



basic ayurvedic cleanse

to increase energy & well-being

why cleanse?

- Reset digestive fire so your digestion runs more efficiently
- Improve bowel movements
- Reset daily habits
- Improve energy levels
- Reduce brain fog
- Get deep rest
- Clean out congestion & ama (build-up) that contribute to allergies

how do you do it?

There are **3 components to a simple cleanse**: eat a simple diet, do/consume less and practice more self-care.

when is the best time?

- Before and after the cold weather season (spring and fall).
- Choose 3-7 days when you have a lighter schedule (cancel engagements and clear out your calendar as much as possible - you deserve it!).

food - simple & hydrating

- Eat a monodiet of **kitchari** (a balanced Ayurvedic meal of spices, mung lentils and long grain basmati rice) and soups for all meals.
- Eat 3-4 meals per day with no snacking.
- Drink lemon water or digestive tea before meals.
- Sip warm water and ginger throughout the day (aim for at least 4 cups)

body - seek to soothe

- Dry brush daily (before massage)
- Extended daily oil massage from head to toe
- Rest more (naps, yoga nidra)
- Go to bed earlier
- Soothe the senses with relaxing sounds, smells
- Spend quiet time in nature
- Take epsom salt baths or sauna

reduce these things

- Cold foods and drinks
- Coffee, alcohol, cigarettes & the like
- Intense exercise
- Stimulation (tv, junk reading, talk radio, podcasts, social media, activities in general)

