

SIMPLE DETOX TIP SHEETS

BY CATE STILLMAN



Welcome to the SIMPLE DETOX

I'm glad you are here. I'm Cate.

I started experimenting with detoxing in my early 20's. My first cleanse was severe and austere. I basically went straight to water fasting with a little bentonite clay and psyllium. It was hard. I didn't know what I was doing. But, it worked. I had an experience. I knew I could go days without eating and in the process I got to know myself better. Fasting opened the gateway. .

In the past 20 years of experimenting with the art and science of detoxing, I've learned. I've led thousands of people on this journey into experimenting with their own bodies, minds and spirits. Together, we've uncovered great methods to get us to the results we want.

You see, the Simple Detox is an experience, but it's also an experimental community. Yes, I'll teach you what I know pulling from any wisdom I've gained as an Ayurvedic practitioner, yoga teacher, Yoga Health Coach, and student of evolutionary enlightenment. I'll ground what I know with what actually works for me as a modern CEO, mom, wife, daughter, success oriented person. I'll also be doing the detox right alongside you and our Mentors. We experiment together.

There are infinite detoxes available now. Our Yogidetox community is longstanding. We've been together since 2002, when I kicked this

program off in Driggs, Idaho with 6 people in my yurt. The six of us ate the same menu of kitchari for a week (a simple Indian stew made of rice, mung beans, curry, vegetables).

My very first detox I led as a group process showed me I had a lot to learn. Two members of our group were repulsed by the kitchari. Yes, that is right. One third of my initial group members discovered they would rather fast on water than eat the kitchari.

That is when the experimenting started. I applied the foundational teachings from Ayurveda for modern people with full lives. I helped my members awaken their innate wisdom and learn the seasonal habit of detox, to let go of old patterns and start fresh.

And that, my friends, is the how the Yogidetox got started, and why we still do it today.

As you ease into your grand experiment in the next few weeks. Your body, mind and spirit is now your test lab.

Your job is to find out what makes you thrive.

Let's get on with it, shall we?

ENTERING DETOX MODE

Often we wait until we're sick to take time out of life. This sets up a pattern that feeds the disease process. Instead, we can train ourselves to crave a seasonal time out.

When we take time out twice a year to slow down, to rejuvenate, to heal, to reset, we give ourselves a chance to update our habits in line with who we want to be now. And, we update our habits in line with who we want to become.

When we don't take the time out to simplify how we live, what we eat, what we do in our everyday habits, we perpetuate whatever pattern we are in. We often unconsciously go in whatever direction that pattern leads.

To enter detox mode you start to slow down. You start to simplify. You go to bed earlier. You cut back on media input. You keep silent more. You take quiet walks. You prepare simple, nourish foods for yourself. You say "no" to that which pulls you away from center. You say, "yes" to that which brings you towards center.

We allow this time to be different. We will start to feel more subtle, more sensitive, more aware. We make time for reflection, for rest, for the deeper more quiet pleasures in life.

Entering a detox is only difficult when we make it so.

Slip into detox mode following a 2 steps:

1. **Clarify your why.** Write it down. Why are you here reading this? What are you hoping for? Write it down. Then, Merge identify 1 specific and actionable sentence. Reread your WHY a few times a day.
2. **Add in instead of taking out.** If you want to reduce the amount of caffeine, alcohol, nicotine, marijuana, or sugar you are consuming, don't focus on it. Instead, focus on adding in more water, more green juices, more walks, more vegetables, more meditation.

Remind yourself of Your WHY. Watch inspiring detox stories on YouTube. The first 3-5 days are usually the most challenging, as your body starts to shift metabolisms. Your metabolism shifts from ordinary metabolism into detox metabolism. These are 2 very different internal states.

Most people think the detox is all about particular foods. I've found that there are many ways to detox with dietary changes. I'm always experimenting to see what I'm attracted to now... to see what works better.

Based on this basic philosophy, I give you many options of time-tested detox diets. I recommend you pick one and stick with it... not switching part way through.

The Simple Detox is much more than dietary changes that support higher consciousness. It's about making a few weeks different. It's about shifting not only your physical metabolism, but also your mental and emotional metabolisms into detox mode.

After a detox you won't be attracted to the same things.

Give yourself as much space as possible for this process. That might mean keeping your schedule quite open. It might mean having the freedom to go to bed as earlier as you desire.. without the feeling that you should be getting something else done.

As far as this packet of information. You'll find you don't need the entire packet, but just relevant sections. You might skip entire sections. Pay attention to what is useful for you right now, and ignore the rest.

Keep the packet for later, when other recipes or practices are interesting to you. This leaves overwhelm at the door, allowing you to enjoy your detox.

Detox mode is a lovely time out to tune in. This is your chance to press pause.

Detoxing vs. Rejuvenation

When entering a detox you can evaluate what you need more of - lightening up or grounding down. Lightening up involves a lighter, more liquid, juicy or broth-based diet. Grounding down means more rest, more calories, and more chill time.

Often I find we need both. Sometimes we need to ground down before we lighten up. Other times it's vice-versa. I could wax poetic on a theory involving Ayurvedic constitutions and other complexities, but that would only confuse the matter by getting us more in our heads, instead of into our bodies.

If you're tired and stressed, chances are you need to ground down before you lighten up. Even if you're carrying 10-100 extra pounds

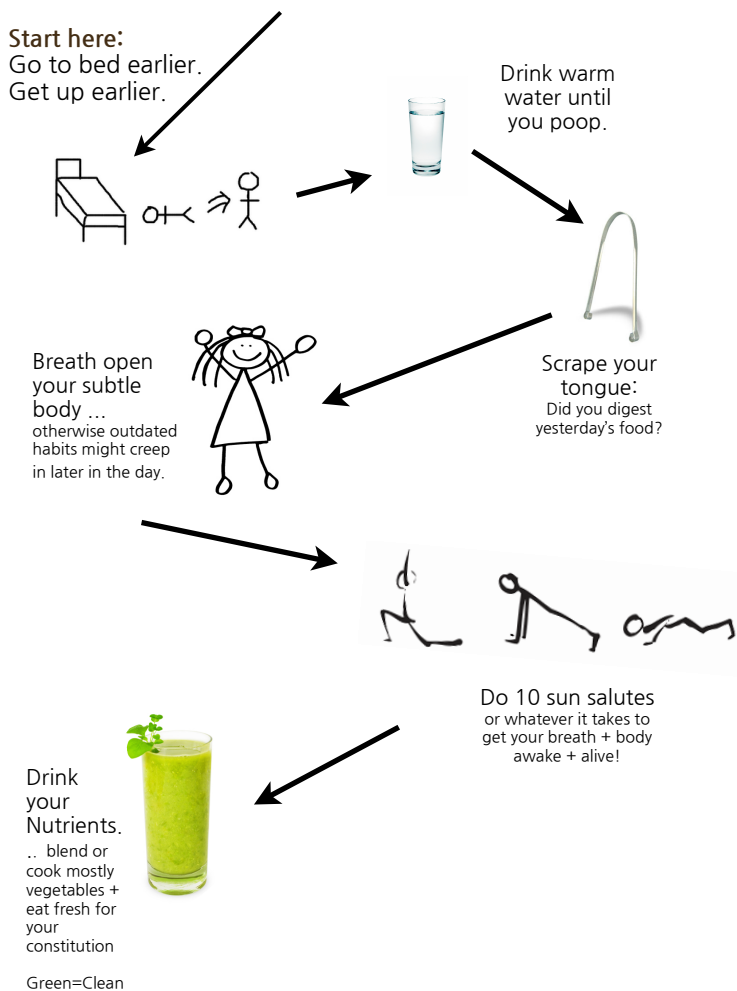
inside your own skin, you still need to relax and ground down before you lighten up. Otherwise, you'll crash and burn. If you're not tired or stressed, but you're heavy and feel stagnant, you should go with lighten up first. FYI: lightening up and grounding down are both equally excellent. It just depends on what you need right now.

Here is a quick review on lightening up vs. grounding down, with a few tips for each: I'm painting this black and white picture of detox vs. rejuve. But, it's not that way. There are as many shades of grey as feathers on a grey goose. Just grasp the concept for now - and pay attention to how you can better cooperate with yourself, day by day.

DAILY HABIT TIP SHEET



FOR YOUR BETTER BODY



The **Yogidetox** is as much about better habits as it is about diet. Don't aim for a perfect picture here. Do get excited about checking little boxes.

Morning

- Wake early, preferably before sunrise. Go pee.
- Scrape your tongue, and brush your teeth.
- Dry brush your body.
- Drink 2-8 cups of hot water. Add lemon if you want.
- Go poop.
- Apply coconut or sesame oil inside your nostrils.
- Exercise for 20 minutes breathing through your nose (yoga, walk, spin, jumping jacks, dance).
- Meditate (for even 5 minutes).
- Massage your body with a pure oil before, during or after a bath or shower.
- Make your food for the day.

Noon

- Eat your main meal. Enjoy your amazing food! Your amazing body! Your amazing life!
- Go for a short walk.
- Through the afternoon, sip hot water.
- Become aware of what you want to do. Connect with that. Do that. On however small a level. Take action.

Evening

- Quit work before 6 pm. Unplug.
- Eat a light meal in the evening.
- Go for a walk.
- Do something fun and chill with your peeps or alone.
- Meditate, journal, play with essential oils, or do some yoga before bed. If you read, keep it inspirational and detox-oriented.
- Go to sleep early (before 10 pm).

KITCHEN + TOP TIPS

KITCHEN

1: Detox your kitchen

The first rule of detox is make space. Make space in your fridge. Make space on your counter. Get out your blender and your juicer. Chuck the junk. You don't need it anymore and you won't want it when we're done.

2: Liquify

You are a liquid medium. Give yourself a squeeze. See? You're squishy. It's easiest for the body to absorb nutrients and energy in a liquid medium. Makes sense, eh? You'll be activating bucket-loads of energy that get lost in digestion/absorption/elimination. You'll be redirecting those bucket-loads to incineration of stuck ama (toxins) - physical, mental and emotional. Make simple juices, broths, smoothies, soups, stews.

3: Green = Clean

Chlorophyll is the green blood of plants. It oxygenates and alkalizes your blood. Greens detox your blood which is carrying toxins from everywhere else. Chlorophylls convert quickly into pure energy. Start the day with a green smoothie or green juice. If you're in a cold climate, have miso soup with some nori sheets and kimchi.

4: Make your menu

Decide - how much do you want to release? How much do you want to grow? Plan your menu accordingly. For some it may be a strict juice cleanse to drop 15 pounds. For others it may be a higher fat whole foods nourishing diet that focuses on simplifying life and getting more sleep. Put it on the menu. It's not rocket science.

5: Simplify Food Prep

Put your menu on the fridge. Stock your fridge with what is on the menu. Prepare most/all of your food for the day in the morning. It's like giving your discipline momentum to catapult you into the next level of body/mind integrity.

Top 5 Tips

1: Redirect to Simplicity

Detox is about less being more. We take out distraction, busyness, complexity. We simplify liquify our diet, and liquidate outdated habits like staying up late and being over-scheduled. Simplify each detox day to that which nourishes, engenders rest, and better organization. The result? A surplus of energy that redirects to cleaning house in your body/mind.

2: Dial down to Zero

Cloud watching. Walking in nature. Time. Space. More time. More space. Meditate. Yoke body with breath. Yoke body with spirit. Yoke mind with higher mind. Deep rest. Quiet time. Put a vicious watchdog on your calendar and protect the process of going within to let go.

3: Purge

Once you're in the detox zone, your body/mind will purge. You'll probably start purging your kitchen, your closet, your garage, your emotional baggage... Let it happen. Let your enlightened self choose that which is fit for your future.

4 : Befriend Hunger + Satiation

You have a fire in your belly. Let hunger lead the process of incinerating that which is within you that need not be. Make friends with your true hunger/satiation cycle. Enjoy emptiness and satisfaction.

5: Evolve Your Habits

As you detox notice the habits that are working for you. Which better habits do you want to stick from detoxing? You can live a detoxed lifestyle. Which habits in your kitchen? In your bathroom? In your bedtime routine? Choose wisely, because detoxing makes are wiser.

Cate's super easy, simple, fun Detox

	Week 1	Week 2	Week 3
Morning Fast	Green Tea	Green Tea	Green Tea
Lunch + dinner	<p>Simple Whole Foods Diet (any recipes from Recipe Book)</p> <p>* Simplify your digestion + your life by eating the same meal for lunch and dinner. Eat more at lunch, or add 1/2 an avocado to your lunch.</p>	Soup, salad, green juice or kitchari	Simple Whole Foods Diet (any recipes from Recipe Book)
Daily Habits	<ul style="list-style-type: none"> <input type="checkbox"/> Scrape your tongue. <input type="checkbox"/> Drink water to go poop in the morning. <input type="checkbox"/> Dry brush your skin before you get dressed. <input type="checkbox"/> Make your food for the day in the morning. <input type="checkbox"/> Talk walks instead of emotional eating. <input type="checkbox"/> Sip hot water between meals <input type="checkbox"/> Massage your skin daily with oil. <input type="checkbox"/> Sit in Silence 		

Cate's Typical Personal Detox

	Week 1 Get Ready	Week 2 Go in Deep	Week 3 emerge
Breakfast	Green Tea		
Lunch	<p>Soup or salad with a cooked grain, or bean + vegetable soup.</p> <p>More of the same for dinner, or a lighter version.</p>	<p>Broth, green or red juice, miso soup, or vegetable soup, split mung soup, nut bar.</p> <p>Less bulk in general.</p>	<p>Soup or salad with a cooked grain, or bean + vegetable soup.</p> <p>More of the same for dinner, or a lighter version.</p> <p>Plenty of healthy fats in salad dressings, or soups made creamy with nuts.</p>
Dinner	<p>Plenty of healthy fats in salad dressings, hummus, or soups made creamy with nuts.</p>		

SIMPLE DETOX SELF CARE 101

I put that sentence in big uppercase letters to grab your attention. Sadhana, simple daily practices done with spirit at heart, is the spirit of the Yogidetox. Sadhana is the spirit of the detox. You get to simplify your life through simplifying what comes in through your five senses. This leads to a more “in tune with spirit” or spiritually-attuned state of being. I find this refreshing with the typical hustle and bustle of daily life.

You get to slow down. You get to focus on self-care and healing for a short spell. It’s not forever. Just for a short time you get to take really good care of *you*. Turn your attention to this section if you want to streamline better body habits for life. I’ve had many a Yogidetoxer report back years later that the basic body habits they learned in the Yogidetox dramatically improved their life... and stuck.

I hope this is true for you too.

Don’t fall into the trap of thinking that this experience of taking a break from “normal” is all about diet. The foods help. But, the self-care habits are where the rubber meets the road. You have an excellent opportunity to make big shifts in a short window of time.

As you read on - circle the habits that aren’t already automated for you. Check off the ones that are. Then, take the following page - Start Your Day Right - and pin it to your bathroom mirror. You can read it over as you brush your teeth. Multi-tasking is underrated.

Scrape your tongue and lube your nose.

Scrape your tongue each morning with a stainless steel tongue scraper or a spoon to remove any gunk & help stimulate your digestive tract. Notice what is on

the tongue scraper. Only scrape your tongue in the morning. If you tend towards dry sinuses, lubricate your nostrils in the morning with *Sinus Lube*, sesame oil, or ghee, by rubbing oil in the your nostrils with your pinky finger.

- Poop or do enemas daily.** Having a complete bowel movement within an hour of arising is optimal. Look at the Poop Champ page. During the cleanse, you can also do enemas. Info on enemas is coming next week.
- Sip hot water:** Pour 1 liter of boiled water in a thermos. Add a squeeze of fresh lemon. Sip throughout the day to help purify your blood, your sweat and urine channels, and your adipose (fat) tissue. Sip the hot water every 20 minutes throughout the day. This can be your only beverage for a deeper cleanse.
- Breathe/ exercise/walk** Exercise for a minimum of 20 minutes each morning before or after meditation and before ingesting nutrients. Morning is the time for increasing metabolic and catabolic activity. This starts the day off in a kapha-reducing manner. Sun salutations, walking, or jogging are perfect. Stored emotions bubble up to the surface during cleansing. For this reason, please go for a walk or meditate if you are overwhelmed by emotions. Move out of the realm of thoughts and allow your awareness to simply keep letting go of whatever is arising. For those in training, listen to your body instead of your training schedule. You will end up with more energy and cultivate a deeper strength with this approach. Also, if you desire to lose weight during the cleanse, eat a very light meal at dinner, or skip dinner altogether and **take a walk** before it gets dark.

Self-Massage and Bathe daily. Use either almond, sunflower, or sesame oil (available in quart size at health food store) or dry brush if you have oily skin. During the deep cleanse, try to take a hot bath each evening after your massage. Full body oil massage is external oleation, which helps move ama from the deeper tissue of the body back into the digestive tract. Find a warm spot and get out a big old towel and a bottle of organic sesame oil (raw untoasted). Heat about 4 oz. of the oil until it's warm. Sitting on your towel, massage oil into your skin – head to toe. Work as much oil into your skin as possible. Then, relax. Draw a hot bath and steep yourself for 20 minutes, then get in bed. For a detox bath, add the following to each bath: *2 cups Epsom salts, one cup baking soda, 10 drops lavender or eucalyptus essential oil.* Do not use soap. *If you don't have time for this procedure, simply rub the oil on before or at least during your shower. Take a hot bath when you have time to relax, it will bring you back to yourself.*

Meditate. Begin and end your day with Meditation. Meditation is essential for emotional cleansing. Meditating for 5 to 20 minutes at the beginning and end of the day will greatly enhance your cleansing experience. Even if it is brief, it is essential. Whenever you feel overwhelmed or have intense cravings or emotions, take 5 minutes for deeper breathing and meditation. For specific meditation techniques, visit: our Practice Lab

Silence Increase the amount of time spent in silence in your pre-cleanse. Your deep

cleanse should be spent in silence as much as possible. You are encouraged to move into silence whenever possible and appropriate. Silence also cleanses the mind, and reserves more energy for the body to remove toxins. In silence we have access to witness consciousness and the more subtle states with increased depth. If you are working, plan the silent days for when you have days off. Explain to the people you are living with your intention and ask for their support.

Orient towards Ease This course is designed to inspire you to step out of your daily life and refine your routines to fulfill your deeper desires. Design your detox so that it is relaxing and rejuvenating. If you don't have much time for yourself, keep your meals simple so that you prepare food just once a day. *The detox should be an easeful experience where we move with grace into a state of being and end up doing much less.* We can each prepare our bodies, our minds, our families, and our households for the detox by getting comfortable with the routines and integrating them into our particular situation.

Reading During this time, read and listen only to that which awakens your spirit. Check out my [favorite books](#) for this detox here.

Grace As a seated contemplation, identify what will be your greatest challenges and your greatest opportunities for the course, and **surrender the process to grace**. You may choose to do this daily as part of your morning meditation.

SELF MASSAGE

DO

- Use the same spot for oil massage
- Choose somewhere warm, private and comfortable.
- Stand or sit on an old, clean towel. When you have a regular spot you'll feel pulled there when you need a massage.
- Take time 1x week for a good session
- While your day-to-day massage might be a quick affair, take 10-20 minutes on a weekly basis to deeply explore the full benefits of self-massage.
- Make it a family affair
- If you have young children or babies, get them greasy before, during, or after bathing. Children that grow up receiving regular casual massage with bathing naturally perpetuate the habit. Teach young kids that self-massage is part of whole body maintenance by doing your massage while they are around.
- Sculpt your inner God(dess)
- Your hands are yours to shape your body as you intuit. Let your hands intuitively explore what needs to get back into circulation. Notice what needs kneading, soothing, wringing and rubbing. Have a blast.
- Start with your feet
- If you're touch-averse, start oil massage with your feet before bed. As weeks pass, you might do your hands and head. Then limbs. And finally, you might want to do a full body massage. Take it slow, and relax.
- Warm your oil for a special treat
- When you have time, warm your oil bottle in a hot water bath (like a tea mug) before you do your massage.

DON'T

- Use your favorite towels afterward
- Your towels or bathrobe will pick up the residue of oil from your skin. Use old, but clean towels after your oil massage. And don't put old towels in the dryer — they could ignite.
- Do it in a cold place
- If you do oil massage in a less-than-inviting environment you'll rush through it, instead of taking time to enjoy your body.
- Use rancid oil
- If the oil smells off... it is. Your skin is your body's largest digestive organ. What you put onto your skin goes into your blood, then into your liver. Buy organic cold-pressed oil and add high-grade essential oils for specific healing benefits.
- Rush
- Obvious as this may seem, rushing around with oil on your skin is downright dangerous. You're slippery.
- Clog your drains
- Oil down the drain hardens and builds up into a plaque. Doing oil massage after showering prevents this. If you prefer to oil massage before you shower, flush heated diluted vinegar down your pipes.
- Give up
- The benefits of oil massage on the mind and emotional body are profound. Often we think talking our problems out will help. Sometimes that works — but other times it brings more energy into the head. When you're feeling disconnected, self-loathing, or dissatisfied, feed your body love with oil and your hands. You may be surprised at how quickly you can shift into a balanced state of being.

FRIENDS + FAMILY

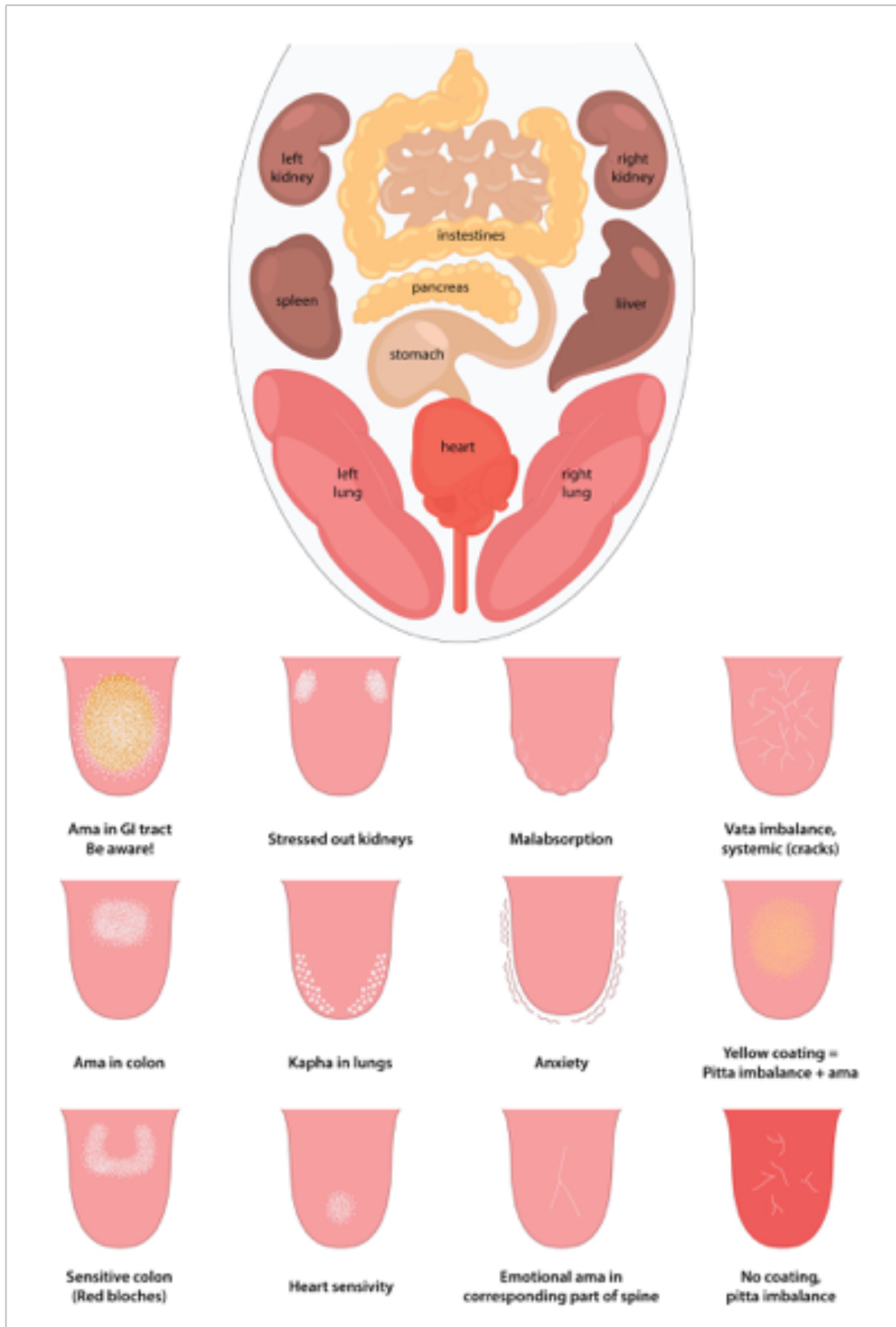
Ask for Support

Tell your friends and family when and why you are detoxing. Let the people you normally eat with know what you're be eating. Let people know you're going to be a little different and perhaps a bit withdrawn. Let them know that it's totally normal. Then, ask them if they understand why you're doing this and if they can support you. If they are up for it, tell them 1 very easy, very specific way they can support you. What I usually ask for is something like, "Can you kindly remind me I want to be in bed at 9 pm every night?" or, "If I get whiny, can you kindly remind me WHY I'm doing this? I think that may help me get centered and make smart choices. Thanks in advance."

Media & Socializing

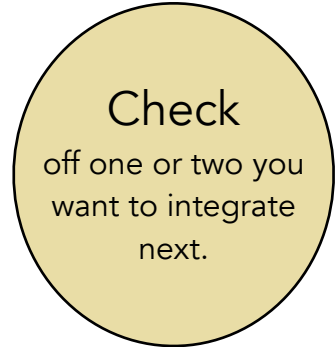
To enhance the ability of your mind to cleanse and your awareness to enjoy our naturally blissful undercurrent take in less distractions through your eyes & ears. Limit conversations, TV, radio, movies, email & web surfing, the news, random reading and other ways that you may ordinarily take in stimulus. Also, try to give yourself a week with less happening, less socializing. This will deepen your intuition and pleasure during cleansing. When cleansers feel over-scheduled it creates frustration. The mind and body don't release as deeply.

Tongue Chart



Healthier Eating Guidelines

- Be hungry.
- Be ready to receive (not emotionally distracted). Don't confuse thirst and hunger.
- Drink room temperature water between meals to clarify your hunger.
- Eat nutrients for breakfast. Either a simple cereal or a green smoothie. Start out on track.
- Eat during daylight hours.
- Have a lovely, satisfying lunch.
- Notice the life force energy (prana) in your food. Don't be distracted.
- Pause and experience gratitude. Love your food and those who prepared it before it becomes your body.
- Chew your food. Drink your solids and chew your liquids.
- Notice the tastes... the flavors... and how they change as they mix with your physiology.
- If you tend to overeat... focus on getting full with more senses than just your tongue. Also, fill over half your plate raw or lightly cooked green vegetables to enhance your chew per calorie ratio.
- Eat just as much and as frequently as your body needs. Be honest. (As a guidelines, Vatas eat 3-5 x day, Pittas eat 3 x day, Kaphas eat 1-2 x day)
- Chillax after eating. After a big meal, rest for 15 minutes, then walk.
- Eat a light dinner, leaving time to digest before rest.
- Learn about your constitution. Eat for your individual needs.
- Eat your ecosystem. The outer ecosystem becomes your inner ecosystem — your body. Honor this and open the gateway to higher intelligence.



Guidelines for Your Bodytype

Eating seasonally is the highest priority for optimal health - attune to nature's rhythms.

Secondarily, you want to attune to your personal energetic design. This where eating for your body type comes in handy. [Take a quiz to know](#)

[more about who you are](#). Then, start to see if you're on track by following the guidelines for your type below, and notice how you feel. If you feel more grounded and clear, you are on the right track.

Vatas

Vatas are already light, dry, cold, sensitive, and have a dispersing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Vata people and vata season.



Pitta

Pittas are already hot, oily, sharp, intense, and radiating. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Pitta people and Pitta season.



Kapha

Kaphas are already moist, cool, grounded, heavy, and have a condensing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Kapha people and Kapha season.



Vata types (light bodyweight, easily excitable mind)

You may be drawn to begin your cleanse with juice cleansing and move from there into soups. As you move into and out of deeper cleansing, eat heavier, oily foods such as avocados, soaked nuts and seeds, and add spice like ginger and cayenne. Use mostly soups during your cleanse, warmed and moderately spiced, or warm your juices up. Combine dark leafy greens with avocados or soaked nuts.

Pitta types: (medium bodyweight, intense mind)

You may be drawn towards a deeply purifying juice cleanse or all living foods. In general, steer towards a mild, more bland diet with plenty of roots and greens, sweet fruits, mild spices, sprouted grains, coconuts and avocados, and plenty of fresh sprouts. After a deep cleanse, protein may be desired through almonds and sunflower seeds.

Kapha types: (heavy bodyweight, fluid mind)

You may be drawn strongly towards 1-3 days of hot water fasting, and from there moving into some spicy juices and spicy light soups. As you move into and out of deeper cleansing, eat something bitter first in the meal. Keep nuts and seeds minimal. Spice foods well, minimize salt, soak and sprout nuts and seeds. Enjoy apples and pears, lemon, ginger and parsley.

The Glorious art of Pooping Tip Sheet

Many of us were not potty trained very well. The human being is designed to wake up and evacuate urine and feces. If you don't.... things aren't quite optimal in your body. Let's correct that.

If you're not waking up and having a complete bowel movement with an hour of arising, you are carrying waste from yesterday's activities into today. Your energy won't be as optimal, and you won't be able to experience the natural really good sensation of prana circulating in your colon that comes from a complete bowel movement, and is the natural antidote to the heavy quality of morning (Kapha time of day).

Powerful Pooping Foods

- Green juice with celery, cucumber, apple and ginger
- Beet juice, steamed or baked beets or beet greens
- Add chia seeds to your smoothies or eat chia porridge. Fully hydrate the chia.
- Gently steamed leafy greens
- Baked beets
- Probiotic foods like Sauerkraut - 1/4 to 1/2 cup with meals or miso soup
- Eat more vegetable fiber (non-starchy root vegetables) and more healthy fats, like avocado, fresh salad dressings + sauces made from a base of blended nuts.

Become a Pooping Champion

- Wake up and drink hot water until you poop. Take time each morning to sit on the pot after drinking hot water. Doing a down dog or handstand before can also help.
- Use a squatty potty.
- Hydrate. Drink only water between meals. Optimally, spring water or well water that has been boiled for 5 minutes, then consumed hot or at room temperature. Drink 2-4 cups of water upon arising.
- Before bed, try: *Triphala* or [CALM](#) (from your natural foods store). 1 tsp mixed in 4 oz. water.
- Do water based enema series, followed by an oil enema. Instructions follow!
- Avoid grain, meat, and dairy to discover how much they are clogging your main drain.
- Eliminate processed foods.



AYURVEDIC OLEATION

The toxins that are most harmful are fat-soluble, not water soluble. For a more profound level of detoxification, you need to mobilize and escort oil the fat-soluble toxins. Oleation happens in 2 ways:

1. Skin - through oil massage
2. Gut - through internal oleation

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.*

Oleation is before the deep detox, although it's a deep detox experience in itself.

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.

Ghee/Raisin Oleation Recipe

This is an easy way to take ghee:

Soak overnight:

- A small handful of raisins
- Pinch of cinnamon and ginger

In the morning, blend this with the ghee (see amount in chart below). And drink.

Wait until a strong appetite returns before eating breakfast.

Flax + Sesame Seed Oleation Recipe

- 1/4 c. raw flax seeds
- 1/4 c. raw sesame seeds

Mix in skillet. When the first seed pops, grind in a coffee grinder. Take 1 tbsp. ground seeds 4x a day, after each meal or before bed.

Flax + Sesame Oil Oleation Recipe

- 1 tsp. tahini
- 1 tsp. flax oil

Take 3-4 x day, before meals.

Oleation Schedule	Day 1	Day 2	Day 3	Day 4	Day 5
Before Breakfast	2 tsp. ghee	4 tsp. Ghee	6 tsp. ghee	8 tsp. ghee in morning. Take 2-3 tbsp. castor oil in evening	Rest Day

SALT WATER FLUSH

Why

A salt water flush empties the digestive tract. The salt solution has the same *specific gravity* as your blood. It causes a "tidal wave" effect—pushing everything along until it comes out the other end. The best time to do a salt water flush is the first day of your deep cleanse. Those juicing or doing the Spicy Lemonade Cleanse can do it daily.

"Lose Weight, Have More Energy Be Happier in 10 Days" is about the Master Cleanse. In it he states: "The reason for two teaspoons of salt is to increase the weight (specific gravity) of the salt water until it matches the weight of the blood. When the salt water and the blood are the same weight, the body will treat the salt water as though it were blood, not absorb the salt from the digestive system, and will just 'flush' the salt water through the system instead of absorbing it."

The salt loosens crap from your digestive tract, pulling fecal matter and mucus off the walls. It pulls the good and bad bacteria down the shoot. If you do any salt water flushing, you'll need to eat probiotic foods (miso, sauerkraut) as you emerge from your detox.

Why Not

If you have a pre-existing condition or are currently taking medications, it's best to check with your doctor before doing a salt water flush, just to be on the safe side. If you have high blood pressure, weak kidney function, or adrenal fatigue I don't recommend it.

If you are on a low sodium diet, you won't need as much salt. Reduce by 1/4 the amount.

Troubleshooting + FAQ

Q: It didn't work.

A: Some bodies need more or less salt. You are aiming for your blood salinity level. Chances are you were dehydrated before you began. Drink plenty of fresh water, preferably warm to hot.

Q: I'm bloated.

A: Chances are you were dehydrated before you began. Drink plenty of fresh water, preferably warm to hot.

How

Depending on the speed of your bowels, plan on 1-2 hours to be at home for your flush. Do it first thing in the morning. I often drink a quart of fresh water before the salt water - otherwise I get dehydrated. Vata-types will not need to drink as much water or salt water. As you experiment, adjust with what works for your body.

In a pan, warm:

- 1 liter of water
- 2 tsp. sea salt or pink salt (use a high quality salt)

Once the salt is dissolved, pour into a glass jar. Add a squeeze of lemon. Put on lid and shake to ensure salt does not settle on bottle.

- Guzzle the water in 5-10 minutes. Fast is effective.
- Lie on your left side and do a quick belly massage. Flip over and do it again.
- Within 10-60 minutes you will probably eliminate. It can take longer.

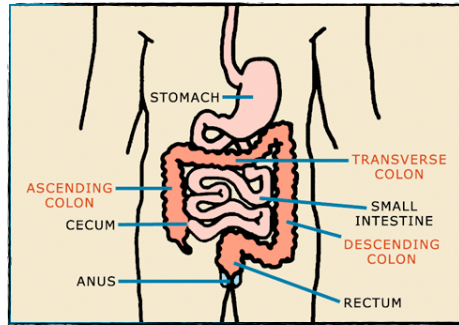
Once you are done pooping, rehydrate.

- Drink water. Salt water is dehydrating. Stay hydrated.
- Take an electrolyte packet or dissolve a tablet. You will lose all your good gut flora during salt water flushing. Replace electrolytes daily.
- At the end of your detox, use probiotic pills or even better, eat your own homemade sauerkraut. Start fermenting your kraut on the first day of your detox and it will be ready by the end.

ENEMAS

Ayurveda uses enema therapies for cleansing and purification of the colon.

Water-based Enema (for those who are fasting or juice fasting)



- It's best to do a warm sesame oil enema the day before doing a cleansing enema, and the day after your last cleansing enema.
- Purchase an enema bag and rinse it out, for sale at local drugstores.
- Fill with the recipe of your choice from the column on the right, or simply warm water. Temperature about 103°Fahrenheit
- Evacuate the bowels and bladder, if possible before you begin the enema.
- Spread a few clean towel or two on the floor in a comfortable and warm place. Lubricate your anus with olive oil or ghee.
- Do not use force to insert the enema tip into your rectum as this may result in injury.
- If using a bottle – squeeze until empty. If using the bag, use the release valve and take in as much as your body easily allows, until you feel peristaltic action
- Empty bowels.
- Repeat enemas until the bowel is clean and the water comes out clear (6 times is a close to colonic dosage).
- Wash your bag or bottle with hot soapy water. Rinse well. Hang to dry.

Salt & Soda Enema

1 tsp. sea salt per quart of water
1 tsp. baking soda per quart of water
1 quart warm filtered water

This is a simple easy enema for a healthy colon cleansing program. Choose a high quality salt. The salt softens the walls of the colon. Use 4-5 quarts until your release is clear. Then do a final rinse with plain water, the chlorophyll recipe, or acidophilus recipe below.

Liquid Chlorophyll Enema

Chlorophyll regenerates at the molecular and cellular level. Foods highest in chlorophyll are the most alkalizing. Chlorophyll is also anti-carcinogenic, making it a cancer preventative. It's anti-oxidant and anti-inflammatory and anti-candida. Basically, it's pro-life and anti-disease.

Alfalfa is a rich natural source of chlorophyll, vitamins, minerals and protein which supports a healthy colon. Alfalfa has also been used to treat kidney stones, relieve fluid retention and swelling, and nourish the digestive, skeletal, glandular, and urinary systems.

1 oz [liquid chlorophyll](#) or 2 tbsp. alfalfa powder
2 quarts warm filtered water (Mix well)

Acidophilus Enema

Establishing balanced bowel ecology is a priority. Replacing beneficial body flora with acidophilus. Do not use yogurt if you have an allergy to dairy products. The imbalance of intestinal microorganisms requires replacing the friendly bacteria on a regular basis orally and/or rectally. Studies show that reestablishment rectally is faster than when taken orally.

4 Tbsp. yogurt or
4 - 5 capsules dry acidophilus or
1 tsp. powdered acidophilus
2 quarts warm filtered water (Mix well)

COLON IMPLANTS

Instructions

An implant is when you hold about 1 cup of a healing liquid in your colon for 20 minutes or overnight.

Holding implants overnight is better.

Inject before bed. Always make your implants and enemas body temperature warm before injecting. If you are concerned with leaking, use a menstrual pad and underwear, positioned under your anus, to catch any leaking. If you have the urge to fart in the night, be aware, liquid will come out. Go potty instead.



Buy a \$1 saline enema kit at the drugstore. Don't use an enema bag -they don't work for implants. Empty and rinse your bottle. You'll fill it with your recipe.

- Lubricate your anus with sesame oil.
- Insert the tip of the enema (with the tip pointing toward your belly) into your rectum with gentle, steady pressure and a slight side-to-side movement.
- Squeeze until bottle is empty.
- Retain enema as long as you are comfortable, ideally up to 20 minutes.

Positions for Using Enema

- Left-side position:** Lie on your left side with your right leg forward and bent close to your abdomen. Let your arms rest comfortably.
- Knee-chest position:** Kneel on a clean bath towel spread on the floor and crouch forward on your elbows. Keep your head and chest as close to the floor as possible with your hips up. You may find you are better able to retain the enema in this position.

Sesame Oil Implant

Sesame oil is warming and nourishing to the colon. It's high in minerals, like calcium. Fill your bottle with warm sesame, organic non-toasted sesame oil. This is the easiest enema to prepare.

Slippery Elm Implant

Slippery elm has been used as an herbal remedy for gastrointestinal symptoms including diarrhea, IBS, bloody diarrhea and hemorrhoids, neutralizing an acidic colon and absorb foul gases. It is very soothing for the intestinal lining. It's demulcent property coats and soothes the digestive tract.

Boil:

- 2 cups boiling water
- 4 tablespoons of slippery bark powder

Steep for 5 minutes. Blend. Strain. Store in fridge. Warm 1 cup of your slippery elm solution for your implant.

Oil & Dashmula Tea Implant:

For irritation and chronic dryness or constipation in the colon, or osteoporosis in the hips.

Simmer ½ cup dashmula in 2 quarts of water, uncovered for 1 hour. Cool. Strain. Pour into a sterilized jar. Store in fridge until use. Combine ½ c. dashmula tea with ½ c. sesame oil. Hold liquid in colon for 20 minutes or overnight.

THE PURGE (After OLEATION)

In traditional Ayurvedic detox after oil is coming out in your stool, or the morning oleation makes you nauseous, your body is communicating that you have completed oleation.

After oleation you purge the g.i.tract. You can do a salt water flush (see other tip sheet), or organic, cold-pressed castor oil from the health food store.

On the eve of Day 4, eat an early, light dinner, or skip dinner. Before bed, take 2-4 tbsp. castor oil chased by a 1/2 c. fresh squeezed orange juice. If you are sensitive - 2 tbsp. If you are on the bulkier side and have more stagnation - take up to 4 tbsp.

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. Don't eat until after you have purged.

After your Purge

Eat only when your earnest hunger returns.

Traditionally, after castor oil the diet is a rice or barley water, followed by a thicker grain soup. It's soothing and nourishing to your gut.

Over the years I have found that fresh green juice, broth, and fermented foods - like miso soup or sauerkraut work very well, especially for those who get constipated or bogged down from grains. So, if that is you, do that instead of the traditional grain soup.

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 or Barley 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 white basmati rice 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 or Barley 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 or Barley 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.

Manda, Peya, Vilepi recipes adapted from
Dr. John Immel Joyfulbelly.com

FAQ's

How should I reduce coffee, alcohol or marijuana?

Either go cold turkey or wean slowly. I advise the latter. Detox headaches and body aches are real. They happen when more toxins are releasing than are being eliminated. You can slow this down by weaning off in 4-7 days, instead of overnight.

For coffee - go to 1/2 decaf, then decaf, then to decaf green tea, then to hot water with lemon.

For alcohol or pot, if you can go cold turkey, then do so. When you have the urge, go for a quick walk outside instead. 5 minutes is plenty. Breathe deep. When you're done, drink a glass of water. Build a new habit around this "emotional trigger".

To reduce the chance of headaches from reducing these lovely treats, take skullcap herb - 3 capsules 3 x a day for a few days.

Should I continue to take all my vitamins, minerals, amino acids during the detox?

In herbalism there is a rule of sixes with supplements. Six days on, one day off. Six weeks on, one week off. Six months on, one month off. You can explore the rule of sixes if you want. Then as you add your supplements back into your routine one by one you can determine how they affect you and whether or not you need them on a daily basis.

Medications:

Continue to take your prescribed medications, or talk to your doctor about weaning off medications you are uncomfortable taking.

What should I eat?

Take time to follow the lessons and read through the recipes. Notice what you're attracted to. Don't second guess yourself - all of the detoxes are time-tested and work. Simply decide and begin.

I don't have much time to prepare food. What should I do?

The best time of day to prepare your food is in the morning. If this is not possible, prepare your food the night before. Or use a crock pot to cook a soup or kitchari overnight. I recommend keeping your days simple by eating the same meal all day.

For those who want cooked food, but don't have much time to cook:

1. Go to bed early & prepare all of your food for the day in the morning, *or if you must, the night before.*
2. Buy or borrow a pressure cooker and cook in the morning to cook fresh food daily quickly. If you buy one, make sure it's stainless steel. I prefer a 3-quart size.
3. Or, cook your food overnight in a crock pot or slow cooker.
4. Eat the same thing for 3 meals: either Kitchari or one of its variations.

Pressure Cooker Guidelines

1. In general, for regular kitchari, have pot at pressure for 10-15 minutes. Bring the pot to pressure with medium high heat; once at pressure, reduce to low heat.
2. Pressure Cookers can only be filled halfway with liquid. If your pressure cooker isn't big enough to accommodate the recipe, add as much liquid to halfway, then after cooking, add the additional liquid.
3. To release pressure quickly, put pot in sink under cold running tap water.

I have a headache.

You are detoxing in a major way and that doesn't always feel very good. Do an enema to relieve your headache. Enjoy an oil massage and take a bath before bed. Try to get to bed early. Your body is

going through a dramatic shift right now - be sure to take it easy on yourself!

I'm not sleeping well.

Attune to natural light and moonlight. Try not to use much electricity (or anything with a screen) after sunset and see when you naturally become sleepy. Journaling by low light is fine if you are still alert, as is meditative reading. If you meditate in the early hour of darkness, you might find yourself moving into quiet contemplation, or getting ready for sleep.

Lie in bed and meditate on surrendering into the back body before falling asleep. Wake up around dawn, or just before, and begin your day. Try to do the same routine each morning, varying routine only to refine it. If you have insomnia, herbal supports can help. Ashwagandha, 2 tablets after dinner, and 1 after breakfast tones your nervous system. *I Sleep Soundly* is a sedative. Both available at: (www.yogahealer.com/banyan)

I'm hungry, what should I do?

During cleansing you may feel hunger more acutely. This isn't bad or dangerous. Don't be afraid of your hunger, instead, check it out. See what the emotional differences are for you between hungry and full.

On the flip side, our bodies do best when we eat around the same time everyday. Sip hot water between meals. Eating the same thing more at less at lunch and dinner can ease the body's assimilation process. If your body is used to eating meat regularly, then it may take you awhile to assimilate amino acids from beans or greens. If you're eating raw, increase fat via sesame seeds, hemp seeds, and avocados. If you're eating cooked, use more oils and beans. Adjust the recipes according to your needs.

I'm way too emotional. What should I do?

A walk outdoors is usually the best way to shift

your emotions. Also, oil massage, sunbathing, bathing, meditation, or yoga are all great activities clearing emotions.

I'm not pooping, what should I do?

Read The Glorious Art of Pooping Tip Sheet. Do a water-based enema.

Should I get colonics?

Colonics have their place - but definitely are not for everyone. The water can aggravate vata and create depletion some people - especially those with apana vayu issues. It's also have on agni (digestive fire), which is why they prescribe probiotics after colonics.

In the Yogidetox, we use first an oil enema, then cleansing enemas and end with oil enemas as needed, more specifically than a one size fits all approach.

I have chronically loose stools. What can I do?

You could try 1 part: equal parts: bilva, cumin, coriander and fennel with 1 part slippery elm and 1 part triphala - take 1 tsp three times a day 30 minutes before meals.

Special Circumstances

Plan around Menstruation

When you menstruate you want to sooth your body into releasing blood. You don't want to use strong actions like enemas, salt water flushes or even nasal oiling as a toxin removal therapy during menses. Some practitioners also don't advocate for oil massages, steaming or bathing during menses. If you are planning a deep detox - make sure to avoid oleation and purgation during your menstrual time. When menstruating, keep following your detox diet and lifestyle patterns. Spend time on your cushion and your mat.

Breastfeeding

Many women worry that when detoxing that her toxins will go through to the baby. While that is true, what is also true is that the toxins are already going through to the baby.

The postpartum diet is a nourishing and detoxing diet. Use the recipes and follow your heart's desire, sticking with warm, mushy and oily and gently spiced soups and stews. If your baby is younger than 5 months avoid the oleation and purgation - focus on your self nourishment and sleep.

I'm pregnant or within 3 months postpartum.

You need heavier food, add sweet potato, coconut milk, bone broths coconut flakes, soaked, peeled almonds or rice to any of the dishes; or add avocado and chopped roasted nuts to salads. Have plenty of healthy fats in your meals. No oleation, salt water flushes, enemas, or purges for you. Focus on a very simple, very nourishing diet and dialing in your daily self-care practices on the daily rhythm schedule.

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.)

Supplies

Where can I buy high quality seeds for sprouting, nuts, and oils?

I'm a big fan of [Thrive Market](#). Raw Food World. I buy seeds to sprout, sprouting tools, nori sheets, coconut butter, chlorella tablets, and other items I want fresh and affordably:

www.yogahealer.com/food

Emerging from A liquid diet

If you've done a few days of water and/or juice fasting, you need to be careful when you begin to eat food again. Your digestive tract is very sensitive. I recommend in this order:

- Whole fruits
- Vegetable soups, miso, sauerkraut with meals
- Steamed vegetables sauerkraut with meals
- Salads sauerkraut with meals
- Soaked, sprouted or cooked grains added to soup sauerkraut with meals
- Sprouted or cooked legumes in a soup or stew sauerkraut with meals

If you have trouble digesting or absorbing nutrients, mix together the following spice powders, and take 1 tsp. in a few ounces of warm water: (ginger, cumin, fennel, black pepper, cardamom). You can take this spice mixture for a week before meals).

Emerging Food

What Now?

The period of time in which you emerge from your cleanse is as important as the preparation and deep cleanse phases. It is a time of reflection, introspection and consideration. You will exit the cleanse as you began it: slowly and mindfully. You will continue to journal, you will consider which practices you may want to incorporate permanently. You may even sense that your body isn't finished cleansing, and continue your cleanse for a longer period.

Notice the effect of each food on your body and with your mind. Don't introduce too many foods too soon. Take it slow. See what you really like. Notice what has adverse effects and take note! Don't blow off your body's awakened wisdom!

- Honor your belly fire Agnivesa, the fire god that lives inside of you by eating your meals regularly, not snacking, and stoking your digestive fire if necessary.
- Keep it simple!
- Continue sprouting seeds and pulses and soaking grains.
- Keep recipes and food ideas very simple. If you crave more protein, introduce fish after a few days.
- Introduce heavier foods at lunch time, when digestion is strongest.
- Eat dinner early.!
- Check in with whether that food produces ama – does it make you feel heavy? Is your tongue coated? Does it have any side effects?
- Keep your meals well spaced, and DO NOT SNACK. Snacking easily creates ama. If you're hungry before your lunch or dinner is ready, have raw vegetables (carrots, celery, radishes).
- If you have a busy schedule, cook all of your food in the morning. This will keep you from random snacking.
- Eat mindfully. Sitting down. Not driving.
- If you crave meat, try introducing fish with steamed vegetables (with a sauce or salad dressing), and avoiding starch. This makes it easier to digest. Same with starches – have them with vegetables alone, and not meat. If you crave bread, sprouted grain breads (in the freezer section) are the lightest to start with.

Tips for Screwing Up, Over-eating + when you still have Ama

To empower digestion when introducing heavier food, or when you have trouble digesting or absorbing nutrients:

- Eat a slice of ginger with honey and lemon juice before eating. Check your tongue 20 minutes after eating, and then an hour later.
- Mix together the following spice powders, and take 1 tsp. in a few ounces of warm water: (ginger, cumin, fennel, black pepper, cardamom). You can take this spice mixture for a week before meals).

Craving Sweets?

- Try baked root vegetables. Juiced carrots or beets. Use raw honey (but never heat or bake with it), agave or maple syrup.
- Easy nut cookies** (at least 2 days after the cleanse!). Grind 2 cups almonds or cashews in coffee grinder until they become a powder. Add 1/4 c. maple syrup, 1 tsp. cardamom powder, 2 tsp. Water, (enough to make a batter). Bake on buttered up cookie sheet at 300' until golden brown. Enjoy!

Your Emerging Action Plan

While each person's action plan will be unique, everyone should have some type of action plan for going forward. Go through your journal entries and decide, and put in writing, which practices you plan to continue.

Here are some suggestions:

- Keep sipping hot water
- Juice daily
- Incorporate more living foods into your everyday diet
- Don't snack
- Don't eat leftovers
- Continue daily yoga/meditation
- Make lunch the main meal of the day

Meal Planning

Eating in accordance with your higher purpose is not necessarily easy. It is worth the effort, and it takes planning. Here are some guidelines to keep you on track.

- Make a weekly menu outline.
- Get out your cookbooks and make a grocery list. Set aside a time slot each week to do this. Pour yourself a cup of tea and make this a fun and creative time. Choose seasonally and doshic-ally appropriate meals. Get input from family members.
- Put the menu on the fridge.
- Remember, this is an outline. Be flexible and allow for change as schedules change and things come up.
- Shop for the week.
- Stock up on staples and buy fresh ingredients you'll need for the week.
- Before bed each night, look at your menu to remind yourself of what you'll be eating the next day.
- Plan to do some prep work – slicing, peeling etc., when you are able. Early in the morning is best. Soak any grains you'll be using the next day before you go to bed.
- Use early mornings to prep what you can.
- Cook grains, bake a squash, steam some vegetables while you do your morning meditation and yoga.

Planning ahead is the key to eating the way you want to. The better your plan the less you regret your actions.