

SPRING REFRESH GUIDE



Welcome to Your Spring Refresh!

Many years ago, I did my first Ayurvedic “cleanse”...it was a christening of sorts... an eye opening experience on oh so many levels. It was truly a journey which revealed its value after the fact. Now as the seasons turn, my body starts to naturally move towards a pause and period of intentional resetting.

Often we wait until we’re sick to take time out of life. This sets up a pattern that feeds the disease process. Instead, we can train ourselves to crave a seasonal time out. When we take time out twice a year to slow down, to rejuvenate, to heal, to reset, we give ourselves a chance to update our habits in line with who we want to be now. And, we update our habits in line with who we want to become. When we don’t take the time out to simplify how we live, what we eat, what we do in our everyday habits, we perpetuate whatever pattern we are in. We often unconsciously go in whatever direction that pattern leads. To enter this intentional reset or pause, you start to slow down. You start to simplify. You go to bed earlier. You cut back on media input. You keep silent more. You take quiet walks. You prepare simple, nourish foods for yourself. You say “no” to that which pulls you away from center. You say, “yes” to that which brings you towards center. We allow this time to be different. We will start to feel more subtle, more sensitive, more aware. We make time for reflection, for rest, for the deeper quiet pleasures in life. Entering into a reset or refresh is only difficult when we make it so. I find the following two steps are a game changer for allowing myself to enter into a seasonal reset:

1. **Clarify your why.** Write it down. Why are you here reading this? What are you hoping for? Write it down. Then, Merge identify 1 specific and actionable sentence. Reread your WHY a few times a day.
2. **Add in instead of taking out.** If you want to reduce the amount of caffeine, alcohol, nicotine, marijuana, or sugar you

are consuming, don’t focus on it. Instead, focus on adding in more water, more green juices, more walks, more vegetables, more meditation. Remind yourself of Your WHY. Watch inspiring detox stories on YouTube.

The first 3-5 days are usually the most challenging, as your body starts to shift metabolisms. Your metabolism shifts from ordinary metabolism into more of a “detox” metabolism. These are 2 very different internal states. Most people think the detox metabolism is all about particular foods. I’ve found that there are many ways to refresh with dietary changes. I’m always experimenting to see what I’m attracted to now... to see what works better. Based on this basic philosophy, I give you many options for what you consume for food. I recommend you pick one and stick with it... not switching part way through.

However, this Program is much more than dietary changes that support higher consciousness. It’s about making a few weeks different. It’s about shifting not only your physical metabolism, but also your mental and emotional metabolisms into spring cleaning or detox mode. When you are done with this program, you won’t be attracted to the same things. Give yourself as much space as possible for this process. That might mean keeping your schedule quite open. It might mean having the freedom to go to bed as earlier as you desire without the feeling that you should be getting something else done.

As far as this packet of information. You’ll find you don’t need the entire packet, but just relevant sections. You might skip entire sections. Pay attention to what is useful for you right now and ignore the rest. Keep the packet for later, when other recipes or practices are interesting to you. Follow your intuition. Leave overwhelm at the door. Allow this practice and program to uncover joy in spaciousness and change. We tune out to tune in to what really matters right now...

Welcome to you :)



Week 2 - Go Deep

- *Expand into simple nourishment*
- *Explore your fire and focus*
- *Look within*

Week 3 - Emerge

- *Understand your digestion*
- *Unpeel your onion*
- *Intentional align*



Week 1 - Prepare

- *Embrace space consciousness*
- *Sip hot water*
- *Explore nourishment...quality vs. quantity*
- *Breathe it open*

Let's Design Your Spring Refresh and Reset

As you enter a period of pause or resetting, you can evaluate what you need more of - lightening up or grounding down. Lightening up involves a lighter, more liquid, juicy or broth-based diet. Grounding down means more rest, more calories, and more chill time. Often, I find we need both. Sometimes we need to ground down before we lighten up. Other times it's vice-versa. I could go deep into theory involving Ayurvedic constitutions and other complexities, but that would only confuse the matter by getting us more in our heads, instead of into our bodies. If you're tired and stressed, chances are you need to ground down before you lighten up. Even if you're carrying 10-100 extra pounds inside your own skin, you still need to relax and ground down before you lighten up. Otherwise, you'll crash

and burn If you're not tired or stressed, but you're heavy and feel stagnant, you should go with lighten up first. FYI: lightening up and grounding down are both equally excellent. It just depends on what you need right now. I'm painting this black and white picture of detox vs. rejuvenation (rejuve). But, it's not that way. There are as many shades of grey as feathers on a grey goose. Just grasp the concept for now - and pay attention to how you can better cooperate with yourself, day by day.

Over the next few pages, we are going to lean into your intuition to help design and guide you for your refresh and reset. Don't overthink and don't judge. All answers are right because they are your answers!

Which word sounds better to you right now: detox or rejuvenate? Roll them around in the universe of you. Which resonates? Let's pay attention to that. Otherwise, we'll create unnecessary conflict.

Here are a few more considerations before you plan your menus. Take time with the questions.

Are you:

- Over-scheduled?
- Overfed?
- Exhausted?
- Inflamed or in pain?
- Energized?
- Rested?

Describe the rhythm of your life lately?

Describe how have you been nourishing yourself?

* With food:

* With self-care:

Does your body want less mass? If so, how much?_____

How do you want to feel? Write 5 words. Then, circle the one that is most true. This is your anchor word, or core desired feeling.

1. _____

2. _____

3. _____

4. _____

5. _____

Now, write that word on 5 sticky notes or small pieces of paper. Stick or tape them up in the most obvious placed you will see them. Think: steering wheel, bathroom mirror, door at eye-level. This word will help orient you to why you are doing this process when you don't feel like it. Tell other people your word, if you want.

How deep or superficial to you want this process to be? Don't judge yourself. Be honest. What can you dive into right now?

What would "success" look like to you for this particular Yogidetox process?

List 5 foods or dishes which render you **energized, light and clear?**

• _____

• _____

• _____

• _____

• _____

List 5 foods or dishes which render you **lethargic, heavy and dull?**

- _____
- _____
- _____
- _____
- _____

Which are the best foods for my body right now, intuitively?

What foods/beverages do you definitely want to steer clear of, if only for this "reset" process?

Lightening up = Cleansing = Reducing bodily mass

- Green is your new favorite food color at all meals
- Liquids are better than solids. Check out what happens as you move into a more liquid diet, and then a lighter liquid diet. If you truly aren't stressed and need lightening up, you'll start to feel enormous energy after a few days.
- Favor living foods over cooked
- Use less fat.
- Get nourishment through nature, exercise, meditation, and rest in place of food.

Grounding down = Rejuvenation = slowing down + nourishing

- Move slowly. Walk slowly. Slow down.
- Add in practices instead of take out.
- Make simple one-pot meals, kitchari, soups or stews.
- Eat cooked or raw food, prepared warm

SIMPLIFY YOUR DIET

What foods does your body want more of?

- Leafy Greens
- Root Vegetables
- Fresh Fruits
- Cooked Grains
- Hot soups or stews
- Green Smoothies
- Fresh juices
- Raw Foods
- Fresh Herbs & Spices
- Herbal Teas
- Beans
- Nuts, seeds, oils, healthy fats
- Fermented foods (sauerkraut, miso)
- Broth (bone or vegetable)
- Water
- Other _____

Which 2 will focus on? Why?

1.

2.

What are a few recipes in the Recipe booklet that reflect your new focus:

1.

2.

3.

4.

ONE HABIT TO CHANGE

What are you doing that isn't good for you?

Make your list below:

What is your strategy to change that habit? What could you add in?

Ask one person to hold you accountable. Who is that person? How can they support you in a small, specific way?

Make your Grocery list

What you need to start preparing:

Once you have leaned into what you need right now and looked at the recipe guide, write a list of foods that will be optimal. Think in terms of categories. Make your list below.

- Leafy Greens
 - root vegetables
 - fresh fruits
 - seeds for sprouting
 - seeds and nuts, fatty fruits
 - grains & beans (mung beans, brown rice)
 - seaweeds
 - Condiments
 - Oils (olive, sunflower, flax)
 - Lemons & limes
 - stevia leaf
 - raw honey
 - Superfoods to play with (maca, goji berries, cacao nibs, chia, etc.)
-

Example Menu

	Week 1 Enter	Week 2 Go Deeper	Week 3 Emerge
Overall:	Sip Warm Water every 20 minutes Space meals 3-4 hours apart Select foods that support liver and kidneys	Sip Warm Water every 20 minutes Make food simpler and more easy to digest Explore hunger	Sip Warm Water Intentional habit reconstruction
Breakfast	Green juice Nut bar or Oatmeal	Green Juice	Herbal Tea Oatmeal
Lunch	Whole Foods Lunch (plus healthy fats - 1/2 avocado, salad dressing, etc)	Soup/Kitchari	Whole Foods Lunch (plus healthy fats - 1/2 avocado, salad dressing, etc)
Dinner*	Smaller portion of whole foods lunch	Broth or kitchari	Smaller portion of whole foods lunch
	*Make life simple! Eat the same thing for lunch and dinner - but make dinner a smaller portion	*Make life simple! Eat the same thing for lunch and dinner - but make dinner a smaller portion	

MEAL PLANNER

week	Eating Hours	Meal 1	meal 2
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

MEAL PLANNER

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Sunday			
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KITCHEN + TOP TIPS

KITCHEN

1: Refresh your kitchen

The first rule of is to make space. Make space in your fridge. Make space on your counter. Get out your blender and your juicer. Chuck the junk. You don't need it anymore and you won't want it when we're done.

2: Liquify

You are a liquid medium. Give yourself a squeeze. See? You're squishy. It's easiest for the body to absorb nutrients and energy in a liquid medium. Makes sense, eh? You'll be activating bucket-loads of energy that get lost in digestion/absorption/elimination. You'll be redirecting those bucket-loads to incineration of stuck ama (toxins) - physical, mental and emotional. Make simple juices, broths, smoothies, soups, stews.

3: Green = Clean

Chlorophyll is the green blood of plants. It oxygenates and alkalizes your blood. Greens detox your blood which is carrying toxins from everywhere else. Chlorophylls covert quickly into pure energy. Start the day with a green smoothie or green juice. If you're in a cold climate, have miso soup with some nori sheets and kimchi.

4: Make your menu

Decide - how much do you want to release? How much do you want to grow? Plan your menu accordingly. For some it may be a strict juice cleanse to drop 15 pounds. For others it may be a higher fat whole foods nourishing diet that focuses on simplifying life and getting more sleep. Put it on the menu. It's not rocket science.

5: Simplify Food Prep

Put your menu on the fridge. Stock your fridge with what is on the menu. Prepare most/all of your food for the day in the morning. It's like giving your discipline momentum to catapult you into the next level of body/mind integrity.

Top 5 Tips

1: Redirect to Simplicity

This is about less being more. We take out distraction, busyness, complexity. We simplify, liquify our diet, and liquidate outdated habits like staying up late and being over-scheduled. Simplify each day to that which nourishes, engenders rest, and better organization. The result? A surplus of energy that redirects to cleaning house in your body/mind.

2: Dial down to Zero

Cloud watching. Walking in nature. Time. Space. More time. More space. Meditate. Yoke body with breath. Yoke body with spirit. Yoke mind with higher mind. Deep rest. Quiet time. Put a vicious watchdog on your calendar and protect the process of going within to let go.

3: Purge

Once you're in the detox metabolism zone, your body/mind will purge. You'll probably start purging your kitchen, your closet, your garage, your emotional baggage... Let it happen. Let your enlightened self choose that which is fit for your future.

4 : Befriend Hunger + Satiation

You have a fire in your belly. Let hunger lead the process of incinerating that which is within you that need not be. Make friends with your true hunger/satiation cycle. Enjoy emptiness and satisfaction.

5: Evolve Your Habits

As you refresh notice the habits that are working for you. Which better habits do you want to stick from this program? You can live a simplified lifestyle. Which habits in your kitchen? In your bathroom? In your bedtime routine? Choose wisely, because decisions made now after a refresh or detox are wiser as you are clearer.

Healthier Eating Guidelines

- Be hungry.
- Be ready to receive (not emotionally distracted). Don't confuse thirst and hunger.
- Drink room temperature water between meals to clarify your hunger.
- Eat nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.
- Eat during daylight hours.
- Have a lovely, satisfying lunch.
- Notice the life force energy (prana) in your food. Don't be distracted.
- Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.
- Chew your food. Drink your solids and chew your liquids.
- Notice the tastes... the flavors... and how they change as they mix with your physiology.
- If you tend to overeat... focus on getting full with more senses than just your tongue. Also, fill over half your plate raw or lightly cooked green vegetables to enhance your chew per calorie ratio.
- Eat just as much and as frequently as your body needs. Be honest. (As a guidelines, Vatas eat 3-5 x day, Pittas eat 3 x day, Kaphas eat 1-2 x day)
- Chillax after eating. After a big meal, rest for 15 minutes, then walk.
- Eat a light dinner, leaving time to digest before rest.
- Learn about your constitution. Eat for your individual needs.
- Eat your ecosystem. The outer ecosystem becomes your inner ecosystem — your body. Honor this and open the gateway to higher intelligence.

Check
off one or two you
want to integrate
next.

SIMPLE REFRESH SELF CARE 101

I put that sentence in big uppercase letters to grab your attention. Sadhana, simple daily practices done with spirit at heart, is the spirit of this program. You get to simplify your life through simplifying what comes in through your five senses. This leads to a more "in tune with spirit" or spiritually-attuned state of being. I find this refreshing with the typical hustle and bustle of daily life.

You get to slow down. You get to focus on self-care and healing for a short spell. It's not forever. Just for a short time you get to take really good care of you. Turn your attention to this section if you want to streamline better body habits for life.

Don't fall into the trap of thinking that this experience of taking a break from "normal" is all about diet. The foods help. But, the self-care habits are where the rubber meets the road. You have an excellent opportunity to make big shifts in a short window of time.

As you read on - circle the habits that aren't already automated for you. Check off the ones that are. Then, take the following page - Start Your Day Right - and pin it to your bathroom mirror. You can read it over as you brush your teeth. Multi-tasking is underrated.

- Scrape your tongue and lube your nose.**

Scrape your tongue each morning with a stainless steel tongue scraper or a spoon to remove any gunk & help stimulate your digestive tract. Notice what is on

the tongue scraper. Only scrape your tongue in the morning. If you tend towards dry sinuses, lubricate your nostrils in the morning with *Sinus Lube*, sesame oil, or ghee, by rubbing oil in the your nostrils with your pinky finger.

- Poop or do enemas daily.** Having a complete bowel movement within an hour of arising is optimal. Look at the Poop Champ page. During the cleanse, you can also do enemas. Info on enemas is coming next week.
- Sip hot water:** Pour 1 liter of boiled water in a thermos. Add a squeeze of fresh lemon. Sip throughout the day to help purify your blood, your sweat and urine channels, and your adipose (fat) tissue. Sip the hot water every 20 minutes throughout the day. This can be your only beverage for a deeper cleanse.
- Breathe/ exercise/walk** Exercise for a minimum of 20 minutes each morning before or after meditation and before ingesting nutrients. Morning is the time for increasing metabolic and catabolic activity. This starts the day off in a kapha-reducing manner. Sun salutations, walking, or jogging are perfect. Stored emotions bubble up to the surface during cleansing. For this reason, please go for a walk or meditate if you are overwhelmed by emotions. Move out of the realm of thoughts and allow your awareness to simply keep letting go of whatever is arising. For those in training, listen to your body instead of your training schedule. You will end up with more energy and cultivate a deeper strength with this approach. Also, if you desire to lose weight during the cleanse, eat a very light meal at dinner, or skip dinner altogether and **take a walk** before it gets dark.

- Self-Massage and Bathe daily.** Use either almond, sunflower, or sesame oil (available in quart size at health food store) or dry brush if you have oily skin. During the deep cleanse, try to take a hot bath each evening after your massage. Full body oil massage is external oleation, which helps move ama from the deeper tissue of the body back into the digestive tract. Find a warm spot and get out a big old towel and a bottle of organic sesame oil (raw untoasted). Heat about 4 oz. of the oil until it's warm. Sitting on your towel, massage oil into your skin – head to toe. Work as much oil into your skin as possible. Then, relax. Draw a hot bath and steep yourself for 20 minutes, then get in bed. For a detox bath, add the following to each bath: 2 cups Epsom salts, one cup baking soda, 10 drops lavender or eucalyptus essential oil. Do not use soap. If you don't have time for this procedure, simple rub the oil on before or at least during your shower. Take a hot bath when you have time to relax, it will bring you back to yourself.
- Meditate.**
Begin and end your day with Meditation. Meditation is essential for emotional cleansing. Meditating for 5 to 20 minutes at the beginning and end of the day will greatly enhance your cleansing experience. Even if it is brief, it is essential. Whenever you feel overwhelmed or have intense cravings or emotions, take 5 minutes for deeper breathing and meditation. For specific meditation techniques, visit: our Practice Lab
- Silence**
Increase the amount of time spent in silence in your pre-cleanse. Your deep cleanse should be spent in silence as much as possible. You are encouraged to move into silence whenever possible and appropriate. Silence also cleanses the mind, and reserves more energy for the body to remove toxins. In silence we have access to witness consciousness and the more subtle states with increased depth. If you are working, plan the silent days for when you have days off. Explain to the people you are living with your intention and ask for their support.

Orient towards Ease

This course is designed to inspire you to step out of your daily life and refine your routines to fulfill your deeper desires. Design your detox so that it is relaxing and rejuvenating. If you don't have much time for yourself, keep your meals simple so that you prepare food just once a day. The detox should be an useful experience where we move with grace into a state of being and end up doing much less. We can each prepare our bodies, our minds, our families, and our households for the detox by getting comfortable with the routines and integrating them into our particular situation.

Reading

During this time, read and listen only to that which awakens your spirit.

Grace

As a seated contemplation, identify what will be your greatest challenges and your greatest opportunities for the course, and **surrender the process to grace**. You may choose to do this daily as part of your morning meditation.

FRIENDS + FAMILY

Ask for Support Tell your friends and family when and why you are detoxing. Let the people you normally eat with know what you're be eating. Let people know you're going to be a little different and perhaps a bit withdrawn. Let them know that it's totally normal. Then, ask them if they understand why you're doing this and if they can support you. If they are up for it, tell them 1 very easy, very specific way they can support you. What I usually ask for is something like, "Can you kindly remind me I want to be in bed at 9 pm every night?" or, "If I get whiny, can you kindly remind me WHY I'm doing this? I think that may help me get centered and make smart choices. Thanks in advance."

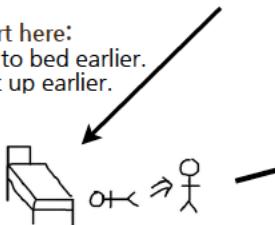
Media & Socializing To enhance the ability of your mind to cleanse and your awareness to enjoy our naturally blissful undercurrent take in less distractions through your eyes & ears. Limit conversations, TV, radio, movies, email & web surfing, the news, random reading and other ways that you may ordinarily take in stimulus. Also, try to give yourself a week with less happening, less socializing. This will deepen your intuition and pleasure during cleansing. When cleansers feel over-scheduled it creates frustration. The mind and body don't release as deeply.

A GREAT DAY LOOKS LIKE...



FOR YOUR BETTER BODY

Start here:
Go to bed earlier.
Get up earlier.



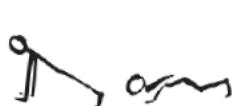
Drink warm
water until
you poop.



Breath open
your subtle
body ...
otherwise outdated
habits might creep
in later in the day.



Scrape your
tongue:
Did you digest
yesterday's food?



Drink
your
Nutrients.
.. blend or
cook mostly
vegetables +
eat fresh for
your
constitution

Green=Clean



Do 10 sun salutes
or whatever it takes to
get your breath + body
awake + alive!

The Spring Refresh is as much about better habits as it is about diet. Don't aim for a perfect picture here. Do get excited about checking little boxes.

Morning

- Wake early, preferably before sunrise. Go pee.
- Scrape your tongue, and brush your teeth.
- Dry brush your body.
- Drink 2-8 cups of hot water. Add lemon if you want.
- Go poop.
- Apply coconut or sesame oil inside your nostrils.
- Exercise for 20 minutes breathing through your nose (yoga, walk, spin, jumping jacks, dance).
- Meditate (for even 5 minutes).
- Massage your body with a pure oil before, during or after a bath or shower.
- Make your food for the day.

Noon

- Eat your main meal. Enjoy your amazing food! Your amazing body! Your amazing life!
- Go for a short walk.
- Through the afternoon, sip hot water.
- Become aware of what you want to do. Connect with that. Do that. On however small a level. Take action.

Evening

- Quit work before 6 pm. Unplug.
- Eat a light meal in the evening.
- Go for a walk.
- Do something fun and chill with your peeps or alone.
- Meditate, journal, play with essential oils, or do some yoga before bed. If you read, keep it inspirational and detox-oriented.
- Go to sleep early (before 10 pm).

FAQ's

How should I reduce coffee, alcohol or marijuana? Either go cold turkey or wean slowly. I advise the latter. Detox headaches and body aches are real. They happen when more toxins are releasing than are being eliminated. You can slow this down by weaning off in 4-7 days, instead of overnight. For coffee - go to 1/2 decaf, then decaf, then to decaf green tea, then to hot water with lemon. For alcohol or pot, if you can go cold turkey, then do so. When you have the urge, go for a quick walk outside instead. 5 minutes is plenty. Breathe deep. When you're done, drink a glass of water. Build a new habit around this "emotional trigger". To reduce the chance of headaches from reducing these lovely treats, take skullcap herb - 3 capsules 3 x a day for a few days.

Should I continue to take all my vitamins, minerals, amino acids during the detox? In herbalism there is a rule of sixes with supplements. Six days on, one day off. Six weeks on, one week off. Six months on, one month off. You can explore the rule of sixes if you want. Then as you add your supplements back into your routine one by one you can determine how they affect you and whether or not you need them on a daily basis.

Medications: Continue to take your prescribed medications, or talk to your doctor about weaning off medications you are uncomfortable taking.

What should I eat? Take time to follow the lessons and read through the recipes. Notice what you're attracted to. Don't second guess yourself - all of the detoxes are time-tested and work. Simply decide and begin.

I don't have much time to prepare food. What should I do? The best time of day to prepare your food is in the morning. If this is not possible, prepare your food the night before. Or use a crock pot to cook a soup or kitchari overnight. I recommend keeping your days simple by eating the same meal all day.

For those who want cooked food, but don't have much time to cook: 1. Go to bed early & prepare all of your food for the day in the morning, or if you must, the night before. 2. Buy or borrow a pressure cooker and cook in the morning to cook fresh food daily quickly. If you buy one, make sure it's stainless steel. I prefer a 3- quart size. 3. Or, cook your food overnight in a crock pot or slow cooker. 4. Eat the same thing for 3 meals: either Kitchari or one of its variations.

Pressure Cooker Guidelines 1. In general, for regular kitchari, have pot at pressure for 10-15 minutes. Bring the pot to pressure with medium high heat; once at pressure, reduce to low heat. 2. Pressure Cookers can only be filled halfway with liquid. If you pressure cooker isn't big enough to accommodate the recipe, add as much liquid to halfway, then after cooking, add the additional liquid. 3. To release pressure quickly, put pot in sink under cold running tap water.

I have a headache. You are detoxing in a major way and that doesn't always feel very good. Do an enema to relieve your headache. Enjoy an oil massage and take a bath before bed.

Try to get to bed early. Your body is through a dramatic shift right now - be sure to take it easy on yourself!

I'm not sleeping well. Attune to natural light and moonlight. Try not to use much electricity (or anything with a screen) after sunset and see when you naturally become sleepy. Journaling by low light is fine if you are still alert, as is meditative reading. 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 have insomnia, herbal supports can help. Ashwagandha, 2 tablets after dinner, and 1 after breakfast tones your nervous system. *I Sleep Soundly* is a sedative. Both available at Banyan Botanicals.

I'm hungry, what should I do? During cleansing you may feel hunger more acutely. This isn't bad or dangerous. Don't be afraid of your hunger, instead, check it out. See what the emotional differences are for you between hungry and full. On the flip side, our bodies do best when we eat around the same time everyday. Sip hot water between meals. Eating the same thing more at less at lunch and dinner can ease the body's assimilation process. If your body is used to eating meat regularly, then it may take you awhile to assimilate amino acids from beans or greens. If you're eating raw, increase fat via sesame seeds, hemp seeds, and avocados. If you're eating cooked, use more oils and beans. Adjust the recipes according to your needs.

I'm way too emotional. What should I do? A walk outdoors is usually the best way to shift your emotions. Also, oil massage, sunbathing, bathing, meditation, or yoga are all great activities clearing emotions.

I'm not pooping, what should I do? Read The Glorious Art of Pooping Tip Sheet. Do a water-based enema.

Should I get colonic? Colonics have their place - but definitely are not for everyone. The water can aggravate vata and create depletion some people - especially those with apana vayu issues. It's also have on agni (digestive fire), which is why they prescribe probiotics after colonics. In the Yogidetox, we use first an oil enema, then cleansing enemas and end with oil enemas as needed, more specifically than a one size fits all approach.

I have chronically loose stools. What can I do? You could try 1 part: equal parts: bilva, cumin, coriander and fennel with 1 part slippery elm and 1 part triphala - take 1 tsp three times a day 30 minutes before meals.

Special Circumstances

Plan around Menstruation When you menstruate you want to soothe your body into releasing blood. You don't want to use

strong actions like enemas, salt water flushes or even nasal oiling as a toxin removal therapy during menses. Some practitioners also don't advocate for oil massages, steaming or bathing during menses. If you are planning a deep detox - make sure to avoid oleation and purgation during your menstrual time. When menstruating, keep following your detox diet and lifestyle patterns. Spend time on your cushion and your mat.

Breastfeeding Many women worry that when detoxing that her toxins will go through to the baby. While that is true, what is also true is that the toxins are already going through to the baby. The postpartum diet is a nourishing and detoxing diet. Use the recipes and follow your heart's desire, sticking with

warm, mushy and oily and gently spiced soups and stews. If your baby is younger than 5 months avoid the oleation and purgation - focus on your self nourishment and sleep.

I'm pregnant or within 3 months postpartum. You need heavier food, add sweet potato, coconut milk, bone broths coconut flakes, soaked, peeled almonds or rice to any of the dishes; or add avocado and chopped roasted nuts to salads. Have plenty of healthy fats in your meals. No oleation, salt water flushes, enemas, or purges for you. Focus on a very simple, very nourishing diet and dialing in your daily self-care practices on the daily rhythm schedule. *If you need extra protein, you can also soak 10 almonds per night, then peel them in the morning and add to soups or just eat them.)*

Emerging

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. Your digestive tract is very sensitive. I recommend in this order: Whole fruits Vegetable soups, miso, sauerkraut with meals Steamed vegetables sauerkraut with meals Salads sauerkraut with meals Soaked, sprouted or cooked grains added to soup sauerkraut with meals Sprouted or cooked legumes in a soup or stew sauerkraut with meals If you have trouble digesting or absorbing nutrients, mix together the following spice powders, and 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 before meals).

What Now? The period of time in which you emerge from your cleanse is as important as the preparation and deep cleanse phases. It is a time of reflection, introspection and consideration. You will exit the cleanse as you began it: slowly and mindfully. You will continue to journal, you will consider which practices you may want to incorporate permanently. You may even sense that your body isn't finished cleansing, and continue your cleanse for a longer period. *Notice the effect of each food on your body and with your mind.* Don't introduce too many foods too soon. Take it slow. See what you really like. Notice what has adverse effects and take note! Don't blow off your body's awakened wisdom! Honor your belly fire Agnivesa, the fire god that lives inside of you by eating your meals regularly, not snacking, and stoking your digestive fire if necessary. Keep it simple! Continue sprouting seeds and pulses and soaking grains. Keep recipes and food ideas very simple. If you crave more protein, introduce fish after a few days. Introduce heavier foods at lunch time, when digestion is

strongest. Eat dinner early!. Check in with whether that food produces ama – does it make you feel heavy? Is your tongue coated? Does it have any side effects? Keep your meals well spaced, and DO NOT SNACK. Snacking easily creates ama. If you're hungry before your lunch or dinner is ready, have raw vegetables (carrots, celery, radishes). If you have a busy schedule, cook all of your food in the morning. This will keep you from random snacking. Eat mindfully. Sitting down. Not driving. If you crave meat, try introducing fish with steamed vegetables (with a sauce or salad dressing), and avoiding starch. This makes it easier to digest. Same with starches – have them with vegetables alone, and not meat. If you crave bread, sprouted grain breads (in the freezer section) are the lightest to start with.

Tips for Screwing Up, Over-eating + when you still have Ama

To empower digestion when introducing heavier food, or when you have trouble digesting or absorbing nutrients: Eat a slice of ginger with honey and lemon juice before eating. Mix together the following spice powders, and 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 before meals).

Craving Sweets? Try baked root vegetables. Juiced carrots or beets. Use raw honey (but never heat or bake with it), agave or maple syrup.

Easy nut cookies (at least 2 days after the cleanse!). Grind 2 cups almonds or cashews in coffee grinder until they become a powder. Add 1/4 c. maple syrup, 1 tsp. cardamom powder, 2 tsp. Water, (enough to make a batter). Bake on buttered up cookie sheet at 300' until golden brown. Enjoy!

Emerging Action Plan

While each person's action plan will be unique, everyone should have some type of action plan for going forward. Go through your journal entries and decide, and put in writing, which practices you plan to continue. Here are some suggestions:

- Keep sipping hot water
- Juice daily
- Incorporate more living foods into your everyday diet
Don't snack
- Continue daily yoga/meditation
- Make lunch the main meal of the day

Be intentional and don't rush. Embrace the clarity and focus. Embrace the space within to bloom with intention.

Thanks for joining us.