

Cleanse Program Schedule

Prep Day 1 (Sun): Begin shopping. Make time to walk in nature, and practice meditation or at least some quiet/private time when your mind can rest.

Prep Day 2 (Mon): Make sure you have everything you need. Pre-make Liver Detox Drink (LDD) and Soup # 1, if you can't do it on Tuesday. Remember to again take time for yourself, where your mind can be relaxed and your body can be connected with nature.

Detox Day 1 (Tue): LDD and Soup #1

1. Wake at dawn and practice alternate nostril breathing (analam vilom pranayam) for 20 reps. Silence the mind as best you can and focus on your breathing to help find that silence.
2. Do some gentle stretches for 30 minutes (yoga is OK, as long as it's gentle - practice the warm-ups rather than a full asana sequence). Roll your hands and feet, reach up and side to side, etc.
3. Practice (self-realization) meditation for approx 15min.
4. Drink 12oz of lukewarm water after the meditation.
5. Optional: Apply Detox oil (or other massage oil) all over the body; let it sit for about 30minutes, then rinse with warm water.
6. Drink the Liver Detox Drink (LDD).
7. Whenever hungry or thirsty, until about 3pm, drink herbal teas (peppermint, chamomile, ginger).
8. At 3pm - 5pm, and 7pm, take Soup #1 - Butternut squash Apple. Eat no later than 7pm.
9. Between "meals" continue drinking water and herbal teas. After 7pm only have water and herbal teas.

Detox Day 2 (Wed): LDD and Soup #2

1-9. Follow steps 1-9 above, EXCEPT, (#8) take Soup #2 - Mung bean Rice.

Detox Day 3 (Thu): Oatmeal and Kitchari

1-5. Follow steps 1-5 above. Then, INSTEAD of the LDD...

6. Have oatmeal with water, raisins, almonds, and maple syrup or honey. (no more LDD)
7. Continue drinking water and herbal teas.
8. Also take fruits of different colors throughout the day, e.g., apples, berries (all kinds), oranges, papaya, pears - until 5pm.
9. After 5pm, when hungry, eat kitchari. (In between keep drinking water and herbal teas.)

Post Day 1 (Fri): Eat only cooked vegetables, grains, and lentils. Continue drinking water and practicing self-compassion (meditation time, etc).

Post Day 2 (Sat): Gentle yoga in the morning, continue eating primarily vegetables and grains (ie, avoid dairy/meat, processed food/sugar). Meet at Jai at 2pm to reflect!

Additional Notes:

Try to set up your “cleanse week” to be as **stress-free** as possible: avoid making extra commitments or scheduling stressful meetings or projects during these few days; make time to take walks in a natural setting, breath in the air and look at the sky; practice **self-compassion** and **self-love**.

Please **stop the cleanse** if you start to feel ill. Contact me or a doctor if you’re concerned about how you’re feeling.

Be sure to drink **plenty of water** to stay hydrated throughout the week, including the days before and after the cleanse. You can also take herbal teas when you become hungry, in addition to the Liver Detox Drink (LDD).

Contact me with any questions or concerns!!! Call, text, or email (see below).

~ Enjoy this journey to your natural, healthy, true state of well-being! ~