

**Pre-Cleanse Ghee Regimen** (optional, recommended for kitchari cleanse)

AM Oleation: Take Ghee Before Breakfast:

The process of taking ghee or healthy organic oils before a cleanse provides internal lubrication, which enables the ama or toxins begin to come back from the deep tissue to the gastrointestinal tract of elimination. This is completely optional, and very helpful for creating deep inner lubrication against the dryness of fall, and aids in eliminating excess heat stored from summer. However, if this is your first cleanse, and it sounds too weird, you can skip this part.

**If you have high cholesterol, use flax seed oil instead of the ghee. If you only want to cleanse for 5 days, you can take the ghee the first 4 days of the cleanse. You may take less than the maximum amount, as long as you take the minimum recommended amount.**

**Taking Ghee**

**The easiest way to take ghee is to soak a small handful of raisins in water over night. Drain in the morning, and blenderize them with the ghee, a small amount of hot water, a pinch of cinnamon and or 1/2 tsp. fresh grated gingerroot . Then drink. Many people enjoy the ghee this way. Wait until a strong appetite returns before eating breakfast. Your appetite is likely to be weaker on these days. The best foods to eat are vegetables and kitchari (rice, mung beans & spices). You'll notice you'll start to refine your food choices naturally as a result of taking the ghee.**

Pre-cleanse	Day 1	Day 2	Day 3	Day 4
<b>Before Breakfast</b>	Take 2 teaspoons Ghee (*Follow the Oleation recipe in the pre-cleanse guidelines)	Take 4 teaspoons Ghee	Take 6 tsp. ghee	Take 8 tsp. ghee

<b>Breakfast, Lunch &amp; Dinner</b>	<b>Strictly adhere to a NO FAT Diet</b> , rich in whole foods. Good choices are root vegetables, green vegetables, rice & other whole grains, beans, flat breads, hot cereals, crackers. Be careful not to include foods with added fats, and avoid processed foods. Try making kitchari. If you're a more serious cleanser, mono-diet kitchari on these days with vegetables.
<b>Beverages</b>	No caffeinated or alcoholic beverages. Begin to drink hot water throughout the day. If you're addicted to caffeine, substitute a weak green tea when necessary. Herbal teas and Rooibos Chai are fine. Do not add milk to tea. Do not add any sweetener other than raw honey.
<b>Before bed</b>	<ul style="list-style-type: none"> <li>If you don't have a complete bowel movement before breakfast, take 1-2 teaspoons of Colon Cleanse or triphala powder (or capsules) one hour before bed.</li> <li>Begin soaking rice &amp; beans for the next day's menu!</li> </ul>
<b>Optional therapies</b>	<ul style="list-style-type: none"> <li>Begin taking Liver Cleanse 2 times a day <i>if</i> you tend to get allergies, headaches, or winter viruses &amp; infections.</li> <li>Begin daily self-massage &amp; meditation &amp; pranayama.</li> </ul>

### **During Oleation (and before the deep cleanse):**

- **Strictly adhere to a NO FAT Diet**
- Avoid nightshades (tomatoes, potatoes, peppers, eggplant)
- **Avoid oils, nuts, sesame seeds, and ghee ADDED to foods**
- decrease salt intake
- simplify your diet, use fewer ingredients.  
For example, lunch and dinner might be: steamed beets, boiled kale, and lentil soup.
- Eat organic foods (avoid canned and frozen foods).  
Eat mindfully with gratitude.

### **Breakfast**

- Cooked apples, pears, with dates, raisins & dried apricots  
Oatmeal with dried fruit (sweeten with agave nectar or raw honey, if necessary)
- Baked yams & miso soup
- Kitchari cooked w/out ghee  
Green Smoothies

### **Lunch & Dinner**

- Kitchari w/out ghee
- Steamed vegetables: beets, turnips, broccoli, greens, brussel sprouts
- Baked root vegetables or winter squash:  
yams, acorn squash, delicata squash, pumpkin; roasted carrots & parsnips
- Soaked, cooked grains: white basmati rice, millet, quinoa, barley
- Vegetable Soup
- Baked apples  
Whole Grain & veggie salads