



yogidetox

Design
your detox
Booklet

by **Cate Stillman**



www.yogidetox.com

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entering Detox mode

Detox mode is entirely different than everyday life.

The less we try to make the detox look like everyday life, the more successful we will be. Allow this time to be different. You will start to feel different. You won't be attracted to the same things.

Entering a detox can be difficult. Remind yourself of your goals. 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 detox metabolism. These are 2 very different internal states.

Most people think the detox is all about particular foods. I've found that there are many ways to detox 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 of time-tested detox diets. I recommend you pick one and stick with it... not switching part way through.

The Yogidetox 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 detox mode.

Give yourself as much space as possible for this process. That might mean keeping your schedule quiet 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. Just pay attention to what is useful for you right now.

Keep the packet for later, when other recipes or practices are appealing.

– Cate Stillman

What will I eat?

What will I eat is the most common question. There are many ways to support the natural detox process. All have in common this basic principle: **Take the pressure off digestion.** All of our options in the Yogidetox reflect this principle:

- ★ Living Liquids Cleanse
- ★ Lemonade Diet
- ★ Living Foods Diet
- ★ Fruit & Vegetable Detox
- ★ Kitchari Cleanse

Read through the charts and the recipes. See which is most appealing to you right now.

What will I eat?

Detox option	Description	Benefits
Living Liquids (juices, smoothies, soups, lemonade)	<p>The Living Liquids Cleanse is designed for everyone who is interested in evolving the prana (life force energy) in his or her bodily tissue and isn't interested in juice fasting. Learn how to shift your kitchen's energy so it becomes more in tune with the impulse to evolve your health.</p> <ul style="list-style-type: none"> ○ The Living Liquids cleanse involves an upgrade in how you use your kitchen in relation to the prana in food. You'll find yourself doing some or all of the following: chopping, blending, juicing, and sprouting. ○ Helpful kitchen equipment to beg, borrow or steal. Not essential, but very helpful. <ul style="list-style-type: none"> ○ High powered blender (vitamix or k-tec blender) or juicer 	<ul style="list-style-type: none"> ★ Easy, fast, simple to prepare. ★ Living Foods - high prana diet ★ Easy to transition into and out of. ★ Inexpensive without juicing. Expensive with juicing.
Lemonade Detox (Master Cleanse)	<p>The Lemonade Diet is the master cleanse. It's a simple way to melt away the fat tissue of your body. It's an easy detox for those with excess Kapha, or mass, to shed. The spicy lemonade will burn out any congestion in your body within a few days. Usually, it's a 10 day deep detox, with a few days of easing in and 5 days of easing out.</p>	<ul style="list-style-type: none"> ★ Easy, fast, simple to prepare. ★ Guaranteed weight loss, of up to 2 lbs. a day. ★ Detoxes mucus and congestion. ★ After Day 3, easy to maintain. ★ Inexpensive.
Living Foods	<p>Living Foods is for those who want to get a taste of a high Prana Diet, without the restrictions of liquids only, or fruit and vegetables only. When transitioning from cooked to raw food there is a tendency to overeat overt fats. To avoid this, increase your quantity of fruits and vegetables!</p>	<ul style="list-style-type: none"> ★ Fun, experimental and creative to prepare. ★ Changes how you use your kitchen and where you source your food. ★ Inexpensive if you don't use superfoods.
Kitchari (Traditional cooked)	<p>Kitchari cleanse has more calories and sustenance, and is a good choice for those working outdoors or doing intense exercise. It is more comfortable for those looking for a gentle cleanse. This is the traditional ayurvedic cleansing food, but many find it constipating. This cleanse is referred to as a <i>monodiet</i>. You eat only kitchari (3 meals a day), either the "living" or cooked versions.</p>	<ul style="list-style-type: none"> ★ Traditional Ayurvedic Detox. ★ Prepare food once a day. ★ Grounding and nourishing ★ Very Inexpensive.
Fruits and Vegetables	<p>Fruit & Vegetable Detox</p> <p>The Fruit & Vegetable detox takes the Living Foods to a simpler level. Basically, we're cutting out all overt fats (nuts, seeds, oil, avocados). It's based on Dr. Graham's research that humans thrive on fruit primarily (80% of caloric intact) and 10% protein and 10% fat. The fat and protein is primarily through vegetables, seeds, fatty fruits and nuts. The Yogidetox version is to simply eat as much fresh fruit and raw and cooked vegetables as you desire for 21 days, and then add in 10% fat after the detox. You can also do a pre-cleanse week of green smoothies and soups</p>	<ul style="list-style-type: none"> ★ Fast, easy to prepare. ★ Changes how you think of nutrients. ★ Fast weight loss. ★ All you can eat :) ★ No need for enemas or colonics. ★ Expensive unless you live in the tropics or have a garden and fruit trees.

sample beginner detox options

	Week 1	Week 2	Week 3	support tools
Living Liquids (juices, smoothies, soups, lemonade)	Simple Whole Foods Diet (any recipes from packet)	5-10 days green smoothies, juices and living soups	Living Foods Diet (any raw recipes from packet)	listen to Angela Monarch's interview
Lemonade Detox (Master Cleanse)	Simple Whole Foods Diet (any recipes from packet)	10 days of spicy lemonade	Smoothies, juices and living soups	watch "Master Cleanse" videos on Youtube
Living Foods	Living Foods Diet (any raw recipes from packet)	5-10 days of smoothies, juices and living soups	Living Foods Diet (any raw recipes from packet)	listen to Valya Boutenko's interview
Kitchari (Traditional cooked)	Simple Whole Foods Diet (any recipes from packet)	5-10 days of Kitchari, including oleation and purgation	Simple Whole Foods Diet (any recipes from packet)	listen to Mary Jo Cravatta's interview
Fruits and Vegetables	Eat as many and much as fruits and vegetables. Cooked vegetables as desired.	Eat as many and much as fruits and vegetables. Cooked vegetables as desired.	Eat as many and much as fruits and vegetables. Cooked vegetables as desired.	listen to Desiree's interview
Design your own				listen to Ann O'Brien's interview
notes: herbs, enemas, bodywork, symptoms to track, reading, practices.		<ul style="list-style-type: none"> • Do enemas as needed for complete elimination. • Receive massage • Exercise gently, but daily. 		

sample advanced detox options

	Week 1	Week 2	Week 3	support tools
Living Liquids (juices, smoothies, soups, lemonade)	Green smoothies, juices and living soups	Green smoothies, juices and living soups	Green smoothies, juices and living soups	listen to Angela Monarch's interview
Lemonade Detox (Master Cleanse)	Green smoothies, juices and living soups	10 days of spicy lemonade	Green smoothies, juices and living soups	watch "Master Cleanse" videos on Youtube
Living Foods	Living Foods Diet (any raw recipes from packet)	5-10 days of green smoothies, juices and living soups	Living Foods Diet (any raw recipes from packet)	listen to Valya Boutenko's interview
Kitchari (Traditional cooked)	Kitchari	Kitchari	Kitchari	listen to Mary Jo Cravatta's interview
Fruits & Vegetables	Eat as many and much as fruits and vegetables. Cooked vegetables as desired.	Eat as many and much as fruits and vegetables. Cooked vegetables as desired.	Eat as many and much as fruits and vegetables. Cooked vegetables as desired.	listen to Desiree's interview
Design your own				listen to Ann O'Brien's interview
notes: herbs, enemas, bodywork, symptoms to track, reading, practices.	Source plant foods locally, and wildcraft when possible.	<ul style="list-style-type: none"> • Do enemas • Receive massage • Exercise gently, but daily. 		

What is your starting point?



prepping for your cleanse

This is an all-levels cleanse which means some of you:

- Eat the Standard American Diet (SAD)
 - SAD includes everything you can buy in the grocery store.
- Eat whole foods (and a little SAD stuff on the side).
- Eat ayurvedically (vegetarian whole foods & local dairy)
- Eat vegan foods (with some SAD stuff on the side)
- Eat living foods with some whole foods on the side.
- Juice and eat some living foods on the side
- Eat wild foods, garden plants, with some cooked whole foods on the side.

Of course, there are a myriad possibilities.

The point is to uplevel the:

1. prana (life force)
2. enzymes
3. nutrients

All 3 contain consciousness. You're going to increase the consciousness in the tissue of your body. As you amp up towards the cleanse, begin to notice which foods have the most consciousness. You feel **energized, light and clear** after eating them. This is what you're after. Notice which foods make you feel **lethargic, heavy and dull**. This is what you are eliminating.

Which foods leave you feeling **energized, light and clear**?

Which foods leave you feeling **lethargic, heavy and dull**?

Visioning your Detox



yogidetox

design your cleanse

What do you need right now... a cleanse or a rejuvenation?

Are you over-scheduled? Overfed? Exhausted? Energized?

How have you been nourishing yourself?

- * through food?
- * through self-care?

Do you need to lose weight? If so, how much? _____

How clear do you want to feel? How many days can you commit to a deep process (5--14)?

During the deep cleanse would you rather have juice, soups, smoothies, kitchari, or just simply fruits and vegetables?

What % of Living Foods/Juices and what % of Cooked foods do you want to eat during:

_____ week 1
_____ week 2
_____ week 3

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

Cleanse = reducing

- Green is your new favorite food color at all meals
- Liquids are better than solids. Plan on a few days++ of just liquids
- Favor raw foods over cooked
- Use less or no fat.

Rejuv = building

- Add in practices instead of take out.
- Make simple one-pot meals, kitchari, soups or stews.
- Eat cooked or raw food, prepared warm
- Use more fat (ghee, avocados, cold-pressed oils, soaked nuts).



food options



cleanse options

Choosing your cleanse:

Take time to read through this packet. Watch the videos. Notice what you're attracted to. Don't second guess yourself - **all of the detoxes are time-tested and work.** Simply decide and begin. Here is a general categorization to help you decide:

How do you want to feel in 21 days?

- Lighter, clear, & energized. Choose:**
 - Living liquids
 - Lemonade detox
 - Fruit and vegetables only detox

- Grounded, nourished, and taking better care of myself. Choose:**
 - Kitchari monodiet
 - Living foods cleanse

How much time to you want to spend preparing food?

- Almost none:**
 - Lemonade detox
 - Living liquids
 - Fruit and vegetables only detox

- A lot: I love food preparation!**
 - Kitchari monodiet
 - Living foods cleanse

I want to lose my sugar addiction:

- Living liquids
- Fruit and vegetables only detox

I want to clear out mucus faster than a speeding bullet!

- Lemonade detox

Which detox am I most attracted to right now?

- Living liquids
- Lemonade detox
- Fruit and vegetables only detox
- Kitchari monodiet
- Living foods cleanse
- A mix!

specific info on the Detoxes

Lemonade Cleanse

The Lemonade - One serving

2 tablespoons of lemon juice
2 tablespoons of Grade B maple
syrup
1/10 tablespoons of cayenne pepper
10 oz of filtered water

You should be able to consume from
6 – 12 servings of lemonade a day. I

Salt Water Flush - Do Daily

Salt water flush: combine 1-2 tsp. sea
salt in 1 qt. warm water. Drink first
thing in the morning. Expect to
completely purge your digestive tract
within an hour. Other days start the
day with 2 c. hot water with lemon
juice

The Lemonade Diet is best
for those who want to lose a lot of
fat and congestion from their body,
particularly their lymph system. This
liquid monodiet of lemon juice, maple
syrup and cayenne taken as a tea
dissolves congestion in any part of
the body, cleanses the kidneys and the
digestive system, purifies the glands,
eliminates hardened waste in joints
and muscles, and builds healthy
blood. Best done for 10 days. Includes
salt water purging in the morning and
enemas. This is a complete overhaul
cleanse.

- ★ 1 c. water, 2 T. fresh lemon or
lime juice, 1-2 T. maple syrup,
cayenne to taste

- ★ Take a minimum of 6 cups a day.
A minimum of 10 days is
recommended.
- ★ Laxative Tea and Salt Water flush:
Use a laxative tea (I recommend
colon cleanse (from Yogahealer)
as it doesn't cause griping) before
bed and each morning to clear
the bowels with a Salt water
flush: combine 2 tsp. sea salt in 1
qt. Warm water. Drink first thing .
- ★ To break this fast: for 2 days
drink 8 oz. servings of fresh (not
pasteurized) orange juice as
desired, diluted with water. On
the 3rd day have OJ in the
morning, raw fruit for lunch, and
fruit or raw salad at night.

from: www.mastercleanse.org:

How it Works

The mixture of these ingredients must be
consumed for the next ten days without
taking in any type of solid food. You
should be able to drink around six to
twelve glasses of the mixture every day.
Pure water is also allowed in between, but
you should not drink less than the
prescribed amount of the lemonade
mixture.

What it Does

The Master Cleanse diet flushes out all
the toxins stuck in your large intestine
while at the same time helps you burn off
fat. This is because the specific mixture of
the ingredients supplies very few calories
that the body ultimately uses its stored
energy in the form of fat. Hence, you are
not required to exercise during this
whole process. In fact, it might be
necessary for you to rest a bit in order to
cope with the loss of daily solid food
consumption.

Post Master Cleanse

The first day of the Post Master Cleanse
should be composed of drinking fresh
orange juice. Mix two tablespoons of
maple syrup to every liter of orange
juice. Orange juice helps your body get
used to ordinary food. Also drink as much
pure water as you need.

The second day is meant for
consuming fruit and vegetable juices.
There are several fruits and vegetables
that are ideal for this purpose. You can
also make vegetable soups for added
variety.

On the third day, eat fruits and
vegetables. Continue drinking plenty of
water to help your digestion. Fruits and
vegetables will help your digestive system
adjust to a regular diet on the fourth day
onwards.

On the fourth day and onwards, you
should slowly revert to a normal, regular
diet. During this stage, eat soft foods, such
as grains, at first – basically foods that are
easy on the stomach. Avoid meat and
dairy products for a while since these
foods can be harsh on your stomach
during this phase. Don't be in a hurry to
eat the foods you've grown fond of; take
your time and slowly get back to your
regular diet.



the kitchari monodiet

The Kitchari Monodiet is the traditional Ayurvedic cleanse with mung beans, rice, vegetable and spices. Eating the same food daily creates the most stability for the mind, and gently allows the body to remove ama (toxins). It is satisfying, easy and cleanses the palate along with deep tissue. **With this monodiet, you can change the proportions of carbs to protein by changing the amount of rice to beans.** On this diet you will deeply awaken your sense of taste. Also advisable for those making major life changes, including releasing addictions and changing from processed foods to whole foods. Add cooked mung beans or lentils for more protein. Daily cooking required.

(The Kitchari monodiet is the best choice for pregnancy and postpartum rejuvenations. During pregnancy, skip the oleation. *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.*) If you need heavier food, add sweet potato, coconut flakes, almonds or rice to any of the dishes; or add avocado and chopped roasted nuts to salads.

The Overview:

- ★ 10 day cleanse: 4 day pre-cleanse with internal oleation, 5th day, rest day, followed by 5 more days kitchari

- ★ **Internal oleation process**
The process of taking ghee or 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 creates deep inner lubrication. *If you have high cholesterol, use flax seed oil instead.* **Eliminate all other fat intake** on these days to enable your body to fully metabolize the oils. Flavor foods instead with miso soup broth, Bragg's liquid aminos, vegetable broth, lemon juice, maple syrup, etc. Choose recipes from the recipe section, omitting any oil, ghee, nuts, or avocado.

- ★ 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 and a pinch of cinnamon or ginger. Then drink. Many people enjoy the ghee this way. Wait until a strong appetite returns before eating breakfast.

- ★ **The amount of ghee/flax oil to take each day increases:**
Take 2 tsp. 4 days before cleanse, 4 tsp. 3 days before cleanse, 6 tsp. 2 days before cleanse, 8 tsp. day before cleanse.

- ★ **Follow the kitchari recipe**

- ★ if you don't like kitchari, have steamed rice and steamed vegetables. You can also make it into a soup.
- ★ Sprouted mung bean kitchari is more cleansing.
- ★ Split mung bean kitchari is more nourishing.
- ★ Include a beet a day in your kitchari (golden or red) to help balance bile.
- ★ Balance the amount of vegetables in your kitchari to match your needs: more green vegetables makes it more cleansing.
- ★ Take triphala or Downward Flow before bed to help eliminate toxins from your gi tract

Listen to
Mary Jo Cravatta's
interview to:

- Get psyched for this detox
- Learn why we do the oleation

Week 1	Week 2	Week 3
Simple whole foods diet	Oleation, purgation, rice gruel, kitchari	Finish kitchari & enemas, integrate whole foods

kitchari - oleation & purge

	Day 1	Day 2	Day 3	Day 4	Day 5
Before Breakfast	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 in morning, take 2 tbsp. castor oil in evening	Rest Day

The Purge

On the eve of Day 4, eat an early, light dinner, or skip dinner. Before bed, take 2 tbsp. castor oil chased by a 1/2 c. fresh squeezed orange juice.

The castor oil will purge your entire digestive tract, rendering 6-10 bowel movements, perhaps with some bile in the bowels within 4 hours. If you don't have 6 bowel movements, you can take more castor oil in the morning.

If you feel nauseous, chew on a dime slice of ginger root. Repeat as desired.

After your Purge

The following recipes are what to eat when your earnest hunger returns after you purge with castor oil. Below is the traditional diet following the purge.

For those who **don't** want to cook 4 pots of rice, you can make Cooked Rice, and then water it down according to the ratios. This Manda, Peya, Vilepi digestive recovery is standard Ayurvedic post-purge cuisine.

Rice Water (Manda)

Manda means liquid. When purging, most people lose their appetite. Manda is the first meal to be taken when the appetite returns (four hours). It is basically water in which basmati is boiled. Use 14 parts of water to 1 part of Basmati rice. It should be served lukewarm with a tsp of ghee and a pinch of black salt.

Rice Soup (Peya)

Peya means soup. Two to three hours later the patient should feel hungry again. Peya is a thin,

light porridge. Make with eight parts water, one part rice. Cook until very soft.

Thick Rice Soup (Vilepi)

Vilepi means thick soup. It should be served for the third and fourth meals. Cook with four parts water to one part rice. Add black salt, a pinch of raw sugar, and sautéed spices in ghee such as ginger, turmeric, cumin, coriander, and fennel.

Cooked Rice (Odana)

Odana means cooked rice. It is rice as we know it normally. It should be served at the fifth meal. Odana is cooked 2:1 water to grain.

Mung Dal Soup (Yusha)

Of all lentils, mung daal is the easiest to digest. Yusha is rice with yellow mung dal added served as a soupy mixture for the 6th meal. Akrita yusha is without spices, fat and salt. Krita yusha is with spices, fat and salt. Use four parts water to 1 part basmati and 1/2 part split mung lentils. Recommended spices are black pepper, dry ginger, ghee, and salt.

Rice and Daal Mixture (Kitchari)

A kitchari is any dish of rice and beans. Rice and beans together provide all twenty amino acids. Fats, carbohydrates and proteins are the building blocks of ojas. Cooked with ghee, kitchari is ojas building. Kitchari may be eaten for many meals and is very cleansing. It helps with recuperation and rejuvenation.

Adapted from Dr. John Immel
Joyfulbelly.com



living liquids & living foods

Living Liquids is designed for those who have experience cleansing seasonally, and have the discipline and the desire for a deep cleanse. Helpful for weight loss, spring allergies, spring colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use water enemas if you don't eliminate on your own while juice fasting.

- ★ Do a Salt Water flush on the morning of the first day: combine 2 tsp. - 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
- ★ When you get hungry make 1 pint of Green Lemonade. Dilute with a little water.
- ★ Have at least as much water as juice between juices. Experiment with juicing any of the foods from the Spring Equinox Cleanse or the other juice recipes.
- ★ Have juice for breakfast lunch and dinner. The first 2-3 days are the most challenging.
- ★ 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. I recommend first using 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 form. 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).

Living Foods is designed for those who have experience cleansing seasonally, and have the discipline and the desire for a deep cleanse. Helpful for weight loss, spring allergies, spring colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use water enemas if you don't eliminate on your own while juice fasting.

- ★ Do a Salt Water flush on the morning of the first day: combine 2 tsp. - 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
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- ★ Have juice for breakfast lunch and dinner. The first 2-3 days are the most challenging.
- ★ Juice or have alkaline broth for 5-10 days.



Fruits & Vegetables detox

fruits.
vegetables.
that is it.

The Fruits and Vegetables detox

is based on a high raw vegan, high fruit-based diet. The leading book on this way of eating is Dr. Doug Graham's The 80-10-10 diet. **The 80-10-10** diet is based on the concept that humans thrive on fruit primarily (80% of caloric intake) and 10% protein and 10% fat. The fat and protein is primarily through vegetables, seeds, fatty fruits and nuts.

The Yogidetox detox version of the 80-10-10 version is to simply eat as much fresh fruit and raw and **cooked** vegetables as you desire for 21 days.

- ★ Eat as much fruits and vegetables as you want.
- ★ Don't worry about 3 meals a day without snacking. Simply satiate your cravings with fruit and vegetables.
- ★ Don't use any overt fat or oils. This means excluding avocados, nuts, seeds, and oils from your diet during the detox time.
- ★ Make salad dressings out of sweet fruits and vegetables blended. Look at 80-10-10 recipes.
- ★ Start your day with green smoothies, made out of fruit,

vegetables and water. Don't add oils, nuts, seeds or avocados.

- ★ Juice or have alkaline broth for 5-10 days.

Emerging from Fruit and Vegetables Detox into 80-10-10

After only consuming fruits and vegetables for an extended period of time, you'll eventually be ready to integrate more fat. Choose the best fats, which are higher in Omega 3 fatty acids, than Omega 6 fatty acids

- flax seeds
- chia seeds
- avocados

Eventually, you'll diversify your overt fats with nuts and seeds that are less "healthy" but have more nutrients and diverse tastes and textures. These include:

- pumpkin seeds
- brazil nuts
- almonds
- and a wide range of other nuts and seeds.

Pressed oils are best avoided as their are more likely to oxidize and have less integrity (further from the original form).

More Information:



<http://www.loving-it-raw.com/raw-food-diet-plan.html>

Donate a few bucks and receive this cookbook: [101 Frickin Rawsome Recipes](#)

Fruits & Vegetables detox



Advice from Chris Kendall

Sequential & Mono Eating

by Chris Kendall www.the-raw-advantage.com

Sequential eating breaks optimal digestion down one step further toward the ideal, mono meals (one food at a time when hungry until full). As the name suggests, sequential eating means eating foods one after another instead of mixed together. By doing so digestive energy is freed up, digestion and assimilation become more efficient, while the fermentation and formation of toxins is avoided. Think about it, every animal in nature eats this way at virtually every meal when there is adequate food in supply. This can most easily be practised by making a point to eat the foods with the highest water content first. For example, you could eat watermelon then oranges and then nectarines, or pineapple then tomatoes followed by lettuce or a simple salad. Another example would be eating grapes then mangoes and then bananas, or pears then banana then dates and/or celery. Remember lettuce and celery digest well with everything. Foods of completely different character are best eaten with some time elapsing, or at different meals. For example I would not recommend eating a bunch of pineapples right before a bunch of bananas or dates, nor a bunch of bananas and then avocados. It is better to eat foods similar in predominant taste and water content, with food combining in mind. One of the main reasons for this is that food with higher water content digest the fastest, while denser foods take longer, and fatty foods take the longest. Just as you wouldn't send a turbo train down the tracks minutes after a slow passenger car, you wouldn't want to follow a slower digesting banana with a fast digesting orange. When this scenario happens fermentation, flatulence, irritability, formation of toxins and stomach upset is all too common, laying the road for more serious conditions.

Chris Kendall's food combining principles for high raw vegan:

1. Do not mix sweet fruit with acid fruit, e.g. bananas and oranges, lemons and dates etc.
2. Fatty foods do not mix well with sweet fruits, e.g. nuts or avocado with dates, raisins, bananas, etc.
3. Acidic fruits combine all right with fats, e.g. tomato or citrus with avocado or nuts.

4. Lettuce and celery combine well with anything

On Green Smoothies

For a milder taste you can choose from romaine, spinach, celery, red leaf, green leaf, bib, boston, butter leaf, iceberg, celery, fennel, dill, cilantro, mint and many others all for different tastes and goodness. For a deeper more earthy taste try kale, chard, bok choy, baby bok choy, parsley, basil, arugula, lambs quarters, stinging nettle, etc. Different combinations of the above in each respective dish can bring a limitless range of flavours.

I personally enjoy the milder greens with more frequency and volume than the deeper, liberally use herbs and on a rare occasion the darker greens in stews. Have fun, experiment and find your own favourites. One huge tip, focus on the fresh, ripe, raw, foods and tastes that you enjoy the most, not the ingredients you think you need or "super food" that yields the "highest" this or that. The body is always smarter than the mind, tastes change in cycle to meet your needs of the moment. Some people find greens to be hard to digest and are best served by increasing their intake of green smoothies slowly.

Remember to observe food combining, take your time and "chew" your smoothies. By progressively adding more greens to your diet you will find your tastes and preferences change making new favourites :)

On Transitioning

While in transition or beginning stages of eating raw it is not uncommon for people to eat 4 - 5 meals a day while their digestive capacity expands. This can occur quite quickly as the stomachs elasticity is fast to accommodate the room necessary for high water content foods. More often than not it's the mind's idea of how much is normal, or fears of eating too much food or fruit that must be overcome. It is nearly impossible to overeat on fresh ripe raw fruits and vegetables, eat all you care for with no restrictions.



Food Guidelines for Energetic Bodytypes

Eating seasonally is the highest priority for optimal health - attune to nature's rhythms.

Secondarily, you want to attune to your personal energetic design. This where eating for your body type comes in handy. Take a quiz to know more about who you are. Then,

start to see if you're on track by following the guidelines for your type below, and notice how you feel. If you feel more grounded and clear, you are on the right track.

Vatas

Vatas are already light, dry, cold, sensitive, and have a dispersing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Vata people and vata season.



Pitta

Pittas are already hot, oily, sharp, intense, and radiating. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Pitta people and Pitta season.



Kapha

Kaphas are already moist, cool, grounded, heavy, and have a condensing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Kapha people and Kapha season.



The Doshas, Living Foods Cleansing and planning your cleanse.

We will experiment with integrating more living foods. Here are some of the guidelines for bodytypes.

Vata types (light bodyweight, easily excitable mind)

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)

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 strongly towards 1-3 days of hot water fasting, and from there moving 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. Spice foods well, minimize salt, soak and sprout nuts and seeds. Enjoy apples and pears, lemon, ginger and parsley.

make your list

What you need to start preparing:

Once you know your constitution (and that of those you feed), 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, etc.)
-

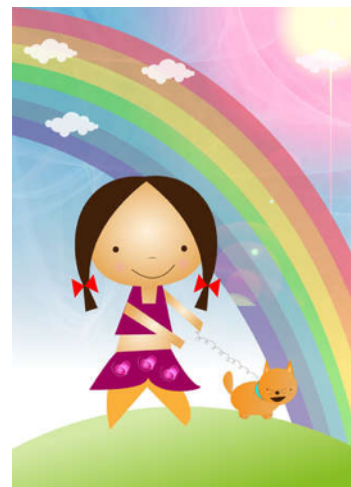


week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
notes: herbs, enemas, bodywork, symptoms to track, reading, practices.			

practices to support your detox

big 6 practices

1. **Sip hot water:** Pour 1 liter of boiled water in a thermos. Add a squeeze of fresh lemon. Sip throughout the day; every 15 minutes is optimal.
2. **Poop or do enemas daily.** Having a complete bowel movement within an hour of rising is optimal. If that is not you, get a big bag of Yogahealer's [Downward Flow](#). It's in the cleanse kit. It's non-habit forming, and it strengthens your peristalsis. Take it before bed... as much as you need to have a complete bowel movement within an hour of rising. During the cleanse, you can also do enemas. Info on enemas is coming next week.
3. **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. Tongue scrapers are available through www.yogahealer.com
4. **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 bath daily after your massage before bed. Make the bath as hot, 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.*
5. **Breathe/ exercise/walk** Exercise for a minimum of 20 minutes each morning before ingesting nutrients. Sun salutations, walking, or jogging is perfect. Stored emotions bubbled 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.
6. **Meditate.** Begin and end your day with Meditation. Allowing yourself the opportunity to meditation for 5-20 minutes at the beginning and end of the day will greatly enhance your cleansing experience. Spend as much time during the cleanse in silence.



sadhana - the spirit of the cleanse

A Breath of Fresh Air

Breathe through your nose for 20 minutes upon arising. You can do sun salutations, take a walk/jog, go for a bike ride, etc. Start each day with a meal of prana. Then, whenever you are struggling with the limitations imposed by the cleansing process, you can remember to simply go outside for a 5-30 minute walk and breath through your nose. This is the most simple form of pranayama or a breathing exercise to clear the body and mind channels of stagnant energy. The channels that carry the breath, the life force, then will be able to transmit more energy on a cellular level, enabling a clearing of thoughts and emotions. Though simple, this is an essential and powerful technique when used regularly.

Meditation

Meditation is essential for cleansing. Begin and end your day with meditation. Even if it is brief, it is essential. Allowing yourself the opportunity to meditation for a few moments each hour, or at least 10 minutes every other hour will greatly enhance your cleansing experience. Whenever you feel overwhelmed or have intense cravings or emotions, take 5 minutes for deeper breathing and meditation. Sit formally for a half hour a day, preferably at the same time each day. For specific meditation techniques, visit:

www.integralenlightenment.com

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. 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. During the cleanse, 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.

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.

Plan your Cleanse

This course is designed to inspire all levels of practitioners in a way that you can step out of your daily life and refine your routines to fulfill your deeper desires. Design your cleanse so that it is relaxing and rejuvenating. If you don't have much time for yourself, skip the enemas, and keep your meals simple so that you prepare food just once a day. *The cleanse should be a blissful 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 cleanse by getting comfortable with the routines and integrating them into our particular situation.

Make Your Space Sacred

Deep cleaning your living space and especially your kitchen is unfathomably beneficial to the cleansing and renewal process. If I'm overwhelmed by the project, I hire help and we do it together. In your kitchen, donate what you haven't been using. Include food stuffs and appliances. **If you don't already have a meditation and yoga space in your house, now is the time to create one & begin using it daily.** Naturally, you'll also feel an impulse to clear your kitchen, house & wardrobe of energetically draining extra stuff.

Reading

During this time, read and listen only to that which awakens your spirit. Be highly selective. My new favorite is [Evolutionary Enlightenment](#) by Andrew Cohen

Grace

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

daily practices

Hot Water Therapy: Fill a thermos of boiling water first thing in the morning. Drink 1 ½ quarts of hot water throughout the day. This helps 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.

Oil Massage, Sunbathing, & Bathing - Three great activities for fall rejuvenation.

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 sunny window and get out an oil big towel, and a bottle of organic sesame oil (raw untoasted). Heat about 4 oz. of the oil until it's warm. On your towel, massage oil into your skin – head to toe. Work as much oil into your skin as possible. Then, relax in the sun. After your sunbathing take a hot shower or bath, and let the water rinse off the excess oil. Do not use soap. *If you don't have time for this procedure, simply 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.*

Tongue Scraping & Nasal Lubrication

Each morning scrape your tongue with a stainless steel tongue scraper, or a spoon to remove any ama & help stimulate your digestive tract. 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. Tongue scrapers are available through me or at www.banyanbotanicals.com

Hunger

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. Do not snack 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, than it may take you awhile to assimilate amino acids from beans or greens. If you're eating raw, increase hemp seeds, spirulina, and avocados. If you're eating cooked, use more oils and beans. **Adjust the recipes according to your needs.**

Sleep

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: (www.banyanbotanicals.com)

Exercise

Start every day of your cleanse with a minimum of 20 minutes of exercise (can be before or after meditation). Morning is the time for increasing metabolic and catabolic activity. This starts the day off in a kapha reducing manner. 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.

troubleshooting

Design your Detox

Take time to read through the recipes. Watch the videos. Notice what you're attracted to. Don't second guess yourself - all of the detoxes are time-tested and work. Simply decide and begin.

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 your 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.

Herbs, supplements, and medications:

Continue to take your prescribed medications, or talk to your doctor about weaning off medications you are uncomfortable taking. For the detox, I recommend taking a break from other daily supplements & vitamins. This allows your system to rest.

I make the following products to help cleansers ease their detox process. If you have these symptoms, you can order the following at www.yogahealer.com:

Yogahealer's Blood Sugar Repair: For sugar addicts, sweet fruit addicts and those with unstable blood sugar. Buy a big bag to take throughout the cleanse and beyond. Strengthen your pancreas!. Take after meals and you'll stabilize your blood sugar and lose your sweet cravings. Reduces Kapha.

Yogahealer's Liver Repair: To reduce allergies, infections, viruses, headaches & skin problems. Reduced Pitta. Take twice a day after meal.

Yogahealer's Downward Flow: To cleanse your lymph, clear your waste, and your refine blood. Take 1 tsp. before bed.

Yogahealer's Colon Repair: For longterm dryness and constipation. Buy a big bag to take throughout the cleanse and beyond. Strengthen your colon!. Take before bed and upon arising again, if you don't have a complete bowel movement. Reduces Vata.

Yogahealer's Fire Starter : For those with irregular appetite, bloating, digestive discomfort, or a white coated tongue, this formula is a mix of spices. Ignite your digestion to burn toxins and spike nutrient absorption.