

7 DAY CLEANSE & DETOX PROTOCOL CHART

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE	HYDRATE
OLEATION 1-2 TSP GHEE before breakfast	OLEATION 2-4 TSP GHEE before breakfast	OLEATION 3 -6 TSP GHEE before breakfast	X	X	X	X
DRY BRUSH OIL MASSAGE	DRY BRUSH OIL MASSAGE	DRY BRUSH OIL MASSAGE	DRY BRUSH OIL MASSAGE	DRY BRUSH OIL MASSAGE	DRY BRUSH OIL MASSAGE	DRY BRUSH OIL MASSAGE
X	X	X	ENEMA AM or PM	ENEMA AM or PM	ENEMA AM or PM	X
DOSHIC DIET	DOSHIC DIET	DOSHIC DIET	DEEP CLEANSE: NO FAT, SALT, or PROTEIN	DEEP CLEANSE NO FAT, SALT, or PROTEIN	DEEP CLEANSE: NO FAT, SALT, or PROTEIN	DOSHIC DIET
TRIPHALA Before bed 1tsp In 1 c. hot H2O	TRIPHALA Before bed 1tsp In 1 c. hot H2O	TRIPHALA Before bed 1tsp In 1 c. hot H2O	TRIPHALA Before bed 1tsp In 1 c. hot H2O	TRIPHALA Before bed 1tsp In 1 c. hot H2O	TRIPHALA Before bed 1tsp In 1 c. hot H2O	TRIPHALA Before bed 1tsp In 1 c. hot H2O

NOTES ON CHART: Read ALL pages below.

DAYS 1-3 = PRE-CLEANSE:

These first three days are the start of your cleanse. To make the deep cleanse days much easier on your body and the detox more effective, stop eating or drinking ALL of these items:

COFFEE, CAFFEINATED TEA, SUGAR, CHOCOLATE, ALCOHOL, PROCESSED FOODS, DESSERT, WHEAT.

Eat the foods for your dosha body type. If that is too challenging to figure out, then just eat, whole unprocessed grains, and lots of fruits and veggies....cooked and raw as you prefer.

Wheat flour products (bread, pastries, cereals, pasta, etc.) combined with water gums up your intestines.

WHEAT + WATER = GLUE IN THE GUT = AMA/TOXINS

DESSERT: If you are used to eating rich desserts after dinner, try fresh fruit for dessert instead.

DAYS 4-6 = DEEP CLEANSE:

Eat as LIGHT as POSSIBLE on the deep cleanse days. Scale down your foods to mostly fruits & veggies.

NO SALT, ANIMAL PROTEIN FOODS or OILS...especially if weight loss is a goal*.

Drink lots of liquids. Take Naps. Go for walks. Chill out. Unplug from computer. Read a book.

Do an enema and rest.

(*If you do NOT want to lose weight, add ghee (or appropriate oil) to your meals, and eat avacado.)

DAY 7 = EMERGE:

Return to eating the foods for your dosha type. EAT FERMENTED FOODS, especially if you did enemas.

Listen to your body and adopt new eating habits, based on what it is telling you.

Have your tastes changed? Your cravings changed,? Are your eyes brighter? Is your skin clear?

Do you have more energy? Has your outlook on life shifted? Are you more sensitive? Have cravings changed?

***HYDRATION:**

MUST DRINK LOTS OF WATER during the cleanse, otherwise the toxic wastes do not flush out organs. Drink: 1 QT in the morning before oleation; 1 QT of detox tea – carry it in your thermos, sip through out the day. Drink more hot water if you are not pooping.

***OLEATION:**

A “must do” practice for anyone choosing the mono-diet (soft rice or kitchari) option.

Optional for other options, but still awesome to do if you have never tried it.

It is a great to lube your intestines for smooth moves and stimulate the liver to detox!!

Vata body types - do this before the cleanse to moisten dry intestines – the main cause of constipation!

Ghee may be purchased in natural food stores or made at home. It's clarified butter folks! Yum!

Go to YouTube.com and enter “homemade ghee” and you'll get lots of videos.

***DRY BRUSH:**

Do this daily through the entire cleanse. Brush every part with vigor to stimulate the release of toxins into your blood and GI tract. Start from feet: brush up the legs to the buttocks; and up over the back of hips to front. Then brush from hands to shoulders, head, neck, and brush down chest to belly. Circles on belly and kidneys.

* Kapha & Pitta types need this vigorously. Vata types brush gently.

***OIL MASSAGE:**

Do this after the dry brushing. Get yourself good and oily before taking a shower.

Massage your skin with love. Then rinse off and dress.

***ENEMA:**

A MUST IF YOU ARE CONSTIPATED!!

Enema bags can be purchased at CVS for under \$20. (Hot water bottle, douche, enema bag are same thing)

Use warm water, or liquid chorophyll (if your farts stink) or warm sesame oil (if you are dry & constipated).

***TRIPHALA:**

This herb mixture balances all 3 body types (doshas). It is a gentle colon cleanse that will help you poop, without causing diarrhea. Heat up one cup of water and stir 1 tsp. triphala powder.

Drink 2 hours after dinner, one hour before bed. IT WILL HELP YOU POOP EACH MORNING.

***DOSHIK DIET:**

BUY ORGANIC – IT IS WORTH THE \$\$.

As best as you are able eat the foods that calm your dominant dosha (vata, pitta, kapha).

If you do not know what type you are go to: www.banyanbotanicals.com and take their dosha quiz and read about which foods to eat and which foods to avoid.

If this is way to much for you, then just eat simple and fresh and ORGANIC! You want to eliminate contaminants, not add more into your body!!