

Spring Cleanse Protocols:

Use this information as a guideline for your cleanse. Listen and respond to your own intuition. You might plan to follow one type of cleanse regime, but your wisdom may lead you down another path, or combination. Any cleanse helps to ignite "agni" - the digestive fire. Watch how your agni fluctuates during the day- do not eat at the first sign of hunger pangs -wait until the agni is strong and bright - so food will digest well.

The Cleanse is about more than what to eat or avoid. It is about shifting Consciousness about how we live each day. How can we create and sustain healthy patterns of living: prana (life force) and agni (digestive fire) and iccha (desire/will), jnana (self-knowledge) and kriya (right action)? What are we thinking, saying, and doing each day of our lives? Take time to notice your patterns and take time to rest during the cleanse.

VIP Daily Self Care Practices:

1. **Get up in the morning when the sun rises.**

Get up when you wake up, to honor the natural cycles & rhythms.

2. **Scrape Tongue.**

Before you brush your teeth. Use a metal tongue scraper or spoon. This will remove bacteria and toxins ("ama") and stimulate digestion. (You can order one from Prakasa Yoga Studio.)

3. **Drink Hot Water.**

Boil 1 quart of water for 5 minutes. Sip 1 cup hot water in the morning.

Pour the rest of the boiled water into a thermos and sip it throughout the day; every 15 minutes is optimal.

This will remove toxins and help keep you from getting constipated. Do not skip this essential part.

4. **Massage and Bathe.**

Dry brush your body to move lymph system. Then oil massage your entire body.

Use unrefined or organic almond, sunflower, or sesame oil. Let the oil soak in for 5-20 minutes (if you can)

I let the oil to soak while I meditate (20-30 min); then I shower and dress.

****During the deep cleanse, take a hot bath before bed. Soak yourself for 20 minutes.**

For a detox bath: add 2 cups Epsom salts, one cup baking soda, 10 drops lavender or eucalyptus essential oil.

5. **Exercise.**

Exercise for 20 minutes, minimum, each morning before breakfast.

This could include yoga, pranayama or walking, etc.

6. **Meditate.**

Meditate for at least 5 minutes at the beginning and end of each day. Even once a day will greatly enhance your cleansing experience. Meditation is a good way to observe your mind & process any strong emotions that arise during this cleanse. Spending time in silence is very revealing & very healing.

7. **Poop or Enema.**

After doing these daily habits you should be ready to "poop"! If not, do an enema. Enemas are a great way to move toxins out of your body during cleanse. Do an enema if you are constipated, emotional, headache or your skin breaks out. Morning is best, as they tend to be stimulating; but Before bed is okay if this is the only time available, or if you are still constipated at the end of the day. If you do enemas for a few days, take some acidophilus to replenish bacteria, or mix 1 tbsp. of yogurt, ½ c. water, a pinch of salt and cumin powder. Drink with meals once (once you are done juice fasting). Oil enemas are recommended for those with chronic bowel issues. See the enema instructions at the end of the packet. Enemas can be done daily during this cleanse, and twice a week after the cleanse for a month.

8. **Eat breakfast, lunch and dinner.**

Do not snack between meals. Drink hot water throughout the day to curb hunger and eliminate toxins.

Have dinner by 7:00pm, so your digestive system can rest during the night.

Four Cleanse Options:

1. Alkaline Diet

Perfect for those who want to cleanse more slowly, and is best for those who are coming from a (highly) processed foods diet and for those who eat meat regularly. The idea here is simply to eat more fresh fruits and vegetables and sprouts. You can make beautiful salads and soups and stir-fry. There is less emphasis on the “raw” vs. “cooked”. If you don’t have a juicer or high tech blender, than this may be the best cleanse for you.

2. Mono Diet/Kitchari

This has more calories and sustenance for those whose work is outdoors or physical. It is a gentle and traditional ayurvedic cleanse; good for all doshic types. Many people find it constipating. You can either use either the “living” or cooked versions - and eat 2 or 3 meals per day. Recipes below.

(Some years, I start with this option for the pre-cleanse days, then switch to the juice cleanse.)

3. Juice Fast

Designed for those who have experience with seasonal cleanses, and have both discipline and desire for a deep cleanse. Helpful for weight loss, fall allergies, colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use enemas while juice fasting (because there is less bulk to poop out).

**You can use the juicing recipes as a smoothie if you don’t have a juicer! Cut recipes in half. Be creative. The major difference between juicing and smoothies is fiber. Your system works a little harder with vegetable fiber but it’s still a deep cleanse. You can strain some of the vegetable fiber. If you do smoothies, don’t do the salt water flush, but you can use a laxative tea or a colon cleanse. You can also do enemas.

4. Living Foods

Designed for everyone who wants to increase the prana (life force energy) in the cells and isn’t interested in juice fasting. This plan requires more time preparing meals - chopping, blending, juicing, and sprouting.

Living foods are never heated above 110 degrees – so all enzymes are preserved for your body to use to heal.

Resource: www.rawfamily.com has great living foods recipes!!

Helpful kitchen equipment:

High powered blender (vitamix or k-tec blender)

Vegetable juicer

Resources:

Books: Conscious Eating, Gabriel Cousens; Eat Taste Heal by Thomas Yarema; Fresh by Sergi Boutenko

Banyan Botanicals - <http://www.banyanbotanicals.com> - body oils, tongue scraper, herbs...

Cooking Grains: <http://www.vegparadise.com/charts.html>

Acid/Alkaline food chart: <http://www.essense-of-life.com/moreinfo/foodcharts.htm>

Dosha Quiz: <http://doshaquiz.chopra.com/> or www.whatsyourdosha.com

Enema Kit: CVS or <http://www.enemasupply.com> (\$18) <http://www.living>

Juicers: comparison chart: foods.com/marketplace/bestjuicer.html

Champion (\$150); Breville Juice Fountain Elite (\$150).

Blender: (Living Foods diet) – Blendtec or Vitamix (\$300)

Cooking Whole Grains: <http://www.vegparadise.com/charts.html>

Let's Get Organized!!

1. Set an Intention(s):

To help formulate your intention answer these questions:

What is the feeling and vibration of your kitchen now?

What is the rhythm and vibration of the foods you've been eating?

What is the rhythm and vibration of your body/mind/emotions/behavior?

2. Clean your kitchen (cabinets/drawers/nooks) well.

Set aside time each day to clean over several days, rather than all at once (if your kitchen is large).

What is the new feeling and vibration of your kitchen after cleaning?

How do you wish your body to feel after this cleanse?

How do you wish your mind/emotions to feel after this cleanse?

3. Write down your Intention(s).

You may choose more than one, but for simplicity, not more than three.

- a.
- b.
- c.

4. Determine your Dosha.

Take the dosha quiz & read more about which foods are good for your body type- see resources for website.

Vata types: (light bodyweight, easily excitable mind)

A day of hot water fasting is fine. 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)

A day of hot water fasting is fine. 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 towards 1-3 of hot water fasting, and then move 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 (or avoid) Spice foods well, minimize salt, soak and sprout nuts and seeds. Enjoy apples and pears, lemon, ginger and parsley.

5. Formulate a Cleanse Plan.

Consider your current habits and new habits that you'd like to cultivate.

Listen to your intuition; if you don't feel confident with intuition-follow the food guidelines for your dosha.

How do I feel right now?

How do I want to feel in one month?

Do I want to lose weight?

If so, juice for at least 3 days.

If not, use more soaked/sprouted seeds and nuts

Am I interested in a day or two of water fasting? If so, which days?

Which foods am I drawn to eating - which foods are best for my body right now?

What % of Living Foods/Juices and what % of cooked foods do I want to eat during each part.

During the deep cleanse would I rather have soups or juices or both?

How many days do I want to be in a deep cleanse?

first time cleansers: choose 1-3 days

experienced cleansers: choose 3- 5 days

super pranic cleansers: choose 5-14 days

Cleanse Format & Protocol:

Pre-cleanse (typically 2-3 days)

Deep-cleanse (typically 3-5 days)

Post-cleanse (typically 2-3 days)

A short mild (weekend) cleanse could be: 1 day pre-cleanse, 1 day deep cleanse, 1 day post cleanse

A one week cleanse would be: 2 days pre-cleanse, 3 days deep cleanse, 2 days post cleanse

A 10 day deep cleanse would be: 3 days pre-cleanse, 5 days deep cleanse, 2 days post cleanse

Get the idea? Listen to your body and it will tell you what is right for you!

DAYS 1-2-3: Pre Cleanse:

Eat only fresh unprocessed organic foods – cooked and/or raw – appropriate for your body type (dosha).

If you do not know your dosha, just eat the fruits and veggies that you are attracted to.

Take 1 -3 tsp Ghee (clarified butter) before breakfast every day to keep the digestive tract lubricated!!

(You can eat the ghee plain or put it hot water and drink). Ghee is easy to make (go to you tube)

or can be purchased at any local coop or health food store. Drink 1 cup **Triphala Tea** every night:

1 tsp triphala powder in 1 cup hot water. Drink 2 hours before bedtime (so you don't get up to pee).

DAYS 4-5-6: Deep Cleanse:

Do not eat any animal protein, animal fat, vegetable fat or salt. Period. This is where your body will detox!!

If you choose the mono-diet of kitchari or soft cooked rice, then add 1 tsp ghee to the grains.

Make sure you do: the dry brush, oil massage, and Epsom salt bath during these days. Drink the Yogi Detox tea

three times a day, before each meal. Drink Triphala Tea 1 hour after dinner.

DAY 7: Post Cleanse:

Return to eating fresh unprocessed foods, fruits and vegetables, cooked and/or raw. You may add a little fat (organic oil, nuts, seeds and sea salt back into your diet. Drink Triphala Tea, 1 hour after dinner.

DAYS 8-9-10: Return: How will you adjust your regular diet after the cleanse? Listen to your body.

What foods is it asking for? What foods is it telling you to avoid? Let your body guide you to greater knowing.

Before the Pre-Cleanse Period:

The following guidelines are to help you prepare for your cleanse. Incorporate what you can immediately!! We make the assumption that you are not ingesting alcohol, caffeine (coffee, chocolate, black tea), sugar or smoking cigarettes! If you are currently taking these stimulants, please follow this advice:

1. Eliminate Toxins:

Caffeine, alcohol, chocolate, stimulants & drugs*: reduce your normal intake by half each day. Wean off coffee with green tea, then eliminate that too. If you get a caffeine headache, take skullcap tincture (30 drops, 3x/day, or skullcap capsules (3 caps, 3x/day). Or drink peppermint tea. (*recreational drugs)

2. Eliminate All Processed Foods.

Eat raw fruit, sweet vegetables (sweet potatoes, carrots), and raw fresh juices to satisfy sweet cravings. Eat dried fruit (raisins, apricots, dates mango, etc.) or 1 tsp. raw honey after meals, if need be.

3. Begin to eat what you'll be eating and drinking during your cleanse.

Increase the percentage of alkaline vs. acidic foods
80% alkaline (fresh vegetables, fresh fruits, soaked nuts, sprouted grains and legumes) is ideal.
Do your best to eat alkaline foods- any shifts you make in this direction are beneficial!!
Alkaline foods = fresh fruit, vegetables (land and sea)
Acidic foods = meats, processed foods, refined sugars

4. Schedule:

Schedule your cleanse in a calendar/planner and make a recipe chart (chart optional).
Book a bodywork session or massage, or set aside time for self-massage with oils.

5. Plan/Shop:

Get everything you need ahead of time!!

Grocery list*: grains, greens, veggies, fruits, nuts, seeds for sprouting, cooking oils, spices, etc

Equipment list: tongue scraper, neti pot, enema kit, juicer (if juicing), blender

Supply list: Epsom salts, baking soda, essential oils, unrefined massage oils, tongue scraper, etc.

Herbal/ Supplement list:

(Goldthread Apothecary, Acadia Herbals, River Valley, Whole Foods)

REQUIRED:

***Triphala powder** (tri-doshic, good for all body types) keeps bowels moving

*** Yogi Detox Tea** (gentle detox herbs)

OPTIONAL:

liquid chlorophyll (smelly gas)

liquid bentonite (pulls toxins)

liquid acidophilus (replenish intestinal flora)

slippery elm powder (smooth bowel movements)

Liver Cleanse Herbs, powder - for sluggish lymph, high cholesterol, and liver/anger

Colon Cleanse Herbs, powder - for constipation

Apana Flow Herbs (mix of liver & colon)

Dashmula tea, powder (enemas and teas for those with Vata imbalances)

MU Herbal Tea for balancing blood sugar & sugar cravings

During Pre Cleanse / Deep Cleanse / Post Cleanse:

1. Eat 2- 3 meals a day

Whichever diet you choose, follow this advice!

Eat fresh satisfying meals, sit down to eat (vs. eating on the go) and chew your food into liquid
You can even cook the "living" soup recipes, if you wish.

2. NO snacking - drink hot (boiled water between meals) let Agni (digestive fire) get strong before eating.

3. Do not eat after dark! The digestive system needs to rest just as does your body!
The days are getting longer – so do not eat after 7:00pm!!

4. REST:

Give yourself time to rest each day. Your body will naturally be fatigued and will need recovery time, as you reduce your calories and learnt to create healthy new habits.

**** Plan your cleanse, so the deep cleanse occurs on your days off from work.**

Grocery Shopping List Suggestions:

Below are listed some of the best ingredients for each body type.

Choose foods for your dominant dosha.

You can mix foods from lists below, if need be and substitute ingredients in the recipes that follow.

Vegetables and legumes:

Kapha: all greens (especially spicy greens), turnips, carrots, radishes, brussel sprouts, cabbage, sprouted chickpeas/lentils, all sprouts.

Pitta: greens (mild taste), sweet potatoes, rutabagas, parsnips, winter squash, legumes, sprouts (mild)

Vata: roots & squashes (except turnips), all greens combined with oils, seeds or nuts

Oils:

Kapha: flaxseed oil, almond oil, corn oil

Pitta: ghee, coconut, avocado, olive

Vata: ghee, sesame oil, butter, olive oil

Use oil to balance dryness and constipation (vata) both internally - bowels & externally -skin

Avoid oil: to reduce weight or if sluggish (kapha) or if hot (pitta). OR use flax seed oil added after food is cooked OR Using by substitute vegetable broth for oil.

Spices:

Kapha: all spices, especially hot spices.

cinnamon, parsley, ginger, cloves, cayenne, cardamom, bay leaves, cumin, turmeric, black pepper, fenugreek, rosemary

Pitta: moderate spices, especially fresh herbs:

cilantro, mint, ginger, cardamom, cinnamon, fennel, coriander, turmeric

Vata: moderate to warming spices:

fennel, cumin, ginger, bay leaves, oregano, basil, cinnamon, cardamom, nutmeg, small amounts of cayenne

Grains:

Kapha: sprout all grains: buckwheat, barley, millet, quinoa, rye, brown, basmati rice, corn (polenta)

Pitta: white basmati rice, oats, barley, sprouted wheat

Vata: white basmati rice, oats, sprouted wheat

Nuts & Seeds:

Kapha: pumpkin seeds, hemp seeds, flax seeds

Pitta: coconut, almonds blanched, sunflower seeds

Vata: (all nuts) pine nuts, brazil nuts, soaked & blanched almonds, walnuts, cashews

Garlic: Use the garlic in the recipes if your Vata is high, or you have excess nervous energy, insomnia, or feel a cold coming on. Garlic is dulling to the senses, but also protects the immune system.

Salt: **Avoid salt during your cleanse** if possible; especially if you desire to lose weight, have hypertension, or arthritis. Use Bragg's Liquid Aminos if you really need salty taste, or add ½ stick of kombu seaweed to the recipes, and remove before blending soups. Slowly add salt back in after your cleanse at a greatly reduced amount.

Vinegar: for Kapha; Pitta & Vata should use lemon juice instead.

Hing/Asafoetida: Use when cooking beans to help reduce gas. OR presoak beans, drain soaking liquid and cook in fresh water with 3" strip of kombu. Good herb for vata types.

Juicing Cleanse Recipes:

K=kapha; P=pitta; V=vata

Green Lemonade (PK)

1 large apple
½ bunch kale or collards or romaine
½ bunch celery
1 inch ginger
½ lemon (rind included)

Radish Carrot Beet Ginger Juice (pungent!) (K)

1 large carrot, topped, tailed, and peeled if not organic
10 radishes, (with their greens for more bitter taste and chlorophyll)
1 apple, quartered
1 beet, topped and tailed
½ bunch parsley
1 inch gingerroot
½ lemon
juice add water if desired.

Carrot Cucumber Beet Lemon Cleansing Detox Juicer Recipe (VK)

4 carrots
1/2 medium size cucumber
1/2 medium beet with greens
1/4 lemon

Process the carrots, cucumber, beet and lemon together through your juicer. Carrots, beets and cucumbers are great for detoxing the liver, gallbladder and kidneys. This is a very healthy cleansing juice cocktail. Enjoy!

Cucumber Apple Mint Ginger Juicer Detox Recipe (P)

1 cucumber
2 large sweet apples
2 sprigs fresh mint leaves
1/2 inch ginger root

Sweet Elimination Juice (K)

1 apple
6 stalks celery
2 beets
1 inch ginger
½ cucumber
1/2 c. parsley

Very Orange Vegetable Juice (V)

3 carrots
1 large orange
1/3 lime
1 inch ginger mint leaves

Living Foods Cleanse Recipes:

These recipes are designed to be blended in a high powered blender. Some involve having a juicer as well. If you have neither and you want to eat them “raw” you can simply blend them in your regular blender and warm them to about 110’ (not boiling). If you want to go “alkaline” and not “living foods” then cook the soups with a veggie broth cube. Add sprouts after they are cooked and omit avocados in cooked soups. Soups (and even juices) can be heated until warm (finger touch), which is about 115’ and the enzymes are still intact. Many of these recipes are adapted from Conscious Eating by Gabriel Cousens.

Apple Kale Soup Balances V, P, K

1 cup kale, chopped
1 cup fresh carrot juice
1 cup sprouts
½ apple
½ carrot
½ avocado
1 tsp nutmeg
Blend and serve.

Green Goddess Soup Balances V, slightly unbalances P and K

3 cups sunflower seeds, soaked
½ cup parsley
½ cup cilantro
2 tbsp dill weed Juice of 3 lemons Celtic salt to taste Blend and serve.

Carrot Celery Soup Balances V and K, slightly unbalances P

4 parts carrot juice
1 part celery juice Zucchini, shredded Rutabaga, shredded Parsley, chopped
1 tbsp cumin seed
1 tbsp ginger powder
Celtic salt to taste
Fill bowl ¾ full with carrot-celery juice mixture. Add vegetables and spices, mix well, and serve.

Carrot Sprout Soup Balances V and K, slightly unbalances P

1 cup fresh carrot juice
1 avocado
1 handful mixed sunflower, alfalfa, and clover sprouts
1 tsp masala of choice

Blend the avocado with the carrot juice until smooth. Mix in masala or try adding sea vegetables for a different taste. Garnish with sprouts and serve.

Japanese Sweet Potato Soup Balances V, slightly unbalances P, unbalances K

2 small to medium sweet potatoes, grated
1 carrots, grated
1/2 cup wakame, soaked
1 tbsp miso
1 tbsp ginger powder
½ tsp cinnamon
½ tsp cumin pinch of stevia
Blend all ingredients. Garnish with soaked wakame. Serve.

Sea Veggie Miso Soup Balances V, neutral for K, unbalances P

1 handful dulse, alaria, kelp, or nori (or a mixture), soaked

1 tsp fresh ginger

½ tsp mellow miso

1 ½ cups water, heated to 115 degrees

Dissolve the miso in a quarter-cup of the heated water and mix back in. Stir in the sea veggies and ginger. Serve (Excellent for building digestive fire.)

Herb Dressing Balances V, increases K, slightly unbalances P

½ cucumber

1/8 cup basil

1/8 cup oregano

1/8 cup cilantro

1/8 cup parsley

3 tsp virgin olive oil

1 tsp paprika

¼ tsp hing

Juice of one lemon

Celtic salt to taste

Blend all ingredients and savor these flavors atop your salad creation.

Beet Slaw

1 cup beets, grated

1 cup kale, shredded

½ cup apple, grated

3 tbsp lemon juice

2 dates, pitted

Pepper to taste

Blend the lemon juice and the dates, adding a small amount of water if necessary.

Toss the vegetables in this dressing. Serve.

Mixed Greens and Sprout Salad

4 leaves Romaine lettuce

4 leaves butter lettuce

4 leaves red leaf lettuce

4 leaves arugula

1 tomato, chopped

1 avocado, sliced

1 cup sprouts, mixed: alfalfa, sunflower, buckwheat, and clover

½ cup parsley, chopped

1/3 cup seed dressing of your choice

Tear the lettuce into bite-sized pieces. Add the vegetables, except the avocado, and toss with the dressing.

Garnish with the sliced avocado and a sprig of parsley.

Remarks: Parsley is a slightly warming diuretic and balances K, unbalances P, and is tolerated by V in small amounts. The avocado and seed dressing help to balance V and P. For fall and winter, choose a heating seed dressing to further help calm V.

Daikon Ginger Salad

1 daikon, grated

1/3 cup lemon juice

¼ cup ginger, finely grated

¼ tsp cayenne

Let the grated ginger marinate in lemon-cayenne juice for several hours.

Pour the marinade over the daikon and serve.

(Daikon is unbalancing for P in large amounts.)

Apple Chutney

2 apples, diced

3 dates, pitted

1 tsp ginger

1 tsp cinnamon

½ cup water

Blend all ingredients except apples. Pour over apples. Serve.

Zen Kale Salad

2 cups green kale

¼ cup sesame seeds

2 tbsp sesame oil

1 tsp lemon juice

½ tsp celtic salt

Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit for 10 minutes. Add remaining ingredients and mix well.

Raw Barley Kitchari

Balances V, P, K

2 cups barley soaked overnight or sprouted

1 tsp. coriander

1 tsp. cumin seed

1 tsp. grated gingerroot

1/2 tsp. turmeric

1 tsp. soaked mustard seeds

1 tsp. ghee or sunflower oil

¼ tsp. salt pinch of hing

¾ c. warm water

black pepper to taste

Blend everything. Top with:

¼ c. chopped parsley or dill

¼ c. chopped cilantro

Living Kitchari

Balances V, P, K

2 cups buckwheat, sprouted

2 cups buckwheat, dehydrated

¼ cup parsley, chopped

¼ cup cilantro, chopped

2 tbsp sesame oil

1 tbsp coriander

1 tbsp cumin

1 tbsp turmeric

1 tbsp mustard seed

½ tbsp sea salt

¼ tsp ginger powder

1 ½ cups warm water

Blend 1 cup sprouted buckwheat with sesame oil, coriander, cumin, turmeric, celtic salt, ginger powder, and water until smooth. Stir in 1 cup sprouted buckwheat, 2 cups dehydrated buckwheat, parsley, cilantro, and mustard seed. Serve.

Cooked Foods Recipes:

Wellness Broth

4 cups water
1 celery stick
3 stalks kale or collards
1 cup fresh parsley
1 cup green beans
1" piece of fresh ginger
lemon

Bring the water to a boil in a medium-- - sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

Flaxseed Tea

During juice fasting, if you are very hungry, you can make this "tea", which is really more of a gruel. It's helpful for constipation and for omega 3 nutrients.

1-2 tbsp. ground flax seeds (grind fresh in a coffee grinder)
1/4 tsp. of cinnamon or garam masala
1 c. hot water
1/2 tsp. raw honey. Stir and drink, or eat if it's thick!

Flax seeds promote bowel movements and work as a bulk fiber, pulling toxins off the walls of the GI tract.

Kitchari Recipe (MONO DIET)

This recipe makes enough for 3 or 4 meals. You can play with the mixture of spices. Many people prefer this recipe when the spices are doubled (or even tripled).

1 c Split Yellow mung beans** (see for 'weak digestion below')
1/4- 1/2 c White Basmati Rice
1 Tbs Fresh Ginger Root
1 tsp each Black Mustard Seeds, and Cumin and Turmeric powder
1/2 tsp each Coriander powder, and fennel and fenugreek seeds
1 pinch Hing/asafetida (optional)}
3 Cloves
3 Bay Leaves
7-10 c Water
1/2 tsp Salt (rock salt or sea saalt) or Bragg's Liquid Aminos.
1 small handful Fresh Chopped Cilantro Leaves

**use split mung (moong/dahl) beans because they are easy to digest and they pull toxins from the body. 'Split' mung are different from green or yellow split peas. Red lentils may be substituted.

Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on medium heat and then add all the spices (except the bay leaves) and dry roast for a few minutes. This dry-- - roasting will enhance the flavor. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 10 minutes. Turn heat to low, cover pot and continue to cook until dal and rice become soft (about 30-- - 40 minutes). The cilantro leaves can be added just before serving. Add salt or Bragg's to taste.

* For weak digestion, gas or bloating: Before starting to prepare the kicharee, first par boil the split moong dal (cover with water and bring to boil), drain, and rinse. Repeat 2 - 3 times. OR, soak beans overnight and then drain. Cook as directed.

Soft Rice: (MONO DIET)

1 cup whole grain rice (any kind – short or long grain - brown, basmati, red, sweet)
enough water to cover and soak over night
4 cups water
pinch salt
1/2 tsp ghee

Rinse rice, cover with water and soak over night. In morning, drain soaking water and rinse. Put rice in pot or pressure cooker. Add 4 cups fresh water, pinch sea salt & ghee. Simmer or pressure cook until soft and creamy. This is very easy to digest.

Vegetable Stock

If you don't have time to make stock, dissolve 1 organic vegetable stock cube in 4 cups boiling water

8 cups water

4 inches of leek, cut in half lengthwise and thoroughly rinsed

5 carrots, coarsely chopped

4 stalks kale, coarsely chopped, or other greens

2 fennel bulbs with stalks, coarsely chopped, or other root vegetables

2 zucchini or green beans, coarsely chopped

1 sweet potato, peeled and coarsely chopped

Optional: fresh rosemary, thyme, parsley sprigs, tied together in a bundle with string

Put all the ingredients in a large saucepan. Bring to a boil over high heat and simmer on low for 40 minutes, covered. Place a sieve over a large heatproof mixing bowl. Pour the stock through the strainer, discarding the solids. Let cool to room temperature, then refrigerate for up to 3 days in an airtight glass or plastic container with a lid. * Use a crock pot if you have a time issue – you can cook the stock overnight.

Cleansing Soup

1 large leek, chopped small

3 bay leaves

1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small

5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)

1" piece of ginger, minced

1 zucchini, chopped small

2 cups minced kale

a large handful of spinach, coarsely chopped juice of 1 lemon

fresh chopped parsley, flax oil and fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves and ginger and simmer for 10 minutes. Add zucchini and kale and cook over medium-- - low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.

Additional Daily Routines During Juice Fast:

1. You can opt to do a salt water flush on the morning of the first day:
Combine 1 T. sea salt in 1 qt. warm water. Drink first thing.
Other days start the day with 2 c. hot water with lemon juice.
2. When you get hungry make 1 pint of Green Lemonade. Dilute with a little water.
See recipe above in juicing recipe section.
3. Have at least as much water as juice between juices.
Experiment with juicing any of the foods vegetables and fruits to which you are attracted.
Have juice for breakfast lunch and dinner. The first 2-3 days are the most challenging.
4. Juice or have alkaline broth for 5-10 days.

Coming off Juice Fasting

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. Start first by eating raw salads or a simple vegetable soup for a few meals, then going to steamed vegetables and raw fruits. Then integrate sprouted legumes and soaked grains in soup or stew. Add proteins last.

If you have trouble digesting or absorbing nutrients, mix together the following spice powders:

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 right before meals.

Troubleshooting:

Sleep

Go to bed early (before 10). 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. If you feel too hungry to sleep and you're not fasting, make miso broth. Simply, boil 2 c. water and pour into a bowl over 1-2 tsp. miso paste. Stir and sip. The saltiness calms the nervous system.

Constipation:

- Juice or steam beets – try the sweet elimination juice. Red beets in particular are laxative.
- Add 1-2 tbsp. flax seed oil to your food at each meal (or grind flax seed in spice grinder & sprinkle on food)
- Drink 1.5 quarts of hot water per day. OR MORE!!
- Take Colon cleanse or 3-4 flax oil capsules before bed.
- Do a series of 1-3 water enemas in the morning, if you're still constipated.
- In an extended fast, your bowels may stop. With fasting you can do enemas (or the salt water flush).
- If you suffer from chronic constipation, do an oil enema with 1-2 c. sesame oil, and hold it for 20 minutes to help lubricate your colon. Repeat every day or every other day during the deep cleanse. After the cleanse is over, repeat once per week until constipation subsides.

Sprouting is Easy:

Mung Beans and Alfalfa Seeds

Sprout during, before and after cleanse. Use organic: alfalfa, radish, lentils, mustard, sunflower seeds...

Great with the Kitchari mono-diet and any Spring cleanse.

Sprout organic whole mung beans at least 3 days ahead of time. Soak 2/3 c. mung beans in a quart size glass jar of water. Rinse and change the water every 12 hours. When the beans begin to sprout, rinse, drain, and cover the jar with cheesecloth and a rubber band. Lay the jar on its side for ventilation. Continue to rinse the beans every 12 hours. Sprouted mung beans will cook in the kitchari recipe in 30 minutes. I recommend having a few jars going through the cleanse if you desire to eat kitchari a few days in a row. You can also sprout alfalfa seeds in the same way to use in the salads, the juices, or the soups. With alfalfa sprouts, use only 3 tbsp. seeds in the jar, and start them 5 days before you desire to eat them. Sprouts are rich in enzymes, which assist the body in cleansing.

Sugar Cravings

Eat a raw carrot, an apple, or a small handful of raisins. If you are heavy (overweight), you may have up to 1 tsp. of raw honey per day. Get outside and go for a walk, taking deep breaths through your nose.

Caffeine Cravings

Have a cup of organic Tulsi basil tea, or Tulsi & Green Tea mix, which has less caffeine than regular green tea. You can use green tea if you're having an intense withdrawal – up to 2 cups/day. Go for a walk taking deep breaths through your nose. B5 vitamins are also helpful. Scullcap herb taken in capsules or as a tincture can help relieve irritability and promote clear thinking with caffeine withdrawal. **A good reference for quitting caffeine and helpful supplements:** <http://www.teccino.com/quitting.aspx>

Enema Therapy:

Cleanses and purifies the colon.

Water-based Enemas are good for those who are (water fasting) or juice fasting.

Oil Enemas are good for those who tend towards dryness & constipation – hold oil in for up to 20 minutes.

Step-by-step:

Purchase the enema bag and rinse it out.

Evacuate the bowels and bladder, if possible before you begin.

Fill with the solution of your choice from the direction sheet, or simply warm water (warm to touch-103°F)

Spread a clean towel or two on the floor or in the bathtub.

Lubricate your anus with (olive or sesame) oil or ghee.

Do not use force to insert the enema tip into your rectum as this may result in injury (inner spiral really helps!)

If using a bottle – squeeze until empty. If using the bag, use the release valve and take in as much as your body easily allows, until you feel peristaltic action in the intestine. Hold solutions for 20 min, Empty bowels into the toilet. Repeat enemas until the bowel is clean and the water comes out clear (6 times is a close to colonic dosage). Wash your bag or bottle with hot soapy water. Hang it up to dry.

Positions for Using Enema

Left-side position: Lie on your left side with your right leg forward and bent close to your abdomen. Let your arms rest comfortably. Knee-chest position: Kneel on a clean bath towel spread on the floor and crouch forward on your elbows. Keep your head and chest as close to the floor as possible with your hips up. You may find you are better able to retain the enema in this position.

More info on enemas: <http://www.healthandyoga.com> or <http://www.enempo.com>

Enema Recipes:

Salt & Soda Enema Recipe:

1 tsp. sea salt per quart of water
1 tsp. baking soda per quart of water
1 quart warm filtered water

This is a simple easy enema for a healthy colon cleansing program. Use 4-5 quarts until your release is clear. The do a final rinse with plain water or the chlorophyll recipe below.

Liquid Chlorophyll Enema Recipe:

Alfalfa is a rich natural source of chlorophyll, vitamins, minerals and protein which supports a healthy colon. Alfalfa has also been used to treat kidney stones, relieve fluid retention and swelling, and nourish the digestive, skeletal, glandular, and urinary systems.

Make a tea with 1oz. alfalfa powder/quart;

Add 1 tbsp. Liquid Chlorophyll to 1 quart warm filtered water & mix well.

Acidophilus Enema Recipe:

Establishing balanced bowel ecology is a priority. Replacing beneficial body flora with acidophilus. Do not use yogurt if you have an allergy to dairy products. The imbalance of intestinal microorganisms requires replacing the friendly bacteria on a regular basis orally and/or rectally. Studies show that re-establishment rectally is faster than when taken orally.

4 Tbl. yogurt or
4 - 5 capsules dry acidophilus or
1 tsp. powdered acidophilus
2 quarts warm filtered water (Mix well)

Slippery Elm Enema Recipe:

Slippery elm has been used as an herbal remedy for centuries. This mixture will help neutralize an acidic colon and absorb foul gases and is very soothing for the intestinal lining. Slippery elm has been used in Holistic Medicine for gastrointestinal symptoms including diarrhea, bloody diarrhea and hemorrhoids. It is thought to work for such intestinal problems because of its demulcent properties, it means that it coats and soothes the digestive tract. Recent laboratory research on slippery elm suggests that this application may prove to have scientific merit in treating inflammatory bowel disease (such as Crohn's disease and ulcerative colitis)

Prepare by pouring 2 cups boiling water over 4 grams (approximately 2 tablespoons) of powdered bark and then steeping for 3 to 5 minutes. Blend and strain.

2 cups of slippery elm mixture. mixed with 1½ qts. of warm filtered water.

Oil & Dashmula Tea Enema Recipe:

For irritation and chronic dryness or constipation in the colon, or osteoporosis in the hips.

Simmer ½ c. dashmula in 1-2 qts. Water for one hour uncovered. Allow to cool. Pour into a sterilized jar Store in fridge until use. Combine ½ c. dashmula tea with ½ c. sesame oil. Hold liquid in colon for 20 minutes or overnight.

Pre & Post Cleanse Recipes

Conscious Eating by Gabriel Cousens.

Almond Hummus Balances V, P, K

2 ½ cups almonds, soaked and blanched

3 tbsp tahini or ½ cup sesame oil

2 cloves of garlic or 1 tbsp hing

Juice of 1 lemon Cayenne to taste Celtic salt to taste

Blend all the ingredients in a food processor. To allow for maximum thickness, run the almonds and garlic through a juicer and then mix in the other ingredients thoroughly.

Lemon Hummus Balances V, P, K

2 cups garbanzo beans, sprouted

3 tbsp raw tahini

¼ - ½ tsp cayenne

2 cloves garlic or 1 tsp sun-dried garlic

Juice of 2 lemons

Blend, add water if necessary to achieve desired consistency.

Sweet Hummus Balances P and K, neutral for V

2 cups garbanzo beans, sprouted

¼ cup fresh apple juice

3 tbsp raw tahini

¼ - ½ tsp cayenne

¼ tsp hing

2 cloves garlic or 1 tsp sun-dried garlic

Blend and serve.

Remarks: The cayenne, lemon, and garlic help to mitigate the unbalancing effect of garbanzos on V. Some Vs are unbalanced by hummus. For these folks, 1/8 tsp hing keeps the hummus from having an unbalancing effect. The raw tahini brings more heat and oil, which in balancing for V. During the winter more cayenne and garlic may be needed to balance V and K.

Quinoa Pudding Balances V and K, slightly unbalances P

2 cups almond milk

1 cup quinoa, sprouted

¼ cup almond, sunflower seeds, or walnuts, soaked (and blanched)

¼ cup raisins

½ tsp cardamom

½ tsp cinnamon

½ tsp fennel

¼ tsp nutmeg

¼ tsp cloves

Raw honey to taste

Soak water to taste. Blend until smooth and serve.

Nut Milks

How to make nut and seed milks

1. Soak nuts or seeds in filtered water for recommended amount of time (check online for these)
2. Soak any dried fruit that you wish to add to your recipe for 4-6 hours.
3. Drain nuts, seeds, and soaked fruit. Combine all ingredients, adding spices. Add water, coconut water, or fruit soak liquid so that your mixture will have enough of a liquid consistency to strain – about 1 cup nuts or seeds to 2 cups liquid.
4. Using a blender or food processor with the “s” blade, process all ingredients until smooth.

5. Strain ingredients through a piece of cheesecloth or nylon stocking. You'll have to squeeze a lot to get all the liquid out. You may want to make a nut milk bag using a nylon small-holed mesh fabric. Make the bag a 4" x 6" rectangle. The bag is easy to wash by hand or in a washing machine and to reuse.
6. Enjoy!
7. You can dehydrate the "pulp" that is left after straining. Spread pulp on a Teflex sheet. Dehydrate at 110 degrees F for about 8 hours or until totally dry and flaky. Sprinkle the pulp on top of desserts or use as "flour" in bread recipes. No waste!

Almond Chai (CAFFEINE-FREE)

3 cups almond milk

3 tbsp raisins, soaked (optional)

2 ½ tbsp raw carob powder

1 ½ tbsp ginger juice

1 tbsp cinnamon

1 tbsp nutmeg

1 tbsp cardamom

Process all ingredients in a blender until smooth. Chill for 1-2 hours before serving.

Kefir

First, make any seed or nut milk with warm water.

It is best to use plain, unseasoned milk made with water to begin the kefir process.

Follow the instructions provided with the kefir started grains that you purchase.

Kefir may also be made by adding ¼ - ½ cup of previously made kefir to the seed milk.

Although this is an easy and efficient way to make kefir, it is not recommended for those with candida.

You can experiment by adding any of your favorite spices to the finished kefir, or by adding flavorings such as peppermint and vanilla extracts. You may want to sweeten the kefir with stevia.

In order to preserve the integrity of the culture, do not blend for more than 30 seconds.

Warming Almond Kefir

4 cups almond kefir

1 tsp cinnamon

1 tsp ginger powder

