that pattern leads.

This is your chance to press pause.

To enter cleanse mode you start to slow down. You start to simplify. You go to bed earlier. You cut back on media input. You keep silent more. You take quiet walks. You prepare simple, nourish foods for yourself. You say "no" to that which pulls you away from centre. You say, "yes" to that which brings you towards centre.

We allow this time to be different. We will start to feel more subtle, more sensitive, more aware. We make time for reflection, for rest, for the deeper more quiet pleasures in life

### Slipping into cleanse mode

Entering a cleanse is only difficult when we make it so.

Slip into cleanse mode following a 2 steps:

1. **Clarify your why.** Write it down. Why are you here reading this? What are you hoping for? Write it down. Then, Merge identify 1 specific and actionable sentence. Reread your WHY a few times a day.
2. **Add in instead of taking out.** If you want to reduce the amount of caffeine, alcohol, nicotine, marijuana, or sugar you are consuming, don't focus

on it. Instead, focus on adding in more water, more green juices, more walks, more vegetables, more meditation.

Remind yourself of your **WHY**. Watch inspiring detox stories on YouTube. The first 3-5 days are usually the most challenging, as your body starts to shift metabolisms. Your metabolism shifts from ordinary metabolism into detox metabolism. These are 2 very different internal states.

Most people think the detox is all about particular foods. I've found that there are many ways to detox with dietary changes. I'm always experimenting to see what I'm attracted to now... to see what works better.

Based on this basic philosophy, I give you many options of time-tested detox diets. I recommend you pick one and stick with it... not switching part way through.

The 21 Day Cleanse is much more than dietary changes that support higher consciousness. It's about making a few weeks different. It's about shifting not only your physical metabolism, but also your mental and emotional metabolisms into detox mode.

After a 21 Day Cleanse you won't be attracted to the same things.

Give yourself as much space as possible for this process. That might mean keeping your schedule quiet open. It might mean having the freedom to go to bed as earlier as you desire.. without the feeling that you should be getting something else done.

As far as this packet of information. You'll find you don't need the entire packet, but just relevant sections. You might skip entire sections. Pay attention to what is useful for you right now, and ignore the rest.

Keep the packet for later, when other recipes or practices are interesting to you. This leaves overwhelm at the door, allowing you to enjoy your detox.

## 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. 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 Anchor Statement

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

Ex. I rise and shine.

**Write your anchor statement:**

# What

do you want  
to have  
happen for  
your body,  
mind and/or  
spirit in the  
next 3 weeks?



## 5 steps to Reset You

### **Step 1: Schedule your Reset.**

If it's not on the schedule, everything else will get in the way. Cleansing twice a year is a habit that will align your body with your heart's desires. Make it a priority. Get it on the schedule. Protect that time as YOURS.

### **Step 2: Plan Your Food Menu**

Fresh smoothies, juices, broth, soups and Kitchari are best. Lots of leafy greens. Stews, salads. Simple food combinations. Space your meals and sip hot water, lemon water or spice water in between. K.I.S.S. Use the Weekly Meal Planner.

### **Step 3: Start on the Outside: Purge**

Start purging your kitchen, your closet, your garage, your emotional baggage... Let it happen. Let your enlightened self choose that which is fit for your future.

### **Step 4: Slow Down**

Under-schedule. Block out free time. Go to bed early. Watch clouds go by. Practice Yoga to yoke body with breath and spirit. Meditate to yoke mind with higher mind. Deep rest. Quiet time. Put a vicious watchdog on your calendar and protect the process of going within to let go.

### **Step 5: Awaken your hunger**

You have a fire in your belly named Agni. To detox you need to get in touch with your hunger. You don't need to starve yourself. Let agni lead the process of incinerating that which is within you that need not be. Make friends with your belly fire. Let 'er burn. Physical toxins. Emotional toxins. Thought toxins.





## What will I eat?

What will I eat is the most common question. There are many ways to support the natural detox process. All have in common this basic principle: **Take the pressure off digestion absorption and elimination.** All of our options in the Cleanse reflect this principle.

I love juice fasting but my constitution does not, I learnt this the hard way. If you're not an experienced cleanser, I can just about guarantee it will have a rebound effect on you too. If you want to drop a pile of weight in a heartbeat, this works. But If you want to make lasting changes in your palette, cravings, and kitchen rhythms - forget about it.

That said, a really good plan, can be to use a mix of the cleansing options. You might ease in with a simple, clean whole foods diet. Think oatmeal for breakfast. Water until lunch. Quinoa, black beans and vegetables for lunch, and maybe for dinner too. You might ease off on the caffeine, alcohol, and eating between meals. You might curb your sugar cravings with having a few dates, handful of raisins, or spoon of honey after a meal. That just might be a great first week for your detox prep.

Then, week 2 rolls around and you're psyched. You're ready to go deeper. You map out your week ahead with the trusty Weekly Meal Planner. You decide you want to go lighter and try a few things. You decide on green smoothies and chia porridge for breakfast, and kitchari for lunch and dinner for the first 3 days. Then, you fill in that you'll be switching to

smoothies and soup for the 4 days

after that. That will be your deep cleanse. The final week, you decide not to map out until you're in the middle of Week 2 and have some clarity.

Most of us are too hard on ourselves. Many of us are starved for awesome fats. The caffeine, alcohol, wheat, meat, and processed little bits that are just part of modern life leave us heading into cleansing nutritionally depleted. Even if we're carrying a spare tire, most likely it's not coming from deep nutrition.

Therefore, easing in, and paying attention is best.

Leading with willpower is awesome too, but ultimately self-defeating. The reason it's awesome is that you will do things you've never done and discover truths you otherwise wouldn't have discovered first hand. The reason it's self-defeating is usually you're sacrificing co-operation on the alter or coercion. Yes, we coerce ourselves into doing something hard. Maybe it's an outdated punishment technique left over from less- enlightened parenting. Maybe it's an unconscious habit, and as you're reading this you're thinking "That's not me. I don't do that." While deep down you have this inkling that I may have just called your bluff.

The question becomes what does co-operation look like? And why do I insist on hyphenating a word that doesn't have a hyphen?



Because we co-opt instead of cooperate with ourselves. This occurs on subtler and subtler levels the more awake, enlightened, and integrated we become. Which is really cool. It also means that the less experienced we are, the more obvious our self-sabotage is to everyone but ourselves. This is where we can really help each other out, as a community.

**Co-opt:**

To cause or force (someone or something) to become part of your group, movement, etc.

**Cooperation:** the process of groups of organisms working or

acting together for common or mutual benefit, as opposed to working in competition for selfish benefit.

Instead of forcing yourself to do something that is hard and at which you may fail, or at least emotionally batter yourself, you will the art of cooperating with yourself.

Here are the nourishment options of the Cleanse:

★ **Super easy, simple, fun**

**yogidetox**

★ **Typical Detox**

★ **The Traditional Kitchari**

**Monodiet**

★ **Living Liquids Cleanse**

★ **The Fruit & Vegetable Detox**

★ **The Spicy Lemonade Diet**

★ **The Juice Feast**

There is no one-size-fits-all approach to the 21 Day Cleanse. Some will thrive on one cleanse path while others will suffer. I don't want any suffering around here. No mind over matter. We're choosing matter over mind, but I'm getting ahead of myself.

For now, know that you can go one route or mix and match. I usually mix and match. The simple rules are to just eat 2-4 times a day. No snacking. Only water, hot water, spice water or lemon water should grace your belly between meals. That alone, for anyone who does not yet have that habit, will jumpstart your system into a mild, pleasant cleanse.

For now, keep plowing through this packet. Do your worksheets, in order if possible. Read through the charts and the recipes. And, keep asking yourself: what is most appealing and intriguing to you right now?

Remember: you can't go wrong. Your intuition is always already right here.

Before we get ahead of ourselves, let's get grounded in the Self-Care Practices. The better your self-care... the more daring your detox can be.



## Self-care tools + Practices



# Start your day right.

## A.M. TREASURE HUNT! FOR YOUR BETTER BODY

The **21 Day Cleanse** is as much about better habits as it is about Diet. Don't aim for a perfect picture here. Do get excited about checking little boxes.

### Morning

- ✓ Go to bed earlier, Get up earlier, preferably before sunrise. Go pee.
- ✓ Brush your teeth and Scrape your tongue.
- ✓ Dry brush your body.
- ✓ Drink 2-8 cups of hot water or Detox drink (Lemon, Ginger, honey).
- ✓ Go poop.
- ✓ Apply coconut or sesame oil inside your nostrils (Nasya).
- ✓ Exercise for 20 minutes breathing through your nose (yoga, walk, spin, jumping jacks, dance).
- ✓ Meditate (for even 5 minutes).
- ✓ Massage your body with a pure oil before, during or after a bath or shower.
- ✓ Make your food for the day.

### Noon

- ✓ Eat your big meal. Enjoy your amazing food! Your amazing body! Your amazing life!
- ✓ Go for a short walk.
- ✓ Through the afternoon, sip hot water.
- ✓ Become aware of what you want to do. Connect with that. Do that. On however small a level. Take action.

### Evening

- ✓ Quit work before 6 pm. Unplug.
- ✓ Eat a light meal in the evening.
- ✓ Go for a walk.
- ✓ Do something fun and chill with your peeps or alone.
- ✓ Meditate, journal, play with essential oils, or do some yoga before bed. If you read, keep it inspirational and detox-oriented.
- ✓ Go to sleep early (before 10 pm).



## 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 practices done with spirit at heart is the spirit of the 21 Day Cleanse. Sadhana is the spirit of the detox. 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 hustle/bustle of daily life.

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. Turn 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, this is where the rubber meets the road. You have an excellent opportunity to make big shifts in a short window of time.


Establishing a consistent daily routine is one of the most powerful ways to support overall health and vitality.

### A Traditional Ayurvedic Daily Routine (Dinacharya)

**1. Brush your teeth with natural tooth paste, [Scrape your tongue](#) + Lube Your Nose ([Nasya](#)).** Each morning with a copper 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 Medicated Nasya Oil, black sesame oil, or ghee, by rubbing oil in your nostrils with your pinky finger.

**2. Poop.** Having a complete bowel movement within an hour of arising is optimal. If that is not you yet, see Lainie, Ayurvedic Lifestyle Consultant to get some Triphala to help you along. It’s non-habit forming, and it strengthens your peristalsis. Take it before bed to have a complete bowel movement within an hour of rising.

**3. Detox Drink.** Add ½ tsp fresh grated ginger, lemon juice to hot water, add room temperature water until drinkable then add ½ tsp honey. During the day **Sip hot water:** Pour 1 litre 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 1/2 litres 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.


**4. Breathe/exercise/walk** Exercise for a minimum of 20 minutes each morning before ingesting nutrients. Sun salutations, walking, or jogging is perfect. Stored emotions bubbled up to the surface during cleansing. For this reason, please go for a walk or meditate 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.

**5. Self-Massage and Bathe daily.** Use either almond, sunflower, coconut or black sesame oil (available in at Vibrant Ayurveda in West end or health food stores) 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 (toxins) 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 black sesame oil (raw untoasted). Heat about 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, simple 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.*

[Click here to see a video on how to do Abhyanga, self Massage with Warm Oil.](#)

#### **6. 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 meditation 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.

## **7. 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. Make a plan to detox from electronics as much as you can during this cleanse.

## **8. Orient towards Ease**

This cleanse 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.

## **9. Reading**

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

## **10. 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



## 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 massage.





## **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 down hot water or add 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.




## Friends + Family

### **Ask for Support**

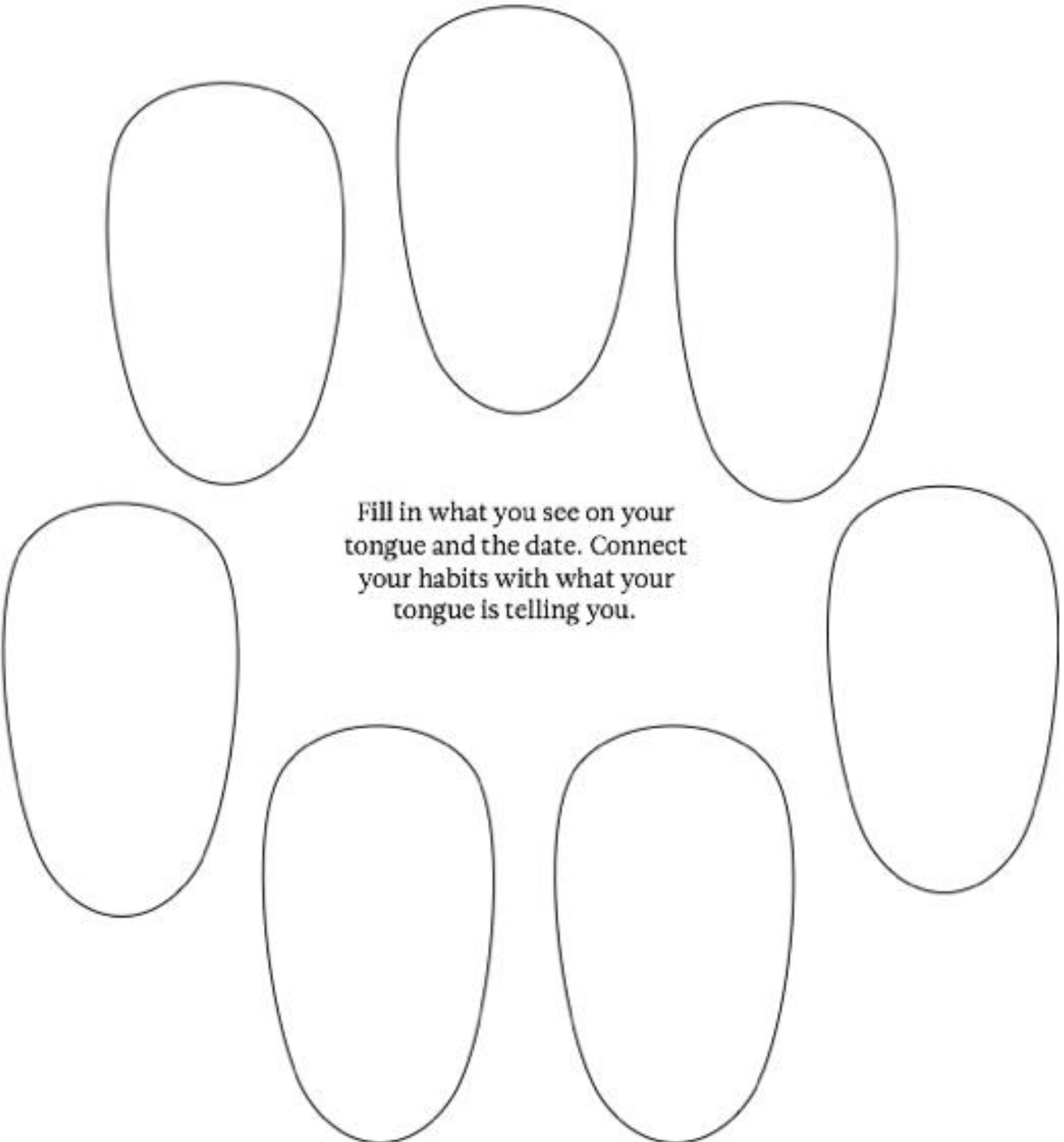

Tell your friends and family when and why you are cleansing. Let the people you normally eat with know what you're be eating. Let people know you're going to be a little different and perhaps a bit withdrawn. Let them know that it's totally normal. Then, ask them if they understand why you're doing this and if they can support you. If they are up for it, tell them 1 very easy, very specific way they can support you. What I usually ask for is something like, "Can you kindly remind me I want to be in bed at 9 pm every night?" or, "If I get whiny, can you kindly remind me WHY I'm doing this? I think that may help me get centred and make smart choices. Thanks in advance."

### **Media & Socializing**

To enhance the ability of your mind to cleanse and your awareness to enjoy our naturally blissful undercurrent take in less distractions through your eyes & ears. Limit conversations, TV, radio, movies, email & web surfing, the news, random reading and other ways that you may ordinarily take in stimulus. Also, try to give yourself a week with less happening, less socializing. This will deepen your intuition and pleasure during cleansing. When cleansers feel over- scheduled it creates frustration. The mind and body don't release as deeply.

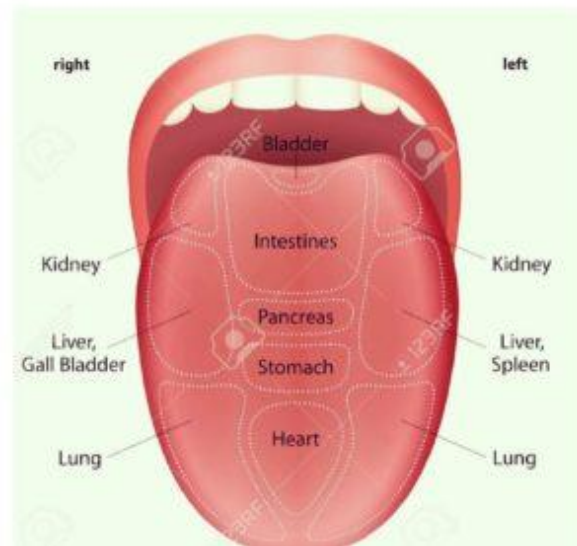


## Blank Tongue Charts



Fill in what you see on your  
tongue and the date. Connect  
your habits with what your  
tongue is telling you.

## Tongue Chart



### General Tongue Diagnosis



**Sensitive Colon**



**Chronic Vata Disorder in Colon**



**Toxins in Colon**



**Toxin in GI Tract**



**Unabsorbed Nutrients**



**Bronchitis**



**Delicate Lungs**



**Pneumonitis**



**Kidney Disorder**



**Heart Strain**



**Deep Seated Fear/Anxiety**



**Emotional Stress Along the Spine**



## My Tongue Analysis Chart

My tongue analysis chart	Day 1	Day 2	Day 3	Day 4
Size				
Shape				
Coating (thickness)				
Coating (color? wet? dry? location?)				
Texture (smooth or cracks)				
Tremors or still				
Scallops or smooth edge				
Notes: is anything changing? Why?				

# The Glorious art of Pooping Tip Sheet

Many of us were not potty trained very well. The human being is designed to wake up and evacuate urine and feces. If you don't.... things aren't quite optimal in your body. Let's correct that.

If you're not waking up and having a complete bowel movement with an hour of arising, you are carrying waste from yesterday's activities into today. Your energy won't be as optimal, and you won't be able to experience the natural really good sensation of prana circulating in your colon that comes from a complete bowel movement, and is the natural antidote to the heavy quality of morning (Kapha time of day).

## Powerful Pooping Foods

- ✓ Start your daily nutrient intake with green juice. Add beets, beet greens, cucumbers and sprouts for a stronger laxative effect.
- ✓ Add chia seeds to your smoothies or eat chia porridge. Fully hydrate the chia.
- ✓ Eat 1/2 a pawpaw or cantaloupe for breakfast, or for dinner during a cleanse.
- ✓ Reduce grains and processed foods. These slow and clog the digestive tract.
- ✓ Gently steamed leafy greens
- ✓ Baked beets
- ✓ Eat more vegetable fibre (non-starchy root vegetables) and more healthy fats, like avocado, fresh salad dressings + sauces made from a base of blended nuts.

## Become a Pooping Champion

- ✓ Wake up and drink hot water until you poop. Take time each morning to sit on the pot after drinking hot water. Doing a down dog or handstand before can also help.
- ✓ Hydrate. Drink only water between meals. Optimally, spring water or well water that has been boiled for 5 minutes, then consumed hot or at room temperature. Drink 2-4 cups of water upon arising.
- ✓ Before bed, try: *Triphala* (from Vibrant Ayurveda) or a detox tea
- ✓ Avoid grain, meat, and dairy to discover how much they are clogging your main drain.





## Healthier Eating Guidelines

### ✓ Check off One or Two you want to integrate next.

- ☐ Be hungry.
- ☐ Be ready to receive (not emotionally distracted). Don't confuse thirst and hunger.
- ☐ Drink room temperature water between meals to clarify your hunger.
- ☐ Eat nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.
- ☐ Eat during daylight hours.
- ☐ Have a lovely, satisfying lunch.
- ☐ Notice the prana (life force) in your food. Don't be distracted.
- ☐ Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.
- ☐ Chew your food. Drink your solids and chew your liquids.
- ☐ Notice the tastes... the flavours... and how they change as they mix with your physiology.
- ☐ If you tend to overeat... focus on getting full with more senses than just your tongue. Also, fill over half your plate lightly cooked green vegetables to enhance your chew per calorie ratio.
- ☐ Eat just as much and as frequently as your body needs. Be honest. (As a guidelines, Vatas eat 3-5 x day, Pittas eat 2-3 x day, Kaphas eat 1-2 x day)
- ☐ Chillax after eating. After a big meal, rest for 15 minutes, then walk.
- ☐ Eat a light dinner, leaving time to digest before rest.
- ☐ Learn about your constitution. Eat for your individual needs.
- ☐ Eat your ecosystem. The outer ecosystem becomes your inner ecosystem — your body. Honour this and open the gateway to higher intelligence.



## What I will eat? section

### Design your detox Worksheets

Which word sounds better to you right now: cleanse or rejuve? 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:

- ☐ Over-scheduled?
- ☐ Overfed?
- ☐ 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 mass? 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 word on 5 sticky notes or small pieces of paper. Stick or tape them up in the most obvious placed you will see them. Think: steering wheel, bathroom mirror, door at eye-level. This word will help orient you to why you are doing this process when you don't feel like it. Tell other people your word, if you want.

How deep or superficial to 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 process?

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

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_

• \_\_\_\_\_



List 5 foods or dishes which render you **lethargic, heavy and dull**?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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

What foods/bevvies do you definitely want to steer clear of, if only for this “reset” process?



## Detoxing vs. Rejuvenating

In general, these “at-home” retreats are geared in 1 of 2 ways. Lighten up or ground down. Lightening up involves a lighter, more liquid, juicy or brothy diet. Grounding down means more rest, more calories, and more chill time.

Often I find we need both. Sometimes we need to ground down before we lighten up. Other times it's vice-versa. I could wax poetic on a theory involving Ayurvedic constitutions and other complexities, but that would only confuse the matter by getting us more in our heads, instead of into our bodies.

If you're tired and stressed, chances are you need to ground down before you lighten up. Even if you're carrying 10-100 extra pounds inside your own skin, you still need to ground down before you lighten up. Otherwise, you'll crash and burn before we hit Week 2. Let's not do that. If you're not tired or stressed, but you're heavy and lazy, you should go with lighten up first. FYI: lightening up and grounding down are both wicked awesome. Yes - I said wicked.

Here is a quick review on lightening up vs. grounding down, with a few tips for each:

### **Lightening up = Cleansing = reducing bodily mass**

- ☐ Green is your new favorite food color at all meals
- ☐ Liquids are better than solids.
- ☐ Check out what happens as you move into a more liquid diet, and then a lighter liquid diet. If you truly aren't stressed and need lightening up, you'll start to feel enormous energy after a few days.
- ☐ Favour living foods over cooked
- ☐ Use less fat.
- ☐ Get nourishment through nature, exercise, meditation, and rest in place of food.

### **Grounding down = Rejuvenation = slowing down + nourishing**

- ☐ Add in practices instead of take out.
- ☐ Make simple one-pot meals, kitchari, soups or stews.
- ☐ Eat cooked or raw food, prepared warm
- ☐ Use more fat (ghee, avocados, cold- pressed oils, soaked nuts).
- ☐ Get nourishment through nature, exercise, meditation, and rest, as well as food.

I'm painting this black and white picture of detox vs. rejuve. But, it's not that way. There are as many shades of grey as feathers on a grey goose. Just grasp the concept for now - and pay attention to how you can better cooperate with yourself, day by day.

Below are guidelines for Serious Cleansers who want to stick to a specific menu plan.



### How do you want to feel in 21 days?

- ☐ Lighter, clear, & energized. Check out:
  - ☒ Living liquids
  - ☒ Spicy Lemonade
  - ☒ Fruit and vegetables only detox
- ☐ Grounded, nourished, and taking better care of myself. Check out:
  - ☒ Simple, clean, whole foods diet
  - ☒ Kitchari
  - ☒ Living foods cleanse

### How much time to you want to spend preparing food?

- ☐ Almost none: Check out:
  - ☒ Spicy Lemonade
  - ☒ Living liquids
  - ☒ Fruit and vegetables only cleanse
- ☐ A lot: I love food preparation! Check out:
  - ☒ Simple, clean, whole foods diet
  - ☒ Kitchari
  - ☒ Living foods cleanse

### Do you want to lose your sugar addiction? Check out:

- ☒ Living liquids
- ☒ Fruit and vegetables only cleanse

### Do you want to clear out mucus faster than a speeding bullet! Check out:

- ☒ Spicy Lemonade

### Which detox am I most attracted to right now? Check out:

- ☒ Designing my own.
- ☒ Living liquids
- ☒ Spicy Lemonade
- ☒ Fruit and vegetables only cleanse
- ☒ Kitchari monodiet
- ☒ Living foods cleanse
- ☒ A mix!

During the deep cleanse would you rather have juice, soups, smoothies, kitchari, or just simply fruits and vegetables? What % of Living Foods/Juices and what % 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 or stews
- ☐ Green Smoothies
- ☐ Fresh juices
- ☐ Raw Foods
- ☐ Fresh Herbs & Spices
- ☐ Herbal Teas
- ☐ Beans Nuts, seeds, oils, healthy fats
- ☐ Fermented foods (sauerkraut, miso) Broth (bone or vegetable)
- ☐ Water Other \_\_\_\_\_

**Which 2 will focus on? Why?**

1.

2.

What are a few recipes in the Recipe booklet that reflect you new focus:

1.

2.

3.

4.

## Super easy, simple, fun Cleanse

	Week 1	Week 2	Week 3
Breakfast Options:	<p>Green Smoothie or green juice</p> <p>Stewed apples</p> <p>Chia Almond porridge, kitchari, or oatmeal</p>	<p>Green Smoothie or green juice</p> <p>Stewed apples</p> <p>Chia Almond porridge, kitchari, or oatmeal</p>	<p>Green Smoothie or green juice</p> <p>Stewed apples</p> <p>Chia Almond porridge, kitchari, or oatmeal</p>
Lunch + dinner	<p>Simple Whole Foods Diet (any recipes from Recipe Book)</p> <p>* 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.</p>	<p>Soup, salad, or kitchari</p>	<p>Simple Whole Foods Diet (any recipes from Recipe Book)</p>
Dessert	<p>Dates! A small piece of extra dark organic chocolate, a teaspoon of raw honey, handful of raisins, or homemade bliss ball.</p> <p>@#\$! must be eaten right before or after a meal. Not an hour later or between meals.</p>		
Daily Habits	<p>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</p>		



## Week 1 Meal Planner

week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



## Week 2 Meal Planner

week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			





## Week 3 Meal Planner

week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			



## Weekly Meal Planner

week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

## Food Guidelines + Top Tips



## Top 5 Tips for Cleansing food guidelines

**1: Detox your kitchen** The first rule of detox is make space. Make space in your fridge. Make space on your counter. Get out your blender, juicer or Thermie. Chuck the junk. You don't need it anymore and you won't want it when we're done.

**2: Liquify** You are a liquid medium. Give yourself a squeeze. See? You're squishy. It's easiest for the body to absorb nutrients and energy in a liquid medium. Makes sense, eh? You'll be activating bucket-loads of energy that get lost in digestion/absorption/elimination. You'll be redirecting those bucket-loads to incineration of stuck ama (toxins) - physical, mental and emotional. Make simple juices, broths, smoothies, soups, kitchari.

**3: Green = Clean** Chlorophyll is the green blood of plants. It oxygenates and alkalizes your blood. Greens detox your blood which is carrying toxins from everywhere else. Chlorophylls convert quickly into pure energy. Start the day with a green smoothie or green juice.

**4: Make your menu** Decide - how much do you want to release? How much do you want to grow? Plan your menu accordingly. For some it may be a strict juice cleanse to drop 15 pounds. For others it may be a higher fat whole foods nourishing diet that focuses on simplifying life and getting more sleep.

**5: Simplify Food Prep** Put your menu on the fridge. Stock your fridge with what is on the menu. Prepare most/all of your food for the day in the morning. It's like giving your discipline momentum to catapult you into the next level of body/mind integrity.

**Step 1: Redirect to Simplicity** Cleaning is about less being more. We take out

distraction, busyness, complexity. We simplify, liquify our diet, and liquidate outdated habits like staying up late and being over-scheduled. Simplify each detox day to that which nourishes, engenders rest, and better organization. The result? A surplus of energy that redirects to cleaning house in your body/mind.

**Step 2: Dial down to Zero** Cloud watching. Walking in nature. Time. Space. More time. More space. Meditate. Yoke body with breath. Yoke body with spirit. Yoke mind with higher mind. Deep rest. Quiet time.

**Step 3: Purge** Once you're in the detox zone, your body/mind will purge. You'll probably start purging your kitchen, your closet, your garage, your emotional baggage... Let it happen. Let your enlightened self choose that which is fit for your future.

**Step 4 : Talk to your Agni** You have a fire in your belly named Agni. Let agni lead the process of incinerating that which is within you that need not be. Make friends with your belly fire. Let 'er burn. Physical toxins. Emotional toxins. Thought toxins.

**Step 5: Evolve Your Integrity** Every ending is a new beginning. What better habits will cultivate your next reality? In your kitchen? In your bathroom? In your bedtime routine? Choose wisely, because after detox you are wiser. You have perspective. Build support + relationships to ground and grow your new normal.

## Guidelines for Your Bodytype

Eating seasonally is the highest priority for optimal health - attune to nature's rhythms.

Secondarily, you want to attune to your personal energetic design. This where eating for your body type comes in handy. Take the quiz to know more about who you are. Then, start to see if you're on track by following the guidelines for your type below, and notice how you feel. If you feel more grounded and clear, you are on the right track.

### Vatas

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



### Pitta

Pittas 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.



### Kapha

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



**Vata types** (light bodyweight, easily excitable mind) You may be drawn to begin your cleanse with juice cleansing and move from 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 and cayenne. Use mostly soups during your cleanse, warmed and moderately spiced, or warm your juices up. Combine dark leafy greens with avocados or soaked nuts.

**Pitta types:** (medium bodyweight, intense mind) 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) 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, minimize salt, soak and sprout nuts and seeds. Enjoy apples and pears, lemon, ginger and parsley.



## THE DOSHAS

The three principle Doshas, are Vata, Pitta and Kapha and each person has a combination of all three in different proportions. When we are born the elements in our body combine in a unique way. No two people are the same because of this. In Ayurveda, your inherent constitution is called your Prakruti. For example, you might be an energetic person, with a tendency towards absentmindedness or you might like to sit on the couch all day and never move. An individual's *prakruti*, or true nature is influenced by many factors including genetic and environmental.

In Ayurveda, we use the word "Dosha" to describe your unique mix. Each of us has a subtle mix of all three Doshas within us. Ideally, the mix of Doshas that we receive at birth (our Prakriti) stays that way all through life, but through conditioning, stresses and life-changes, our Doshas go out of balance. The word Dosha itself means to be out of balance. In other words, as humans, we tend to be always in flux and need to return to balance.

### Your Constitution -Prakruti/Vikruti

It can be a little confusing working out the difference between your Prakruti and your Vikruti. Your Vikruti is your current state and is constantly changing, whereas your Prakruti is your original, unchanging, body/mind/emotional state. Prakruti is a bit like our fingerprint, which remains the same throughout our lives regardless of our conditioning or life circumstances. Health means to be as close to our Prakruti as possible, as then we are in our own individual state of balance.

We always begin with where we are right now. So initially we aim to balance our Vikruti and bring it closer to our original, balanced state of health (Prakruti).

To determine a person's mind/body constitution or Prakruti it is necessary to truthfully answer the Dosha Test here or online here [ONLINE DOSHA TEST](#)

THE DOSHA	QUALITY	ELEMENTS
VATA	LIGHT, DRY & COOL	AIR & SPACE
PITTA	HOT, MOIST & LIGHT	FIRE & WATER
KAPHA	HEAVY, COLD & MOIST	WATER & EARTH



## The Dosha Test

	VATA	PITTA	KAPHA
<b>BODY</b>			
Weight	Usually thin, ribs visible, can vary	Medium	Larger, hard to lose weight
Skin	Dry, rough, cool, thin	Oily, smooth, warm, moles present, rosy	Thick, cool, oily, pale
Hair	Thin, dry kinky	Oily, reddish, balding, grey	Thick, luxurious, oily, wavy
Eyes	Smaller, blinking, nervous, scanty lashes	Intense, piercing, light sensitive, the White part is often reddish or yellow	Larger, beautiful, thick lashes, calm
Teeth	Irregular – spaces or too many teeth, protruding, crooked, gums receding	Moderate, gums bleed easily	Nicely formed, White and healthy
Joints	Crack easily, stiff	Moderate sized, loose	Larger and firm
Circulation	Variable to poor	Good, strong	Moderate
Appetite	Variable, irregular	Strong to excessive	Steady but slower
Stool	Irregular, gas, constipated, hard	Regular movement, soft, loose, burns	Large, well formed
Thirst	Scanty, irregular	Strong, excessive	Moderate
<b>BODY TOTAL</b>			



<b>MIND</b>			
<b>Emotions</b>	Enthusiastic, tends to worry, fear	Intense, courageous, quick to anger	Calm, slow to anger, can be possessive and over-attached
<b>Temperament</b>	Changeable, variable	Motivated, driven competitive, impatient	Easy going
<b>Speech</b>	Fast, frequent	Good orators, can be sharp or argumentative	Slow or quiet
<b>Mind</b>	Very quick, curious, adaptable, can lose interest quickly, restless	Penetrating, critical, Sharp intellect	Slower, lethargic
<b>Faith</b>	Variable, erratic	Determined, strong, possibly fanatical	Steady, slow to change
<b>Memory</b>	Quick but absent-minded, learns and forgets easily	Clear, Sharp	Slow and steady
<b>Sleep</b>	Disturbed, poor, light	Medium	Heavy to excessive
<b>MIND TOTAL</b>			
<b>TOTAMIND/BODY TOTAL</b>			



# MY DOSHA IS:

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## **The purpose of identifying the Dosha.**

The purpose of the Dosha Test is to determine your natural state of being. When in balance you will have the positive traits of all of the Doshas. To illustrate, trustworthiness and faithfulness are natural traits of the person with a Kapha dominant Dosha. This doesn't mean that a Pitta or Vata person doesn't have these traits, it is just that they come naturally to a Kapha person. However, when a person is out of balance the negative traits of the dominant Dosha tend to appear first. For the Kapha who is imbalanced, a negative trait such as greed or possessiveness may appear.

It is important to note that the Dosha descriptions are a classic example and may only apply in part. It is common to see several of the traits of the dominant Dosha in any individual. It is also common to see a few traits of the secondary Dosha and a couple of the least dominant Dosha.



## Vata Dosha: The Wind Principle

Vata is the combination of air and space.

Qualities of Vata: Cold, light, irregular, dry, and always changing.

### Characteristics of Vata:

- Light, thin build- often either quite short or very tall
- Performs activities quickly
- Creative and intuitive, often quite artistic
- Irregular hunger and digestion
- Insomnia or light, interrupted sleep
- Excitability, changing moods, erratic emotionally
- Tendency to get spaced out
- Enthusiastic, imaginative, often visionary
- Quick to grasp and quick to forget
- Tendency to worry, anxiety, fears
- Tires easily and tendency to under eat
- Tendency towards constipation
- Erratic mental and physical energy



The element of air is always changing and space is so expansive. When someone has a large degree of Vata in their makeup they tend to be quick thinkers and movers, have thin body frames and may seem nervous and excitable. If Vata dosha predominates, movement and change are characteristic of their nature. As long as Vata is in balance, they will be lively and enthusiastic, with a lean body.

Those with a predominance of Vata dosha usually have a thin, light frame and excellent agility. Their energy comes in bursts and they are likely to experience sudden bouts of fatigue. Vatas typically have dry skin and hair and cold hands and feet. They sleep lightly and their digestion can be sensitive. When the Vata dosha becomes imbalanced, it manifests in the body as weight loss, constipation, hypertension, arthritis, weakness, restlessness, and digestive challenges.

Vatas love excitement and new experiences. They are quick to anger but also to forgive. When Vatas are in balance, they are energetic, creative, and flexible. They also take initiative and are lively conversationalists. When unbalanced, they are prone to worry and anxiousness and often suffer from insomnia.

### Imbalanced Vata

Excessive stress in life leads to the Vata force becoming imbalanced and feelings of losing control. It may cause the mind to race, contributing to anxiety and insomnia. This may lead to skipping meals, resulting in unintended weight loss, and irregular digestion. If you notice these early symptoms of a Vata imbalance, slow down, take time to meditate, don't skip meals, and get to bed earlier. A regular lifestyle routine helps ground Vata and return to balance.

When they feel overwhelmed or stressed, their response is, "What did I do wrong?"

# Pitta Dosha: The Fire Principle

Pitta Dosha is a combination of fire and water and a little air.  
Qualities of Pitta: Hot, light, penetrating, pungent, sharp, acidic.  
The primary function of Pitta is transformation.



## Characteristics of Pitta:

- Medium build, medium strength
- Strong digestion with good, sharp hunger
- Good overview qualities, so often good managers
- Tendency towards anger, impatience and irritability under stress
- Fair, ruddy skin, often with moles/freckles
- Intolerance to sun or hot weather
- Strong impressive voice/ Charismatic good speakers
- Regular mental energy, picks up things fairly quickly, remembers fairly well
- Regular meal habits
- Blonde, light brown, or red hair, usually becomes bald or grey younger

The Pitta Dosha controls digestion, metabolism, and energy production. They have a keen attention to detail, want things to be in order and don't like their time to be wasted. A Pitta likes to learn new things and is driven by education, gathering fact and sharing this knowledge with others. Other people usually find Pittas to be interesting, attractive, well-spoken and intense.

Physically Pittas are likened to the goat as they can usually eat anything due to their strong digestive fire. However, they often overeat or eat too many spicy or fried foods, aggravating their constitution. Pitta types have a medium build and intense eyes. Those with a predominance of the Pitta dosha have a fiery nature that manifests in both body and mind.

A balanced Pitta is a strong leader, passionate lover, informative educator and beautiful.

## Imbalanced Pitta

An unbalanced Pitta spews fire, criticizing and judging others, is irritable and unpleasant. Acid indigestion or irritable bowels, indigestion, reddish skin with breakouts is associated with this imbalance.

When pittas are overstressed their typical response is, "What did you do wrong?"

# Kapha Dosha: The Earth Principle

The Kapha dosha is a combination of earth and water  
Qualities of Kapha: heavy, slow, wet, steady, compact, cold, soft, oily.  
The primary function of Kapha is protection.



## Characteristics of Kapha:

- Solid, powerful build, great physical strength and endurance
- Steady energy, slow and graceful action
- Slow to anger, relaxed personality
- Skin will be cool, oily, pale and soft
- Slow to grasp, yet never forgets
- Good sleeper
- Tendency to obesity, slow digestion
- Affectionate, tolerant and forgiving
- Tendency to be possessive and lazy

Kapha governs the structure of the body. Kapha types have a strong build, big bones and more fat under the skin than other Doshas. They have large, soft eyes; smooth, radiant skin; and thick hair. Those who are predominantly Kapha have excellent stamina and sleep soundly and have regular digestion. Kaphas are compared to the turtle. They move slowly, talk slowly, think slowly and tend not to worry too much. It is considered Kapha to resist change, enjoy routine, and be methodical and affectionate. Kaphas are naturally calm, thoughtful, and loving. They have an inherent ability to enjoy life and are comfortable with routine. When in balance, Kaphas are strong, loyal, patient, steady, and supportive and tend to be the solid foundation of the company or the family.

## Imbalanced Kapha

When Kapha builds to excess, weight gain, fluid retention, and allergies manifest in the body. When Kapha is out of balance they tend to gain weight, sleep excessively and suffer from asthma, excess mucus in the body, diabetes and depression. People with an excess of Kapha tend to hold on to things, jobs, and relationships long after they are no longer nourishing or necessary and accumulate clutter. Excess Kapha in the mind manifests as resistance to change, stubbornness and possessiveness in relationships.

In the face of stress, the typical Kapha response is, “I don’t want to deal with it.”



## Dosha out of balance

An unbalanced dosha is an aggravated dosha. An increase in the qualities associated with that dosha is then manifesting somewhere in your physiology (body-mind). For example, if your pitta is aggravated you may experience excessive heat in your digestive process, resulting in heartburn. If your vata is aggravated you may have dry skin or become ungrounded and spacey. If Kapha is out of balance you may have excessive mucous or feel lethargic and tired.

The way to bring a dosha back into balance and alleviate any symptoms is to pacify or decrease it. According to the understanding of the three doshas, if you know how any factor affects your doshas then you can apply balancing measures to remove your symptoms. Ayurveda helps you determine which dosha is out of balance by identifying your symptoms. It then shows you how to correct your imbalance using natural methods based on two fundamental principles. The first is the principle of similarity: like creates like. The second is the principles of opposites: opposites restore balance.

### 1. The principles of similarity

The principle of similarity says that if one of your doshas gets out of balance (becomes aggravated) you will experience physical and mental symptoms which directly reflect the qualities of that dosha. For example, if vata dosha goes out of balance and disturbs your skin the symptom will be a dry and flaky rash because dryness is a quality of vata. If pitta dosha imbalance disturbs the skin the rash will be hot, inflamed and red due to pitta's quality of heat. If kapha imbalances cause a rash the skin will be cool and probably oozing clear liquid as kapha qualities are cold, moist and damp. This direct relationship of dosha qualities to symptom qualities helps us see which of the doshas is out of balance so then we can treat it appropriately.

This same principle occurs when you are exposed to outside influences like the weather. Like creates like, therefore if the weather is cold, dry and windy (qualities associated with vata) then your vata is more easily aggravated and thrown out of balance. Or if the weather is very hot then pitta is more likely to become imbalanced etc. According to your dominant dosha you will have a tendency to develop imbalance in that particular way, depending on your genetic makeup, your personality, your diet over the years, and your long-term lifestyle habits. Exposure to influences, whether inside or outside your body, with qualities similar to those of your dominant dosha will more easily throw that dosha out of balance. For example, if your dominant dosha is pitta then hot, spicy foods or being outside in the hot sun will probably aggravate your pitta very quickly. You would be wise to avoid these things, to avoid experiencing impatience, insomnia, and/or more physical manifestations.

The principle of similarity shows us that if our doshas are balanced then their specific qualities like the dryness of vata or the heaviness of kapha, won't cause symptoms or discomfort. But if a



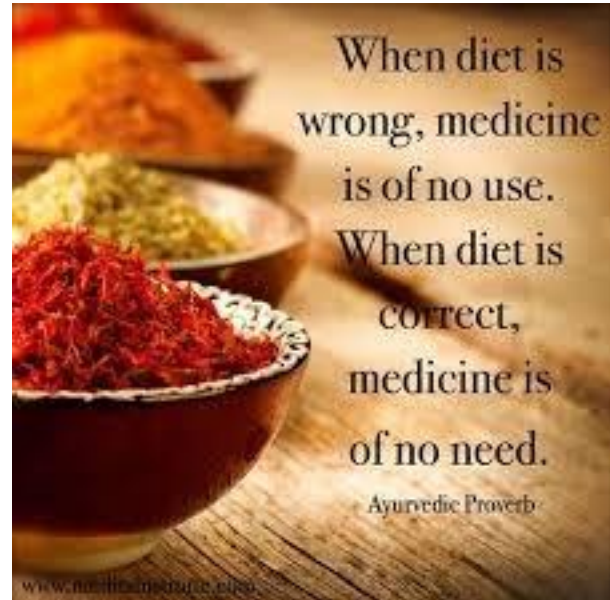
particular dosha is increased by certain foods in your diet, by the weather, your emotions or other influences of like quality, then that dosha will tend to go out of balance leading to symptoms of a similar quality. For example, cold, damp weather may aggravate chronic sinusitis, which is kapha weather influencing a kapha condition. Alternatively, lots of raw, cold and dry foods will tend to aggravate irritable bowel syndrome, which is a largely vata condition.

## **2. The principle of opposites**

The influence of opposite qualities brings a dosha back into balance by decreasing (pacifying) it. The practice of applying opposite properties to balance a dosha is basic to Ayurvedic treatments. We actually apply the principle of opposites all the time. When your mouth feels dry you drink some water to wet your mouth and remove the dryness. When you feel cold you put on warm clothes or use a heater to warm up. If your stomach is empty and your cells devoid of nutrients then you eat and fill up with nourishing foods. Of course if you don't respond to the needs of your body in this simple manner, you begin to feel uncomfortable. If you continue to avoid your bodies needs then the consequences become more serious. Thirst, hunger, discomfort and pain (physical and mental) are messages from your bodies inner intelligence trying to tell you to attend to some need your body has at that moment. The more knowledge and understanding you have in applying the appropriate remedies, the healthier you will be. Knowing about your doshas enables you to be much more precise in selecting the right foods and lifestyle habits to stay healthy and to recover from any symptoms you may be having. For example to balance your kapha and to lose weight or reduce mucous, you would choose a diet with less of the kapha qualities, i.e less oil, fewer dairy products, fewer cold foods and cold drinks, and very few or no sweets. You would choose instead foods with qualities opposite to kapha such as bitter, astringent and pungent tastes. Naturally light foods like vegetables or lighter grains like quinoa and warm, cooked meals with warming spices like ginger and black pepper would be ideal as they will improve your sluggish metabolism and help you lose weight naturally. Staying active and getting lots of exercise is also important to counteract the stableness of kapha, which tends to manifest as laziness when you are overweight.

## BALANCING THE DOSHAS

The Doshic times play an important role in Ayurvedic medicine as a way to structure our activities based on the qualities and energies of the various time of the day. For example, if we get up in the morning before 6am, in the Vata time, our meditation and communion with the Divine will be easier as the clarity and spaciousness of Vata is more predominant at this time. Kapha time begins in the morning around 6am so the water element aids elimination of wastes. Also, the best time to eat your main meal of the day is between 10am and 2pm as the energy of Pitta is predominant at this time and so our digestive capacities are at their peak.



An awareness of these times can influence the way a Yoga class is conducted. For example, if we are teaching a class in the Pitta time and in the middle of summer we would teach a more cooling class...

### Doshic Times of Day

6am-10am 6pm-10pm	Kapha Time	The water element elevates – most secretions flow from the tissues to the GI tract.
10am-6pm 10pm-2am	Pitta Time	Pitta secretions increase in the GI tract – experienced as hunger and thirst.
2pm-6pm 2am-6am	Vata Time	Vayu dominates – greater movement, elimination processes are more active.



## 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. Make your list below.

- ☐ Leafy Greens
- ☐ root vegetables
- ☐ fresh fruits
- ☐ seeds for sprouting
- ☐ seeds and nuts, fatty fruits
- ☐ 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.)

## Start with an empty box

### purge your house

#### Make Your Space Sacred

Deep cleaning your living space and especially your kitchen is unfathomably beneficial to the cleansing and renewal process. If overwhelmed by the project, hire help and do it together. While this may seem extravagant, it allows you to operate in your zone of genius, which is where the magic happens.

In your kitchen, donate what you haven't been using. Include food stuffs and appliances. If you don't already have a meditation and yoga space in your house, now is the time to create one. Use it daily. Naturally, you'll also feel an impulse to clear your kitchen, house & wardrobe of energetically draining extra stuff.

Many of us consider a detox is what we're not going to eat or drink. I propose it's about every aspect of our life. I invite you to purge what is out of alignment in every aspect of your life.

Why start with "stuff"?

- Clutter outside the body is easier to remove than inside the body.
- De-cluttering sends a strong message to the body to do the same. Do it and notice.

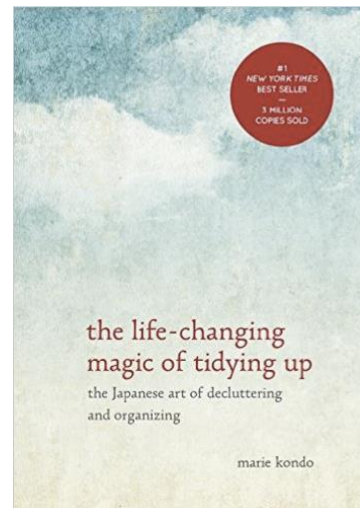
"Does this item add joy, value, or purpose into my life?"



Detoxing **REQUIRES** a clean, clear atmosphere. Otherwise, you'll get sucked back into an old pattern.

Get an empty box.

- ☐ Put it in the room of your choice.
- ☐ Start to purge that which isn't aligned with your potential self.
- ☐ Bring box in car to go to thrift-store
- ☐ Repeat.
- ☐ Drop off **old self's stuff** at thrift store.



**Recommended Reading:**  
**The Life-Changing Magic of Tidying Up** by Marie Kondo For Your House, Clothes, Books, Papers + Stuff





## 7 Steps to KonMari Method

(from Dr. Christiane Northrup's blog)

With the KonMari Method, you can get out from underneath your clutter once and for all.  
Here's how:

1. **Tidy all at once.** Tidying a bit at a time never works. Things will get messy again quickly. (All at once means allotting about 6 months to the project.)
2. **Visualize your destination.** Before you throw things away, visualize your ideal lifestyle. Goals such as, "I want to live clutter free" or "I want to be able to put things away," are too broad. You must think in concrete terms, such as: "I want to live like a Goddess, surrounded by peace and beauty."
3. **Identify why you want to live the way you envision.** For every answer ask yourself "why?" again. For example, if you want to live clutter free so you get a better night's sleep, ask yourself, "Why do I want to sleep better?" Do this 3-5 times. When you find the answer to why you want to be tidy, you are ready to move on.
4. **Determine if each item "sparks joy."** Rather than focusing solely on throwing things away, which Ms. Kondo acknowledges only brings unhappiness, be sure to cherish what you love. Do this by taking each item in your hand and asking yourself "does this spark joy?" If yes, then it stays. If it does not spark joy, then throw it out. Note: You must touch every item so that your body can react. This is NOT an intellectual process. It's a "felt" physical sense that you can develop over time, or the kind of intuition I discuss in depth in *Women's Bodies, Women's Wisdom*. You let your BODY and emotions tell you.
5. **Tidy by category, not location.** In most households, items that fall into the same category are stored in multiple places. If you are tackling your clothes, then you must get all the clothes out of every closet and drawer in every room first. Start with tops first, then bottoms, and work from there. She also instructs you in the fine art of folding, which frees up an enormous amount of closet space. My drawers are now works of art — with my folded blouses and tops arranged like envelopes so that I can see everything easily.
6. **Tidy in the right order.** Ms. Kondo says that the following order is the way to tidy: Clothes, Books, Papers, and then Komono (miscellaneous.) She goes into great detail on how to separate and each category into sub-categories.
7. **Discard before you place things back.** You must discard first. Don't put anything away until everything you are going to discard is removed.



## Simple kitchen worksheet

Set aside 90 minutes to overhaul your kitchen. You might need more time depending on the state of your “inner fridge”.

Listen to “The Simple Kitchen” free audio from: <http://www.yogahealer.com/simple-kitchen/> while you overhaul.

### **Describe it.**

What qualities do you want to experience for the next 3 months?

What is the connection between plants outside and food in your kitchen?

What are 2 actions you want to take to increase the connection?

What is the rhythm of your kitchen?

What is the rhythm of the foods you’ve been eating?

What is the rhythm of your body/mind/emotions/behavior lately (past 3 months)?

What is the new rhythm of your kitchen?

**Write your intentions for your 21 Day Seasonal Cleanse below.**



# Emerging + Your New Normal

## Emerging

What are you noticing?

- ☐ Do you 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 Food

### What Now?

The period of time in which you emerge from your cleanse is 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 permanently. You may even sense that your body isn't finished cleansing, and continue your cleanse for a longer period.

*Notice the effect of each food on your body and with your mind.* Don't introduce too many foods too soon. Take it slow. See what you really like. Notice what has adverse effects and take note! Don't blow off your body's awakened wisdom!

- ☐ Honour your belly fire Agnivesa, the fire god that lives inside of you by eating your meals regularly, not snacking, and stoking your digestive fire if necessary.
- ☐ Keep it simple!
- ☐ Continue sprouting seeds and pulses and soaking grains.
- ☐ Keep recipes and food ideas very simple. If you crave more protein, introduce fish after a few days.
- ☐ Keep your meals well spaced, and **DO NOT SNACK**. Snacking easily creates ama. If you're hungry before your lunch or dinner is ready, have raw vegetables (carrots, celery, radishes).
- ☐ If you have a busy schedule, cook all of your food in the morning. This will keep you from random snacking.
- ☐ Eat mindfully. Sitting down. Not driving.
- ☐ If you crave meat, try introducing fish with steamed vegetables (with a sauce or salad dressing), and avoiding starch. This makes it easier to digest. Same with starches – have them with vegetables alone, and not meat. If you crave bread, sprouted grain breads (in

the freezer section) are the lightest to start with.

- ☐ Introduce heavier foods at lunch time, when digestion is strongest.
- ☐ Eat dinner early.!
- ☐ Check in with whether that food produces ama – does it make you feel heavy? Is your tongue coated? Does it have any side effects?

### Tips for Screwing Up, Over-eating + when you still have Ama

To empower digestion when introducing heavier food, or when you have trouble digesting or absorbing nutrients:

- ☐ Eat a slice of ginger with honey and lemon juice before eating. Check your tongue 20 minutes after eating, and then an hour later.
- ☐ 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).

### Craving Sweets?

- ☐ Try baked root vegetables. Juiced carrots or beets. Use raw honey (but never heat or bake with it), agave or maple syrup.
- ☐ **Easy nut cookies** (at least 2 days after the cleanse!). Grind 2 cups almonds or cashews in coffee grinder until they become a powder. Add 1/4 c. maple syrup, 1 tsp. cardamom powder, 2 tsp. Water, (enough to make a batter). Bake on buttered up cookie sheet at 300' until golden brown. Enjoy!



## Emerging Journaling & Contemplation

Continue journaling 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 ask yourself/journal about.

- ☐ 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 most challenging about the cleanse?
- ☐ What practices will I continue?
- ☐ Where do I want to make permanent changes?



## Your Emerging Action Plan

While each person's action plan will be unique, everyone should have some type of action plan for 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
- ☐ Incorporate more living foods into your everyday diet
- ☐ Don't snack
- ☐ Don't eat leftovers
- ☐ Continue daily yoga/meditation
- ☐ 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 and creative time. Choose seasonally and doshic-ally appropriate meals. Get input from family members.
- ☐ Put the menu on the fridge.
- ☐ Remember, this is an outline. Be flexible and allow for change as schedules change and things come up.
- ☐ Shop for the week.
- ☐ Stock up on staples and buy fresh ingredients you'll need for the week.
- ☐ Before bed each night, look at your menu to remind yourself of what you'll be eating the next day.
- ☐ Plan to do some prep work – slicing, peeling etc., when you are able. Early in the morning is best. Soak any grains you'll be using the next day before you go to bed.
- ☐ Use early mornings to prep what you can. Cook grains, bake a squash, steam some vegetables while you do your morning meditation and yoga.

Planning ahead is the key to eating the way you want to. The better your plan the less you regret your actions.



## Identity Evolving Worksheet

"Your current behaviours are simply a reflection of your current identity. What you do now is a reflection of the type of person that you believe that you are (either consciously or subconsciously). To change your behaviour for good, you need to start believing new things about yourself." - James Clear

When we change our habits we ... change! This change is a fundamental change to our identity. If we don't know who we're desiring to become, we are much less able to change our habits. We become much less able to sustain the habits of the person we are desiring to evolve into.

What kind of person do you want to become? Use this worksheet to drop deeply into who you are becoming.

I want to become the kind of person who:

I want to become the kind of person who:

I want to become the kind of person who:

Who is like the person you are describing? (real person, historical or fictional characters)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

What habits do they have that you admire? If you don't know, ask or speculate.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Once you've filled out this worksheet, put it somewhere you will see it regularly. Remind yourself of who you are becoming.





## Limiting Beliefs/Higher Truths

What are the higher truths that  
are hear in your inner voice?

Make a list and add to it throughout the course.

What are the limiting beliefs that  
you trying to emerge?



## FAQ's

### **A Breath of Fresh Air**

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 5-30 minute walk and breath through your nose. This is the most simple form of pranayama or a 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. Though simple, this is an essential and powerful technique when used regularly.

### **Preparing**

#### **Plan around Menstruation**

When you menstruate, you want to sooth 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 menses. Some practitioners also don't advocate for oil massages, steaming or bathing during menses. When menstruating, keep following your cleanse diet and lifestyle patterns. Spend time on your cushion and your mat.

#### **Breastfeeding**

Many women worry that when detoxing that her toxins will go through to the baby. While that is true, what is also true is that the toxins are already going through to the baby.

The postpartum diet is a nourishing and detoxing diet. Use the recipes and follow your heart's desire, sticking with warm, mushy and oily and gently spiced soups and stews. If your baby is younger than 5 months focus on self-nourishment and sleep.

### **Should I continue to take all my vitamins, minerals, amino acids during the cleanse??**


Unless it is a prescription or under the recommendation of your physician discontinue 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 the foods that you eat. It will also enable 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. Simplifying hydration to water. Many people are dehydrated from simply not drinking water

**What should I eat?** Take time to read through the recipes. Watch the videos. Notice what you're attracted to. Don't second guess yourself - all of the detoxes are time-tested and work. Simply decide and begin.

**I don't have much time to prepare food. What should I do?** The best time of day to prepare your food is in the morning. If this is not possible, prepare your food the night before. Or use a crock pot to cook a soup or kitchari overnight. I recommend keeping your days simple by eating the same meal all day.



### **For those who want cooked food, but don't have much time to cook:**

1. Go to bed early & prepare all of your food for the day in the morning, or if you must, the night before.
2. Buy or borrow a pressure cooker and cook in the morning to cook fresh food daily quickly. If you buy one, make sure it's stainless steel. I prefer a 3-quart size.
3. Or, cook your food overnight in a crock pot or slow cooker.
4. Eat the same thing for 3 meals: either Kitchari or one of its variations.

### **Pressure Cooker Guidelines**

1. In general, for regular kitchari, have pot at pressure for 10-15 minutes. Bring the pot to pressure with medium high heat; once at pressure, reduce to low heat.
2. 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 halfway, then after cooking, add the additional liquid.
3. To release pressure quickly, put pot in sink under cold running tap water.

### **How should I reduce coffee, alcohol or marijuana?**

Either go cold turkey or wean slowly. I advise the latter. Detox headaches and bodyaches are real. They happen when more toxins are releasing than are being eliminated. You can slow this down by weaning off in 4-7 days, instead of overnight.

For coffee - go to 1/2 decaf, then decaf, then to decaf green tea, then to hot water with lemon.

For alcohol or pot, if you can go cold turkey, than do so. When you have the urge, go for a quick walk outside instead. 5 minutes is plenty. 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 reducing these lovely treats, take scullcap herb - 3 capsules 3 x a day for a few days.

### **Symptoms**

**I have a headache.** You are detoxing in a major way and that doesn't always feel very good. Enjoy an oil 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 much electricity (or anything with a screen) after sunset and see when you naturally become sleepy. Journaling by low light is fine if you are still alert, as is 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 into the back body before falling asleep. Wake up around dawn, or just before, and begin your day. Try to do the same routine each morning, varying routine only to refine it.

### **I'm hungry, what should I do?**

During cleansing you may feel hunger 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 best when we eat around the same time every day. Do not



snack between meals. Eating the same thing more at less at lunch and dinner can ease the body's assimilation process. If your body is used to eating meat regularly, than it may take you awhile 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 emotions. Also, oil massage, sunbathing,

bathing, meditation, or yoga are all great activities clearing emotions.

**I'm not pooping, what should I do?**

Read The Glorious Art of Pooping Tip Sheet.

**Herbs, supplements, and medications:**

Continue to take your prescribed medications, or talk to your doctor about weaning off medications you are uncomfortable taking. For the cleanse, it is recommend taking a break from other daily supplements & vitamins. This allows your system to rest.



## One habit to change

What are you doing that isn't good for you?

Make your list below.

1.

2.

3.

Choose one from above to change in the next 21 days

What is your 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?