

## ESSENTIALS OF A GREAT SPRING DETOX

<b>FIVE FOODS</b>	<b>FIVE SPICES</b>	<b>FIVE YOGA</b>	<b>FIVE RECIPES</b>	<b>FIVE PRANAS</b>	<b>FIVE POOPS</b>	<b>FIVE BODYCARE</b>
DARK LEAFY GREENS	TUMERIC	HIP OPENERS	SPICEY LEMONADE	BELLY BREATHING	MOVE	HYDRATE
LEMONS & LIMES	GINGER	BACKBENDS	KITCHARI	UJJAYI	BREATHE	OLEATE
APPLES	FENNEL	TWISTS	GREEN JUICE OR SMOOTHIE	BREATH OF FIRE	BEETS	DRY BRUSHING
FRESH SPROUTS	CAYENNE	FORWARD BENDS	VEGGIE JUICE	ALTERNATIVE NOSTRIL	TRIPHALA	OIL MASSAGE
SWEET JUICY FRUIT	CINNAMON	RESTORATIVE POSES	SWEET TEA	NATURAL 3 PART BREATH	FIBER	DETOX BATH

## **DETOX BATH:**

**Add 2 cups Epsom salts to a full bathtub of hot water, as hot as you can take. You may add a few drops of essential oil like eucalyptus, lavender, rose, lemon, sage, etc...**

