

## KRATU Wellness Circle

### Group Cleanse Outline

March 2015

**Overview:** The Ayurvedic Liver Cleanse is most effective when certain foods have already been cleared out of the system. So, together, each week we will remove one “vice” from our diets, culminating in a more *sattvic* (pure or balanced) diet that is more conducive to the liver cleanse (which lasts 3-5 days). You can choose which vice you eliminate each week (I recommend starting with whichever item you can do without most easily, or the one you’ve suspected of giving you the most dis-ease). These are the vices, or non-sattvic food items, that are to be gradually eliminated:

- Meat
- Dairy & Eggs (all animal products and by-products)
- Refined Sugar & Wheat (anything “processed” – i.e., white or bleached)
- Caffeine (coffee, soda, even tea)
- Tobacco, Alcohol, Drugs

**Week One:** Eliminate ONE of the above “vices” from your diet. Introduce 2 minutes of pranayama (breathing exercise) to your morning routine, as recommended for your dosha or the season.

**Week Two:** Eliminate another vice. Add 2 minutes of dosha-balancing meditation to your morning PY.

**Week Three:** Eliminate another vice. Add a minimum of 5 minutes of (dosha-appropriate) Surya Namaskara or other movement to your morning routine.

**Week Four:** Eliminate another vice. Increase the time of your morning PY, meditation, and exercise by three minutes.

**Week Five:** Eliminate the last of the above vices (or another personal vice). Continue the practices above (increase your time). Introduce a short evening routine (there are different practices that are recommended for the evening, to prepare for better sleep). Prepare for the liver cleanse (review recipes and ask any questions, see shopping list and start stocking up, and arrange your schedule in a way that reduces your commitments for the next 5-7days, or more, as best as you can – you want your cleanse week to be as non-straining as possible).

**Week Six:** Cleanse Week!! See other hand-outs.

**Support:** We will all meet before we start the process, to go over everything and to figure out which practices are most suitable for each of us during these six weeks (and beyond!). Ideally we will have some sort of contact at least once each week, to check in, ask/answer questions, etc. We can meet weekly as a group, according to our collective schedules, and I will also gladly be on-call, whether “virtually” or in-person, throughout all six weeks.