

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

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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