



# SEASONAL AYURVEDA CLEANSE

**Recipes, Shopping Lists, and Everything You Need to  
Detox Your Body & Ignite Digestive Fire**



**Looks Inside for  
Savings & Offers**



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# OVERVIEW

In Ayurveda, the sister science of yoga, cleanses traditionally are done at the turn of the seasons. The science of Ayurveda is a system of holistic health that includes all facets of our being: our inborn constitution (or dosha), lifestyle, environmental factors, nutrition, and much more. Ayurveda recognizes that there are influences we cannot change and things that we can. It asks us to be active participants in our well-being by making choices which are in sync with our true inner nature.

If you'd like to learn more, join us for [Yoga & Ayurveda: A Match Made in Heaven](#), or [schedule an appointment](#) for a personal Ayurvedic consultation to learn more about how to use Ayurveda to bring balance to your own life.

An Ayurvedic cleanse is gentle on the body and includes plenty of easy-to-digest, nourishing foods that give variety to the basic two recipes recommended so that each person's preferences can be met with ease. We even offer options for Keto- and Paleo-friendly options. Approaching a cleanse in this way aids the body in maintaining good digestive health which, in turn, affects our overall health and well-being. Because Ayurvedic cleansing includes a daily diet of wholesome, fresh foods, it generally can be practiced safely by most people. Cleansing may not be appropriate for those people with certain medical conditions or women who are pregnant. Please consult your health-care professional if you have a condition which affects your digestion or blood sugar.

A simple three-day cleanse may help:

- Improve digestion and metabolic function
- Promote regular and balanced elimination
- Nurture an improved sense of energy and vitality
- Encourage a balanced sleep cycle
- Promote improved overall health

The cleanse may be done on any three consecutive days of your choosing which leaves you in control of timing. We recommend selecting three days when you may be less busy or have more opportunity to rest. This adds a retreat-or-spa-like feeling to the cleanse and reminds you each day that you are taking care of yourself in body, mind, and spirit. Finding time for rest and relaxation throughout the day is important because we digest most efficiently when we are at rest. Your body will be able to get the most out of the foods you eat.

## WHAT'S INCLUDED IN THIS PROGRAM

- Instructions on how to prepare for your cleanse
- Daily meal schedule
- Recipes
- Recommendations for daily activities and other supportive practices
- Discounts on products and services to support your cleanse (recommended but not mandatory - see page 5)



# SAVINGS & SALES TO SUPPORT YOUR CLEANSE

*Available at Green Lotus Boutique*

*Save 20%. Use code Detox2020 through March 31.*

**Total Body Cleanse Tablets:** Total Body Cleanse is a blend of traditional Ayurvedic herbs principally formulated to assist the body's natural detoxifying process, with special emphasis added during a supported cleanse or whole-body detox.

**Daily Swish:** Your mouth is the first step in digestion. Oil pulling cleanses and stimulates your teeth and gums for improved oral health.

**Easy Digest Herbal Extract:** A blend of herbs that supports the digestive process. It may be used before meals to stoke the appetite and the digestive fire. It may also be taken after eating to promote a comfortable post-meal experience.

**Medicinal Foods Coffee Break:** A unique and savory brew of roasted Chicory, Dandelion, and Gluten-Free Barley & Rye plus an added boost of Superfoods: Chaga Mushroom, Reishi Mushroom and Maca Root. A tasty, healthy, caffeine-free alternative to coffee.

**Detox Tea:** Combines cleansing herbs with spices that support digestion, circulation, and elimination.

**Kitchari Spice Blend:** This blend is perfect mix of spices for traditional kitchari.

## MORE OFFERS TO SUPPORT YOUR CLEANSE:

**Full-Spectrum Infrared Sauna:** Sweating is one of the body's natural detoxification systems. A full-spectrum infrared sauna generates a sweat seven times more detoxifying than a traditional sauna. *(use promo code: SWEAT)*

- 4 sessions: \$65 (regularly \$80 - expires 6-months from date of purchase)
- 1-week daily sauna sessions: \$50

**Ayurvedic Consultation:** Schedule an appointment with [Gwen Bruzek](#) to give you an in-depth understanding of your unique self and what makes you, you. Find out more about your innate nature and how you can feel your best during and after the cleanse. *(use promo code GwenMarch)*

- 15% off initial Ayurveda Consults (regularly \$85 - with Gwen only)
- 15% off Ayurveda New Client Package (regularly \$210 - includes initial consult, in-person follow-up appointment, and a phone follow-up appointment with Gwen only)

# PREPARING FOR YOUR CLEANSE

Cleansing is a state of mind, body, and spirit, too. In and of itself, it is an important practice for the physical and energetic body. Unlike many other cleansing regimens, this one stresses simplicity and focuses on only four steps. By accomplishing them the cleanse becomes easy to do and sustainable during the three-day period.

**Prepare your body to cleanse:** Reduce your intake of sugar, processed foods, caffeine, and alcohol in the week prior to your three-day cleanse. Making too many changes at once can make it more challenging to adhere to the diet. Removing certain things from our diet can cause withdrawal symptoms. We can minimize these symptoms by making changes more gradually.

**Make time for yourself:** Clear your schedule as much as possible so that you can give yourself time to rest and restore during your cleanse. Unlike a fast or cleanse that severely restricts your caloric intake, you will have plenty of calories to sustain normal activity; however, any dietary change might result in a shift in your energy. You might find that you have tons of energy and want to go for an outdoor hike, or you might notice an increased desire to slow down and rest. Either way, honor your body's needs and avoid activities that are deplete or require recovery time afterwards. If you find that you are craving naps during the day, try to go to bed earlier so you can get more sleep. Naps are not recommended in Ayurveda because they are not the restorative quality of deep sleep that we get during the night, and they disrupt our natural rhythms.



**Plan relaxing activities:** Register for a Restorative or Yin yoga class or Yoga Nidra workshop. Reserve your time in the full-spectrum infrared sauna. Gather spirit-lifting reading materials or materials for any other activity you find relaxing. You can find a selection of books and coloring books in our Green Lotus Boutique. This might be a great time to crack open the box of that new 1,500-piece puzzle! This cleanse is about more than just the digestive system. Give yourself time to enjoy the restorative benefits of rest and activities that nourish your spirit.

**Gather ingredients:** Use the shopping list on page 12 (page 15 for Keto- Paleo-friendly) to gather the ingredients you will need to prepare your meals. Having everything ready in advance will give you more time to enjoy resting and other restorative activities.

# DAILY MENU

No other cleanse regimen that we know offers such a simple menu to follow yet allows so many food choices. While seeing it on paper may cause you to worry about its simplicity, when you review the ingredient opportunities, you will delight in finding so much freedom to plan your own versions of its staple, kitchari.

Kitchari holds a special spot in Ayurveda in general because it balances all constitutions. It fuels the fire of Agni (digestive fire), which is considered in Ayurveda to be the key to health. It is easily digestible, and the combination of basmati rice and mung bean dal forms a complete protein. Protein is essential both in aiding the liver in detoxification and in keeping blood sugar levels stable during the cleanse process. Unlike fasts and some other cleanses, kitchari provides enough calories and nourishment to get you through your day. Kitchari also traditionally is given to people who need additional health support, the elderly, and babies because it is so gentle and nourishing. A truly traditional Ayurvedic cleanse prescribes kitchari for all three daily meals. The option of oatmeal is offered for breakfast for those who would like more variety. It also satiates a craving for sweets. Like kitchari, it is easily digestible and filling; however, it does not offer the nutritional value that kitchari does.

The menu follows these rules to advance and support cleansing our bodies. It is gluten-, dairy-, and meat-free. It also excludes other potential allergens and foods that commonly cause inflammation. For those people who are on Keto or Paleo, there are grain- and legume-free modifications. These modifications are not consistent with a true Ayurvedic cleanse but do follow the same guidelines while also adhering to Keto and Paleo principles.

The simplicity of the menu combined with our Six Tips for Success make this cleanse doable for us all.

## Breakfast:

- Oatmeal or Kitchari

## Lunch and Dinner:

- Kitchari
- Optional: salad greens dressed with fresh lemon juice

## Snacks:

- Fruit
- Water or herbal tea



# SIX TIPS FOR SUCCESS

1. **Maintain a regular eating schedule:** Eat at the same time every day and spacing your meals throughout the day. Ayurveda recommends maintaining daily routines and schedules in general as a way to reinforce healthy habits and provide balance to our busy lives. This also allows time for the meal to completely digest before the next meal.
2. **Mindful eating:** Experience the textures and flavors of your meal. Setting a table and focusing only on eating your meal helps in eating mindfully as does eating very slowly. Mindful eating allows us to fully experience our food, awaken our senses, and truly enjoy the pleasure of a good meal. We notice more how different foods and flavors affect us, and we are more awake to the signals of hunger and satiety.

3. **Hydrate:** Drink plenty of water and herbal tea throughout the day. You may add lemon to your water. Avoid drinking liquids with your meals. Avoid adding ice to your water. Hydration is essential to the detoxification process in our digestive system, our organs, and our cells. It simply helps our bodies to function better. An exception to this is drinking fluids with meals. Water or other beverages mix with the powerful digestive juices in our stomach and dilute them. Save the tea or water for before or after meals, when the food has passed from your stomach.



4. **Maximize vitality of your food:** Traditional Ayurvedic theory suggests that each meal should be prepared separately. It is believed that the vital energy of food is most available in cooked food. It reduces as the food is cooled and is destroyed by microwaving. By the time food has been cooked, cooled, and re-heated, it is completely devoid of prana, or life force. This is also true of processed food. The fresher the food, the more life force it carries and the easier it is for you to digest and assimilate. If possible, prepare each meal separately. If this is not possible for you, prepare a large pot of oatmeal and kitchari and reheat on the stovetop or in the oven at mealtime. Avoid microwaving food if possible.
5. **Coffee alternatives:** If you are a coffee drinker, try roasted dandelion root tea or an herbal coffee replacement like Medicinal Foods Coffee Break. Use a little coconut milk instead of cream if you prefer to lighten your coffee. Many of us depend on our morning coffee or tea to kick-start the day. Modern studies show that while large amounts of caffeine may be harmful to the kidneys, a moderate amount actually may benefit liver health. The Ayurvedic perspective is that caffeine disrupts our natural cycles and brings us out of balance. The boost we get from caffeine



results in a crash later and creates a roller coaster in energy levels. Try going without caffeine during your cleanse, or drink one cup of coffee or caffeinated tea separately from your morning meal so it does not dilute your digestion.

6. **Food cravings:** If you are hungry or have cravings for sweets between meals, have a piece of fruit or enjoy a cup of tea with a little raw honey. You should not feel deprived or hungry during this cleanse. Notice if your craving is true hunger or habit. If you are truly hungry, you should eat to fuel the digestive fire. Apples are an excellent choice because they are a rich source of both soluble and insoluble fiber. They are easy to digest and contain high levels of flavonoids, polyphenols, antioxidants, and phytonutrients.



# RECIPES & SHOPPING LISTS

## RECIPES FOR TRADITIONAL CLEANSE

The recipes below are intended to be guidelines. You may adjust the seasonings and ingredients to suit your personal preferences. Keto- and Paleo-friendly recipes and shopping lists begin on page 13.

### Oatmeal (*makes 1 serving*)

- ½ cup old fashioned rolled oats
- 1 cup water
- ¼ cup fruit (raisins, apple, pear)
- 1/8 -1/4 tsp spices (cinnamon, nutmeg, cardamom, ginger)
- Pinch sea salt
- Raw honey (optional)
- 1 tbsp coconut oil or ghee



Combine oats, water, spices, and sea salt and bring to a boil. Reduce heat to low. Simmer 3 – 5 minutes, stirring occasionally until it reaches desired consistency. Stir in ghee or coconut oil. Drizzle with honey, add desired toppings, and serve.

## Kitchari (*makes 4 servings*)

- ½ cup basmati rice
- 1 tbsp ghee or coconut oil
- 1 cup mung dal (split yellow lentil)
- 6 cups water
- Spices (or use 1 tablespoon kitchari spice mix available in the Green Lotus Boutique)
  - ¼ tsp black mustard seeds
  - ½ tsp cumin seeds
  - ½ tsp turmeric powder
  - 1½ tsp coriander powder
  - ½ tsp fennel powder
  - 1 pinch hing (asafoetida)
  - 1 tsp fresh grated ginger
- 1 teaspoon sea salt
- 1 ½ cups easily digestible seasonal vegetables such as broccoli, cauliflower, spinach, kale, carrot, squash, sweet potato, zucchini. Avoid onion, garlic, and nightshades (tomato, potato, eggplant, goji, peppers, or chilies).
- fresh cilantro (optional)



Rinse rice and dal well in cold water until water runs mostly clear. Add water to the rice and dal. Bring to a boil, then reduce heat to low and cook, covered until they are soft (about 20 minutes).

While rice and dal are cooking, wash and peel vegetables. Cut them into approximately 1-inch pieces. Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer.

In a separate saucepan, melt the ghee or coconut oil and add spices except salt. If using whole spices, add them first, sauté them until they pop, then add the ground spices. Stir the ghee and spices into the cooked dal, rice, and vegetable mixture. Add the salt and chopped fresh cilantro to taste and serve.

## SHOPPING LIST FOR TRADITIONAL CLEANSE

- white basmati rice
- mung bean dal
- \*ghee
- sea salt
- spices (or \*kitchari spice mix)
  - black mustard seeds
  - cumin seeds or powder
  - turmeric powder
  - coriander seeds or powder
  - fennel powder
  - hing (asafetida)
  - ginger
- sea salt
- cinnamon
- nutmeg
- cardamom
- ginger
- easily digestible seasonal vegetables such as broccoli, spinach, kale, carrot, squash, sweet potato, zucchini. Avoid onion, garlic, and nightshades (tomato, potato, eggplant, goji, peppers, or chilies).
- cilantro (optional)
- lemons
- old fashioned oats
- fruit: apples, pears, raisins (optional)
- raw honey (optional)
- herbal or \*detox teas
- salad greens

*(\*items are available in the Green Lotus Boutique)*

## RECIPES FOR KETO- PALEO-FRIENDLY OPTIONS

### No-oatmeal (*makes 1 serving*)

- ½ cup hemp hearts
- 1 tbsp flax seed meal
- 1 tbsp chia seeds
- 1 tbsp coconut flakes
- 1 cup unsweetened milk alternative
- 1 tsp spices (cinnamon, nutmeg, cardamom, ginger)
- Pinch sea salt
- Raw honey (optional)
- 1 tbsp coconut oil or ghee



Combine ingredients in a small saucepan and bring to a boil. Reduce heat to low. Simmer 3 – 5 minutes, stirring occasionally until it reaches desired consistency. Stir in ghee or coconut oil. Drizzle with honey, add desired toppings, and serve.

## Keto- Paleo-Friendly Kitchari:

- 2 cups riced cauliflower
- 1 tbsp ghee or coconut oil
- 1 cup water or vegetable broth
- Spices (or use 1 tablespoon kitchari spice mix available in the Green Lotus boutique)
  - ¼ t black tsp mustard seeds or ground powder
  - ½ tsp cumin seeds or ground cumin
  - ½ tsp turmeric powder
  - 1½ tsp coriander seeds or powder
  - ½ tsp fennel powder
  - 1 pinch hing (asafoetida) - This can be found at most natural-food markets in the spice section
  - 1 tsp fresh grated ginger
- 1 tsp sea salt
- 1 ½ cups easily digestible seasonal vegetables such as broccoli, cauliflower, spinach, kale, carrot, squash, sweet potato, zucchini. Avoid onion, garlic, and nightshades (tomato, potato, eggplant, goji, peppers, or chilies). For keto, eliminate high carb vegetables (carrot, squash, sweet potato)
- fresh cilantro (optional)



Bring water or vegetable stock to a boil. While liquid is boiling, wash and peel vegetables. Cut them into pieces approximately 1 inch. Add the vegetables to the riced cauliflower to the liquid. Reduce heat to medium, cover, and simmer for 10 minutes.

In a separate saucepan, melt the ghee or coconut oil and add spices except salt. If using whole spices, add them first, sauté them until they pop, then add the ground spices. Stir the ghee and spices into the cooked dal, rice, and vegetable mixture. Add coconut milk and cover until warmed. Add the salt, coconut aminos, and chopped fresh cilantro to taste and serve.

## KETO- PALEO-FRIENDLY SHOPPING LIST

- Riced cauliflower
- \*Ghee
- sea salt
- spices (or \*kitchari spice mix)
  - black mustard seeds
  - cumin seeds or powder
  - turmeric powder
  - coriander seeds or powder
  - fennel powder
  - hing (asafetida)
  - ginger
- sea salt
- coconut aminos
- 13.5 oz can of full fat coconut milk
- cinnamon
- nutmeg
- cardamom
- digestible seasonal vegetables such as broccoli, spinach, kale, carrot, squash, sweet potato, zucchini. Avoid onion, garlic, and nightshades (tomato, potato, eggplant, goji, peppers, or chilies).
- For keto eliminate carrot, squash, sweet potato
- cilantro (optional)
- lemons
- chia seeds
- hemp hearts
- flax seed meal
- almond or other non-dairy milk
- raw honey (optional)
- herbal or \*detox teas
- salad greens

*(\*items are available in the Green Lotus boutique)*

# ACTIVITIES

Activities during your cleanse should be gentle. Avoid activities which may deplete your energy and focus on those which are restful and nourishing to your spirit. Here are some ideas:

## Yoga Practice & Gentle Exercise

Physical activities may include yoga practices such as Yin, Restorative, Gentle Yoga, or Yoga Nidra. Easy walks, especially in nature, or other gentle exercise that do not require exertion also are recommended.

## Massage & Energy Work

Opt for a gentle Swedish or spa-style massage. Avoid deep-tissue or other intense styles of bodywork.



## Oil Pulling

Use a tablespoon of coconut oil or Daily Swish each morning to cleanse your teeth and gums.





## Detoxifying Baths

Prior to your shower or bath apply warmed oil (use Banyan Daily massage oil, coconut, or sesame oil) to your whole body. Finish your bath or shower using warm water only (be extremely cautious as the oil will make surfaces very slippery!) and pat yourself dry with a soft towel.

Or try a Ginger Detox Salt Bath:

- 1/2 cups Epsom salt
- 1/8 cup Himalayan or dead sea salt
- 1 tbsp Baking soda
- 1 tbsp ground ginger
- 8-10 drops essential oil (combine any of these: bergamot, lavender, palo santo  
lemon, eucalyptus, peppermint, rosemary)



1. Combine salts, baking soda, and ginger powder together in a large bowl.
2. Stir in essential oils
3. Add to bath

## **Infrared Sauna**

Set the infrared sauna in detoxification mode and relax. Be sure to hydrate!

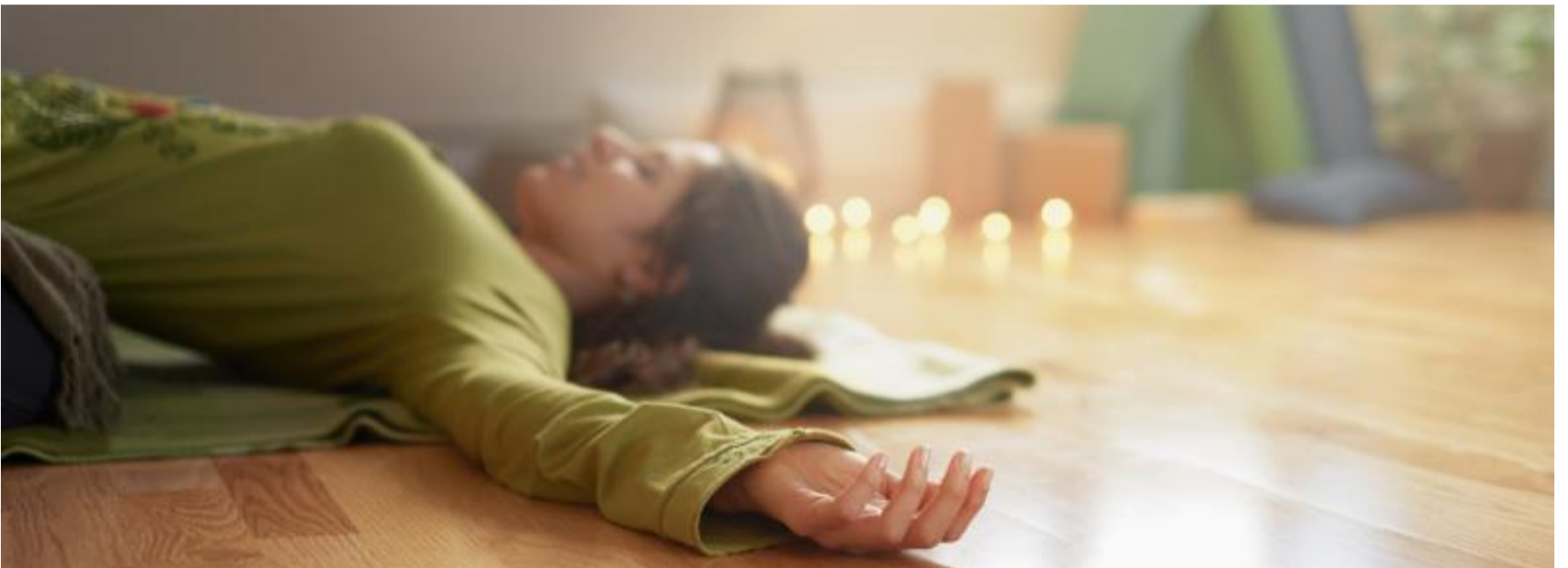
## **Relaxing Activities**

Any activities that you find relaxing or that nourish your spirit are encouraged. Consider the following: journaling, reading, art, music, puzzle-making, knitting, etc.



## **Create Serenity and Disconnect**

Avoid electronics as much as possible. When you can, turn off your computer, television, cell phone, and other electronics. All electronic devices send and receive signals. These signals can disrupt our energy field, particularly to those who are more sensitive. Eliminating electrical stimulation allows our eyes, minds, and energy fields a time of rest.



# FREQUENTLY ASKED QUESTIONS

## **Will I lose weight?**

Many people will lose a few pounds during this period, but it is not the goal and is not lasting weight loss. Any weight lost during this short cleanse is likely due to the cleansing of the digestive system and water loss rather than actual fat loss and likely will be regained when you return to your normal eating habits. The intent of this cleanse is to stimulate digestion, which has many benefits beyond a number on the scale.

## **Will I feel tired and / or hungry?**

You should not feel tired or exceptionally hungry during your cleanse (it is normal to feel a little hunger pang before your next meal). The foods included provide enough calories and nutrients to sustain you through a normal day. If you feel tired, try to go to bed earlier. Your body is telling you it needs more sleep. If you feel hungry, you can eat a little more at each meal or have a snack or add a little more ghee or coconut oil to your meals. Healthy fats help us to feel satiated and helps to stabilize blood sugar levels.

## **Am I getting enough protein?**

Protein is essential to the detoxification process so easily digestible proteins are incorporated into the plan. The traditional cleanse protocol includes a complete protein in the combination of rice and dal. In the Keto/Paleo version you will get protein from a variety of non-meat sources including pumpkin or sunflower seeds, flax, and hemp.

# NOTES

Thank you for participating the the Green Lotus 3-Day Ayurvedic Cleanse. We hope you feel refreshed and revitalized. You can use this protocol again and again. It is beneficial during times of stress or illness, at the change of seasons, or any time you wish to push the reset button on your digestion.

If you'd like to learn more about Ayurveda, join us for a [Yoga & Ayurveda: A Match Made in Heaven](#), or [schedule an appointment for a personal Ayurvedic consultation](#) to learn more about how to use Ayurveda to bring balance to your own life.

If you have questions or comments about the contents of this eBook, or the cleanse itself, please email [wellness@greenlotusyogactr.com](mailto:wellness@greenlotusyogactr.com).

*The information and other content provided in this eBook are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment.*