

## Bod-hei Yoga & Wellness Fall Cleanse Information Days 1-14

If you have any questions or concerns during the cleanse, please feel free to contact me: Holle McRae  
208-870-5955 or info@bod-hei.com

### Phase I (Days 1-3) Shopping List

- 12-20 organic, tart green apples [eat 3-5 per day]

\*For unstable blood sugar or difficulty digesting the apples you can replace with 1 tsp of malic acid in 8 oz H2O-available at most health stores or order Pectin capsules from Amazon [https://www.amazon.com/NOW-Apple-Pectin-700mg-Capsules/dp/B001B4QWZG/ref=sr\\_1\\_4?keywords=Pectin+capsules&qid=1570466973&sr=8-4](https://www.amazon.com/NOW-Apple-Pectin-700mg-Capsules/dp/B001B4QWZG/ref=sr_1_4?keywords=Pectin+capsules&qid=1570466973&sr=8-4) I recommend taking this 3-5 times a day. **Be sure, if you are drinking malic acid to rinse your mouth with a solution of water and baking soda [½ tsp/8 oz warm water] after EVERY consumption to protect your teeth from the malic acid.**

Beet Salad Ingredients (can also be eaten during phase II-triple amounts if you wish to add to phase II)

- 4-8 fresh beets
- 4 lemons
- Dijon mustard (optional)

Green Tonic Ingredients

- Celery
- Zucchini
- String Beans
- Parsley

Meals

- Seasonal grains, legumes, seeds, fruits and vegetables for your meals.

[see list on following page]

Optional

- Organic rice cakes
- 2-4 avocados
- Lean chicken or turkey and/or a low fat, soy-free protein powder of your choice.

Food should be prepared with mindfulness and gratitude, free of distraction such as electronics and do not eat if you are emotionally upset. Offering a prayer on the food such as: *As this food and its life energy enters my body and becomes my body, may my mind be open, my heart be inspired, and my body nourished, so that my words and actions be living manifestations of my unique expression of the Divine Love within.*

Avoid snacks between breakfast and lunch. Instead, drink cumin, coriander, and fennel (CCF) tea between meals. (Boil 1 teaspoon each of cumin, or coriander, and fennel seeds or 1 TB prepared CCF tea with 4 cups of water, let steep for 10-15 min strain, and enjoy.)

**Phase I Recipes: Fall Approved Foods:** An \* means that this food is particularly balancing during fall  
 + means this food is particularly balancing for spring. Though these are not the only foods you can eat during the cleanse, they are beneficial for a seasonal cleanse.

<p><b><u>Vegetables:</u></b></p> <p>Artichoke hearts        *Beets        *Brussel sprouts        *Carrots        *Celery        *Chiles        Corn        Fennel        Eggplant-cooked        *Garlic        Ginger        Green Beans        Hot peppers        Leeks        Okra        Onions        Parsley        Potatoes        *Pumpkins        Seaweed-cooked        Acorn squash        *Winter squash        *Sweet potatoes        Tomatoes        Turnips        Yellow Squash        Zucchini</p>	<p><b><u>Legumes:</u></b></p> <p>Mung beans        [Dal-split yellow]        Red lentils</p> <p>Grains:        *Amaranth        Buckwheat (limited)        Millet (limited)        *Oats        Rice (white)        *Rice (brown)</p>	<p><b><u>Fruit: Only during phase 1 and 3</u></b>        Eat separately, do not combine with other foods. Melons by themselves. Do not combine sweet and sour fruits together.</p> <p><b><u>Sweet:</u></b>        Apricots        *Banana        Coconuts        *Figs        *Grapes        *Mangoes        Nectarines        *Papaya        Peaches        Pears (ripe)        Persimmons</p> <p><b><u>Sour:</u></b>        Sour apples        Blueberries        Cherries        Cranberries (cooked)        *Grapefruit        Guava        *Lemons        *Limes        *Oranges        Pineapples        Plums        Strawberries        *Tangerines</p> <p><b><u>Melon:</u></b>        Cantaloupe (w/ lemon)</p>	<p><b><u>Spices:</u></b>        *Anise        *Asafoetida (Hing)        *Basil        Bay leaf        *Black pepper        Caraway        *Cardamom        Cayenne        Chamomile        *Cinnamon        Clove        Coriander        *Cumin        Dill        *Fennel        Fenugreek        Garlic        *Ginger        Horseradish        Marjoram        Mustard        Nutmeg        Oregano        Peppermint        Poppy seeds        Rosemary        *Saffron        Sage        Spearmint        Thyme        *Turmeric</p>	<p><b><u>Seeds:</u></b>  <b>Only during phases 1 and 3</b>        Chia        Flax        Hemp        Pine nuts        Pumpkin        Sesame        Sunflower</p> <p><b><u>Lean Meats:</u></b>        Chicken (white)        Turkey (white)</p> <p><b><u>Herbs &amp; Teas:</u></b>        *Cardamom        *Chamomile        *Cinnamon        *Cloves        *Ginger        *Orange Peel</p> <p><b><u>Beverages:</u></b>        Plain Water</p>
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### **Coffee Substitute: Bitter Brew**

- 2 tsp burdock root
- 1 tsp roasted chicory
- 1 tsp dandelion root

Combine the roots with 2 cups water in a small sauce pan. Bring to a boil, reduce the heat and let simmer for 20 min. Strain and enjoy hot or iced.

Other coffee alternatives are roasted chicory root tea, roasted cocoa beans (Crio Brew) and mushroom teas such as reishi or chaga.

### **Beet Salad Recipe:** makes 1 serving [eat 1-2 servings/day]

Beets are a great fall root vegetable to decongest the liver and thin the bile and move the lymph.

- 1 med sized raw beet, peeled and grated [I use a food processor or Kitchenaid attachment]
- Zest & Juice of ½ lemon
- 1 TB Whole Grain Dijon Mustard & 2 TB Olive Oil (optional)

Combine all ingredients and eat immediately or save covered in the fridge for up to 24 hours, no longer.

**Green Tonic Recipe:** While the following recipe is recommended, if you need variety you may use any of the greens from the fall approved list. [drink/eat 1-2 8 oz servings/day]

- 1-2 cups filtered water
- 2 med celery stalks chopped
- 1 whole zucchini chopped
- 1 cup string beans, ends trimmed and chopped
- ½ cup fresh parsley

Steam all veggies (except parsley) for 6 – 8 min until bright green-but not mushy. Combine all ingredients, including parsley in a blender using the remaining steam water as a thinning agent. Puree until smooth, adding more water as needed to reach your desired consistency. If you have a Vitamix or similarly powered blender, you can make the Green Tonic very smooth. A weaker blender may result in a chunkier texture. \*Drink the Green Tonic at room temperature, warm or hot but not cold. May store for up to 48 hrs, no longer.

### **Green Tonic Soup:**

- Make it a soup by adding a clove of garlic, a slice of ginger, and salt and pepper to taste. Serve warm with a squeeze of lemon.
- For variety and to make it more of a meal feel free to add butternut squash or other seasonal veggies. Do not make variations to the Green Tonic too often. It's meant to be mainly made of greens.

### **Green Tonic Smoothie:**

Add a small beet with a slice of fresh ginger and the juice of ½ a lemon.

## Phase I Protocol (Days 1-3)

Self-Care [Dinacharya]: See suggested dinacharya practice on the following page, but most importantly the following.

- Wake before the sun rises.
- Administer Nasya Oil [cold pressed sesame or coconut] to the nasal passages 3-5 drops in each nostril.
- Tongue scraping [back to front at least 7 times]  
<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/lifestyle/how-to-clean-your-tongue/>
- 12 min of vigorous exercise [a brisk walk, etc.,] and additional yoga 2 x times daily:

AM Yoga: <https://www.youtube.com/watch?v=r7xsYgTeM2Q>

PM Yoga: <https://www.youtube.com/watch?v=zJOCGSwB8v4>

(avoid 1 hour before or after a meal)

- Breathing (Pranayama), 2-3 times daily, 10 min each-recommended:
  - Ujjayi [ocean] breath:  
<https://www.youtube.com/watch?v=lQrsJ-yZWV8>
  - Nadi Shodhana [alternating nostril]:  
<https://www.youtube.com/watch?v=8VwufJrUhic&t=41s>
- Meditation, at least am and pm daily, 10 min each
  - Apps: insight timer or headspace with pre-recorded guided meditations.
- Abhyanga Self Massage (am w/ oil to get lymph moving/ pm optional w/out oil before bed). Circular motions around joints, long sweeping motions over long bones. Begin at the head and end with the feet. Gentle counter clockwise motion over the heart and clockwise over the abdomen. <https://www.youtube.com/watch?v=HQLsfZh5js>

Dietary:

- Consume 3 plant-based meals with easy to digest proteins such as chicken or turkey
  - Suggested Ayurveda cookbook: The Everyday Ayurveda Cookbook (use seasonal recipes accordingly) Other favorite resource for plant based recipes: deliciouslyella.com, ohsheglows.com, thekosmickitchen.com, eatingbirdfood.com
- Eat 3-5 tart organic green apples daily w/peel on [washed]
- Eat 1-2 servings of Beet salad daily [elimination with be discolored]
- Drink 1-2 8 oz glasses of Green Tonic daily

Hydration [all phases]:

- Sip hot water throughout the day every 10-15 min [can prepare CCF tea]
- Drink 8-10 (12 oz) glasses of room temp water daily (do not drink 30 min prior to or after a meal)

## DINACHARYA: THE DAILY ROUTINE

TIME	ACTIVITY
6am	<ul style="list-style-type: none"> <li>• Wake-up</li> <li>• Scrape the tongue</li> <li>• Brush the teeth</li> <li>• Splash water on the face</li> <li>• Gargle with sesame oil for 5 minutes, massage the gums after spitting out the oil</li> </ul>
620am	<ul style="list-style-type: none"> <li>• Drink 8-16 ounces of hot water (add lemon if desired)</li> <li>• Have a bowel movement</li> </ul>
630am	<ul style="list-style-type: none"> <li>• Yoga, Meditation and/or Pranayama</li> </ul>
715am	<ul style="list-style-type: none"> <li>• Take a warm shower</li> </ul>
7:45am	<ul style="list-style-type: none"> <li>• Chew on a spoonful of sesame seeds to stimulate the liver and digestion while taking in essential iron, zinc and calcium</li> <li>• Eat breakfast; make sure to eat sitting down, slowly and with attention</li> </ul>
830am	<ul style="list-style-type: none"> <li>• Take a 10-15 minute walk outside</li> </ul>
12-1pm	<ul style="list-style-type: none"> <li>• Eat lunch; this should be the largest meal of the day</li> <li>• Do not eat while working, in a meeting, on the computer or on the phone</li> </ul>
1pm	<ul style="list-style-type: none"> <li>• Go for a 15-20 minute walk outside</li> </ul>
5-6pm	<ul style="list-style-type: none"> <li>• Eat a light, simple, easy to digest dinner</li> </ul>
630pm	<ul style="list-style-type: none"> <li>• Take a 10-15 minute walk outside</li> </ul>
8pm	<ul style="list-style-type: none"> <li>• Begin the night-time routine; avoid all electronics including phone calls, computers/emails and television</li> <li>• Prepare a hot cup of "Sleepy Tea"</li> <li>• Take a hot bath with calming essential oils (lavender, tulsi, chamomile)</li> </ul>
830pm	<ul style="list-style-type: none"> <li>• Perform a self-oil massage (Abhyanga) with sesame oil in the winter, coconut oil in the summer</li> </ul>
9pm	<ul style="list-style-type: none"> <li>• Perform a gentle, restorative yoga routine (15 minutes) ending with 5 minutes of "legs up the wall" or a 10 minute meditation</li> </ul>
930pm	<ul style="list-style-type: none"> <li>• Get into bed; read a "light" book if desired</li> </ul>
10pm	<ul style="list-style-type: none"> <li>• Bedtime, lights out!</li> </ul>

<https://svasthaayurveda.com/wp-content/uploads/2016/05/Daily-Routine-Chart-PDF.pdf>

## Phase II Shopping List

(buy additional supplies from Phase I to continue the Beet and Green Tonics as you would like and continue to consume as many green tart apples as you would like during the day)

### Kitchari Ingredients

- 7.5-16 oz *Organic Ghee*
- 4 lbs *Basmati rice*
- 2lbs *mung dal (spit yellow mung beans)*
- *Spices for seasonal Kitchari Spice Mix [see seasonal kitchari spice recipe below]*

*[The above are included in the Kitchari Kit from Bod-hei Yoga and Wellness]*

- 2-3 bunches *Fresh Cilantro*
- 4-6" *Fresh Ginger*
- *Fall approved seasonal vegetables (see list)*
- *CCF Tea (1 cup coriander seeds, 1 cup fennel seeds and ½ cup cumin seeds)*

*[included in Dinacharya Kit from Bod-hei Yoga and Wellness]*

- 4-6 *Limes*
- *Rock Salt*

### Prime Juice Ingredients

- 7 *cucumbers (I like the English cucumber variety)*
- 7 *green apples, seeds removed*
- 7 *cups of fresh spinach*
- 2 *heads of purple cabbage*
- 7 *carrots*
- 7 *beets*
- 7 *lemons*
- 7 *inches of ginger root (approximately)*

**Phase II Recipes (Days 4-10):** During days 4-10 you will be consuming a mono diet of Kitchari 3 times a day. While you may add seasonal vegetables from the guide it is recommended that you do not eat any dairy or fruits [except tart apples] during this phase and only lean white meats as needed to balance blood sugar.

**Morning Kitchari:**

- Follow the traditional Kitchari recipe below but use ½-1 tsp cinnamon instead of the other spices (opt ginger, nutmeg, allspice, clove and or cardamom). Adding tart apples to this is ok.

**Lunch and Dinner Kitchari (makes 3-4 servings)**

\*The Kitchari Kit from Bod-hei Yoga and Wellness has all the ingredients you'll need to prepare this dish daily.

- 1 cup organic basmati rice
- ½ cup organic yellow mung dal (NOT green mung beans)
- 1 TB Seasonal Kitchari Spice Mix (tridoshic)
- ¼ - ½ tsp black mustard seeds [optional and to taste]
- 2 tablespoons organic ghee (clarified butter)
- 6 cups water or vegetable, chicken, or bone broth
- 1–2 cups chopped vegetables (optional from the seasonal approved veggies list)
- Pinch of Hing [Asafetida] \*optional [Can be found at India Foods in Boise]

Directions:

Rinse and soak the mung dal overnight with enough water to cover 2-3 inches as the mung dahl will expand. Drain the water and add basmati rice and rinse until water runs mostly clear.

In a medium saucepan warm the ghee. Add the Kitchari Spice Mix and sauté for one to two minutes. Add rice and mung dal and sauté for another couple of minutes. Then add 6 cups of water and bring to a boil. Once the kitchari has come to a boil reduce the heat to medium-low. Cover and cook until it is tender (approx. 30–45 minutes).

**Can be made in a crockpot set on low for 8 hrs or in an Instant Pot on high for 20 minutes but it is not necessary to soak the mung beans overnight for either of these variations.**

**VIDEO:**<https://www.joyfulbelly.com/Ayurveda/recipe/Instant-Pot-Kitchari/48899>

If you are adding vegetables to your kitchari, add the longer cooking vegetables, such as carrots and beets, halfway through the cooking. Add the vegetables that cook faster, such as leafy greens, near the end. Add more water if needed. Typically, kitchari is the consistency of a vegetable stew as opposed to a broth. A thinner consistency is preferable if your digestion is weak. You will notice that kitchari will thicken when it cools, you may need more water than you originally thought. Garnish with fresh cilantro, unsweetened coconut (K provoking), and a squeeze of lime. Add natural rock salt to taste (optional).

\*If you find that the Kitchari is causing some constipation here are some troubleshooting tips:

- Make sure you are staying hydrated throughout the day. Sipping on warm water or CCF tea throughout the day is preferred. Vata individuals are typically those affected.
- Cook the kitchari longer to a more soupy consistency and add more liquid.
- Replace the rice with quinoa.

\*Note: The following spices may be used in place of the Kitchari Spice Mix in the Kitchari Kit.

Spring Spice Mix	Summer Spice Mix	Fall Spice Mix	Winter Spice Mix
1 tbsp coriander seeds 1 tsp fenugreek seed 1 tbsp cumin seeds 1 tbsp turmeric powder 1 tbsp ginger powder 1 tsp black pepper ½ tsp cayenne pepper pinch of clove powder	1 tbsp coriander seeds 1 tbsp cumin seeds 1 tsp fennel seeds 1 tbsp turmeric powder ½ tsp cardamom powder	1 tbsp coriander 1 tbsp cumin 2 tsp fennel seeds 1 tbsp turmeric powder 2 tsp ginger powder	1 tbsp coriander seeds 1 tbsp cumin seeds 1 tbsp turmeric powder ½ tsp natural sea salt ½ tsp dehydrated sugar cane. Piloncillo [mexican sugar] or Turbinado sugar. 1 tsp ginger powder 1 tsp black pepper [optional]

Directions: Dry roast all the whole seeds in a heavy bottomed pan on medium heat for a few minutes until you can smell the oils being released. Remove from heat and allow to cool completely. Grind the toasted seeds in a spice grinder, or spice-dedicated coffee grinder or by hand with a mortar and pestle. Transfer to a small bowl and stir in the powdered spices until well combined. Store in an airtight container. This recipe will make enough for one week of kitchari.

Prime Juice Tonic Recipe:

- 1 cucumber
- 1 apple, seeds removed
- 1 handful fresh spinach (1 cup packed)
- ¼ head purple cabbage
- 1 carrot
- 1 beet
- 1 lemon (cut into ¼ before juicing-include the rind)
- 1-inch peeled fresh ginger
- Optional: ½ to 1 tsp spirulina powder, stir into juice after preparing.

Chop the vegetables to fit your juicer. Put all ingredients through the juicer and drink immediately (Do not use a blender). May refrigerate leftovers, but drink within a 24-48 hour period [no longer]. Drink throughout the day especially if you are feeling anxious, ungrounded or sluggish & unmotivated. Best for fall and winter.

## Phase II Protocol

Follow the Self Care guide/Dinacharya routine from phase I, **adding morning ghee and 2 triphala tablets or ½ -1 tsp triphala powder to warm water before bed** . Try this 6 day YouTube yoga routine if you don't already have one: <https://www.youtube.com/watch?v=X5UAylol814>

Morning Ghee Dosage: fill in the date according to the start day of your cleanse. Ideally you will start day one on a Thursday so that the final flush on Day 10 will occur on a Saturday/Sunday when you are home.

Date	Day #	Dose
	4	2 tsp
	5	4 tsp
	6	4 tsp
	7	6 tsp
	8	8 tsp
	9	8 tsp
	10	10 tsp

During the cleanse ghee is used for *oleation*, a process of ingesting increasing amounts of ghee over a series of days. This pulls fat-soluble toxins out of the cells and triggers fat metabolism. If you find it difficult to drink plain melted ghee, add ½ cup warm rice, almond or coconut milk, adding a pinch of nutmeg, cinnamon, and/or cardamom. If nausea occurs, sip ½-1 cup of warm to hot water with fresh lemon juice and grated ginger root. Eat a little kitchari a half hour after drinking the ghee even if you feel full. **If you experience loose, uncomfortable stools, do not increase the next dose of ghee.**

### **Self Inquiry Journaling: A VERY important part of the cleanse process.**

During Phase 2, when fat metabolism really kicks in, journaling is beneficial to document how you feel and what emotional issues and opportunities are arising for you during the cleanse. As you begin to de-stress and these emotions begin to surface, you will likely feel more sensitive and maybe a touch more irritable. If we can recognize them as such, these moments of emotional constrictions are actually opportunities to change our emotional patterns by responding differently than we normally would. It is very normal to experience this. When emotional toxins are released, this manifests as more clarity. You become more aware of why you do what you do emotionally. With heightened awareness, things will become clearer, and therefore you will be able to engage in transformational action steps that will free you from reacting from old negative emotional patterns.

## Journaling questions: {days 5-10}

### Day 5: What Expands You?

- Make a list of all the things you love. What brings you joy?
- Ask yourself: Am I doing these things?
- If the answer is no, ask: What is keeping me from doing the things I love?
- List 3 qualities that you love about your spouse, partner, or loved one. Find a way to express your appreciation for these qualities throughout the day.

### Day 6: What Contracts You? [opposite of the things that expand you-thing you do not love]

- Make a list of people around whom you become a version of yourself that you do not like.
- List the people around whom you have trouble being your most true, loving self.
- List those people who provoke you and with whom you enter a conversation with your guard up and your weapons ready.
- Pick one of the top offenders on these lists-maybe someone who makes multiple appearances-and write them a love letter, including the things you love or appreciate about them. How did it feel to write that letter? Journal those feelings as well.

### Day 7: Act with Love

Now that you have written the above letter, if you have surrendered to the process, letting yourself love that person is letting yourself experience the truth of the relationship. This letter can be the template of truth for you in how you interact with this person.

- Perform random acts of love and kindness towards this person such as an e-mail, a note or a quick call to express your love and appreciation. As you do these, you will be breaking old mindsets. [The Four Agreements]

### Day 8: Drop Childhood Personality Traits

- Make a list of personality traits you had to create as a young child to be safe and secure as you were growing up. Who did you have to become?
- Which aspects of that personality are still serving you today and which aspects are not. Which aspects of your personality are holding you back? What would you lose if you let them go?

### Day 9: Take a Risk to Be Joyful and Loving

Most of what irritates us is a choice. We often try to make others wrong and ourselves right to feel safe.

- Write down how it feels to be right, and how it feels to make someone wrong.
- Make a plan to express affection where you would usually not. It doesn't have to be big, just a subtle way of letting your joy out.

### Day 10: Your Emotional Footprint

Today, wherever you tread, walk with awareness. Walk with the awareness of the feelings and moods you project to the world because they are palpable to those around you and how your footprint may be impacting them. Play with treading "lightly". At the end of the day, take 20 minutes to journal about how it felt to walk with awareness today.

### Phase III Shopping List

- Organic prune juice

OR

- Smooth Move Tea by Traditional Medicinals [included in Dinacharya Kit] \*my preference.
- Seasonal fruits and vegetables from the approved Fall/Winter list.

### Phase III Protocol

Day 10 [Evening]:

- Have a very light meal before 7 pm.
- Take a warm bath to increase circulation. You may add Epsom salts to help to relax your gut and soften your stool as you absorb magnesium through your skin.
- Wait 1-2 hours after meal and drink 1 cup of Smooth Move Tea or drink 1 ½ cups of room temp prune juice.

You will likely feel a laxative effect in 1-2 hours on the evening of day 10 or the morning of day 11. Do not eat anything until the laxative effect has worn off. It is common to feel weaker the day after the flush. This is a perfectly common side effect of flushing your system. Drink plenty of fluids, eat fat and protein to keep blood sugar levels steady and hydrate!

Occasionally, it is possible to not experience a laxative effect. If this happens and you have been eliminating throughout the cleanse, it is possible your bowels were already flushed. If you haven't been eliminating well and have not had a bowel movement in 15 hours of the first dose of juice or tea, take another cup of juice or smooth move tea. Keep your meals light and easy to digest.

Day 11-14:

Begin to reintroduce plant based whole foods from the Fall/Winter food list. Day 11 should be light, easy to digest meals. Continue to restrict processed and refined foods and significantly limit alcohol/caffeine.

Beyond day 14: This is really where you can decide if you want to continue the benefits of the cleanse that you just experienced. Here are some tips.

- Eat seasonally, use the seasonal shopping list as a guide.
- Stay away from refined, processed foods.
- Continue to eat three meals a day at specific times to increase body biorhythm for proper digestion.
- Repair digestive fire by eating whole foods, restricting wheat and dairy. This allows the intestinal villi to totally heal and to fully rekindle your digestive fire.
- Eat Fat and Fiber-good fats and plenty of fiber are absolutely necessary. Fiber intake of 50 grams per day and approximately 45-60 grams of healthy fats per day.
- Eat less-When we eat less we put less strain on the liver. Ayurveda suggests eating until you are ¾ of the way full. Your entire meal should fit into your two hands cupped together.
- Begin a probiotic regime or add small amounts of fermented foods to each meal to maintain healthy intestinal flora.

Helpful Links:

Instant Pot Kitchari Recipe/Directions:

<https://www.joyfulbelly.com/Ayurveda/recipe/Instant-Pot-Kitchari/48899>