

Firestarter (week 2)

SPRING AYURVEDIC CLEANSE MANUAL



Phase Two - ACTIVE CLEANSING

Way to go! You've properly completed the first stage of an Ayurvedic cleanse and may already be feeling lighter and more clear. You are now entering the deeper phases of detoxification where environmental and dietary toxins lodged deep in fat cells are released and pulled to the GI tract for elimination, while simultaneously conditioning the body to burn fat for fuel.

This week is the actual “scrubbing” of the GI tract, where your diet shifts from the seasonal whole foods of week 1, to a mono diet of kitchari [kich-ah-ree] with daily morning doses of ghee on an empty stomach. You will eat kitchari for all of your meals (and snacks if you need to).



Kitchari is a simple, easy-to-digest meal made of yellow split mung beans (hulled) and basmati rice, and cooked with ghee (clarified butter) and digestive spices. Although it can be eaten at any time, this Ayurvedic superfood is typically reserved for and used medicinally – often it’s the first food given to babies in India, or fed to the infirm or elderly. The ingredients in kitchari offer the body the necessary carbohydrates, protein, and a healthy fat to nourish the body during the cleanse, while the combination of cooking it with a long grain white rice into a soupy consistency has a low glycemic load. ***You will make a fresh batch of kitchari each day and eat it for all three meals, having as much as you need, and never starving the body.***

According to one of my Ayurveda teachers, Dr. John Douillard, a common reason people have trouble with cleansing is due to unstable blood sugars that are worsened by the detox process. Austere fasting or juicing cleanses can deplete blood sugar reserves and while the goal of a cleanse is to shift the body into fat-burning mode (where the more dangerous toxins like heavy metals, preservatives, chemicals and pesticides reside), the body is too stressed and minimal fat is burned.

STRESS = FAT STORING VS. NO STRESS = FAT BURNING

The objective of any cleanse should be to convince the body that life is not an emergency and it's okay to burn that stored fat and release toxins. ***Kitchari provides a complete protein that will keep blood sugars stable during the cleanse.*** Otherwise, ironically, the body's reaction to the cleanse could be as a fat-storing emergency!

The split yellow mung bean is the medicinal superhero of legumes. It is the only bean to be classified as anti-vata or anti-gas, devoid of any “flatulence factors” unlike other legumes. It's packed with important minerals like magnesium and phenols, and some of the most exciting research reveals that two major mung bean flavonoids, vitexin and isovitexin, were able to turn off one of the body's major anti-aging switches called HMGB1 (High Mobility Group Box 1), which trigger the release of toxic and degenerative cytokines in the body.¹ In one study using animals, these mung bean flavonoids were so effective in blocking the HMGB1 protein that they helped increase blood poisoning survival rates by a whopping 82%.²

Furthermore, yellow mung beans are loaded with magnesium and block the oxidation of LDL cholesterol particles which can cause damage to the arterial walls and other tissues, thereby supporting heart health and a strong cardiovascular system. Lastly, they contain a high amount of insoluble fiber, which ferments in the gut and produces a fatty acid called *butyrate*– a main constituent in ghee. Cells in the colon thrive on this fatty acid, which feed the “good” bacteria and is incredibly supportive to the health of the colon.³

Why white basmati rice instead of brown? Because it's easier to digest and cooling to the body. Although brown rice will supply more nutrients than white rice, the brown grain still has its husk – which can irritate the intestinal wall and cause digestive gas or abdominal pain during cleansing, which is already a time of compromised digestion.⁴

As you can see, ***kitchari is far more than a bowl full of rice and beans. It facilitates fat metabolism, which in turn, facilitates a deep inner calm, creating the natural state for spiritual inquiry and practice.*** “Having adequate protein to maintain blood sugar stability during a cleanse can facilitate feelings of inner peace and calm” (Douillard). ***This is why kitchari was fed to monks and ascetics; to help create a greater stillness to access old toxic emotional and behavioral patterns.***

For the first 5 days of phase two, you will begin by taking melted ghee on an empty stomach, at least 30 minutes before your breakfast. This signals to the body that it's time to go into “fat burning mode” and provides the nutrition needed to heal and soothe the tissues along the GI tract. Each day, you take a little more than the day before.

Day One = 2 tsp. ghee

Day Two = 3 tsp. ghee

Day Three = 4 tsp. Ghee

Day Four = 6 tsp. Ghee

Day Five = 8 tsp. ghee

If you experience nausea, avoid laying down or going to sleep and gently sip some ginger tea afterward. As one of my teachers, Dr. Rosy Mann, said to me once, “...healing cannot always be comfortable.” These are my recommended doses for the cleanse. But if it's too much for you, honor your own wisdom and modify accordingly. Just be sure to take some ghee on an empty stomach each morning, and gradually increase it each day. It lubricates the body and GI tract, and softens the toxins for elimination.

By the end of day 3, you may already be bored eating kitchari. This is normal. Use the chutney's in the recipe section to jazz it up a bit. It's also a good time to reconnect with your intention for doing this cleanse in the first place, or to reach out to your support in our Facebook Group or from the list you created in phase one.

Energy levels typically take a more significant dip during this phase and other side effects include: acne or skin flare ups, stiff joints and an achy or weak body, nausea. Some people have difficulty digesting kitchari and if you feel constipated or bloated, gently massage some warmed castor oil on your abdomen. For the more experienced with Ayurvedic cleansing, consider temporarily supplementing Days 3-5 with the Banyan Botanicals Ayurvedic formulas (www.banyanbotanicals.com) mentioned here.

*****If you're new to cleansing, save these herbal formulas for a few cleanses down the road and focus on the methodology of your routines instead.***

1. **Triphala:** Take (2) tablets daily with warm water just before bedtime on an empty stomach. A formula of three different herbs, this has a laxative and purgative effect, that tones and rejuvenates the GI tract. It can also be a bit drying for some people.
2. **Liver Formula:** Take (1) tablet daily with warm water 30 minutes before meal. A formula containing eleven different herbs known for purifying the blood and moving stagnant lymph.
3. **Ashwaganda:** Take (2) tablets twice a day, once in the a.m. with warm water and again in p.m. with warmed milk. Has a mild sedative property and calming effect on the mind, promoting sound sleep and anxiety neurosis. Improves muscle tone and shows marked anti-arthritis activity.

During this stage of your cleanse, it is important to develop good sleep hygiene. Ayurveda recommends a bedtime no later than 10pm. By honoring the curfew on technology, and implementing some other self care strategies like pranayama, self-massage, or restorative yoga to name a few, you rehabilitate your biorhythms with those of Nature, and will find it easier to fall asleep. Similarly, Ayurveda recommends daily morning practices that support the cleansing processes. Rising by 6am and performing some gentle movement and stretching circulate the lymph, synovial fluid, and blood. Cleaning the sense organs like the tongue and skin, or warming, stimulating pranayama techniques and gentle yoga twists all encourage a morning elimination and the proper flow of vital life force (*prana*).

Rinse, Cleanse, Sip, Massage, Soothe, Breathe. These are among my morning rituals. For the evenings, it's Dim, Infuse, Soothe, Soften. Look for more on my daily routines and rituals (*dinacharya*) on the private Facebook group.

By supporting your diet and sleep patterns, the mind-body gets back to the business of healing itself. As I mentioned in the audio recording, the strength of our digestive fires – both gross and subtle – is where the power of transformation reveals itself. To enhance that healing response, the systems of Ayurveda and Yoga also recommend refraining from sexual activity during a cleanse.

Each of the 13 Agnis in our body work in succession to process and digest our food and life experiences. Each one refining our nourishment a little further before passing it on to the next, producing at the end what Ayurvedic medicine considers the most powerful tissue in the human body: reproductive fluid (*Sukra/Atarva*). It's so powerful, a small amount of it *creates life itself*. So during this cleansing program, I recommend you conserve that energy and redirect it towards some mindfulness based practices:

- Meditation
- Slow walks outdoors in nature
- Mantra
- Listening to inspiring words or music
- Coloring in your an coloring book
- Put an 8pm curfew on electronics
- Create a consistent bedtime routine without the use of electronics
- Practice soothing & rhythmic pranayama (i.e. Ujjayi or Nadi Shodhana)
- Take long Savasanas (15-20 min.)
- Call an old friend or family member you haven't spoken to in a while
- Enjoy good company; spending time with positive, kind, compassionate people
- Establish/schedule times of silence
- Light some candles and write in your journal any thoughts, feelings, or observations you're experiencing
- Take a warm bath or shower in the evening
- Self-massage with warmed sesame seed oil, including the scalp

These practices are considered nourishment too. They are just a few suggestions of *Sattvic* activities, producing a state of mind that is clear, happy, light, and content.

By the end of Day 5, environmental toxins, pesticides, and preservatives have been pulled from the deeper, fatty layers of the body and are now closer to the surface. Side effects may intensify as toxins that have been accumulating for months (or years), have been loosened and dislodged from your deep tissues. We must give them an exit strategy: Elimination.

In the early evening on Day 5 (about 2 hours after your kitchari dinner), mix 2 teaspoons of castor oil with a small glass of orange juice and drink it down as quickly as possible. This will initiate the purging of the bowels. Over the next several hours, you may feel some abdominal cramping and will take frequent trips (4-15 times) to empty the bowels.

The first expulsions will be with soft stools or diarrhea-like. Do not repress any urge to eliminate and go as often as the body demands. When the body is finished cleansing, your bowel movements will become mostly water. Such frequent trips to the bathroom may irritate the anus. If you feel burning in the area, massage a small amount of aloe vera gel into the tissues. You can also wear a sanitary napkin or adult disposable diaper to bed for any seepage while you sleep.

If you do not experience a bowel movement after the castor oil, do not worry. Sometimes changing your diet or reducing stimulants like coffee can cause your bowels to slow down. Also, your colon may be too dry. To help, you can apply a castor oil pack as described in this manual or try some of these gentle remedies for mild constipation:

- a. At night, boil 1 T. flax seed in a cup of water for 2-3 minutes and drink the entire mixture.
- b. Eat a peeled apple one hour after meals
- c. Eating two very ripe bananas can relieve mild constipation
- d. Take 1 teaspoon of Triphala steeped in 6 oz. of hot water right before bed

References:

- (1) <http://www.ncbi.nlm.nih.gov/pubmed/22845335>
- (2) <http://www.ncbi.nlm.nih.gov/pubmed/23193422>
- (3) <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3070119/>
- (4) <http://lifespa.com/whats-so-amazing-about-khichadi/>

Phase Two Recipes

Kitchari (makes approx. 5-6 servings)

- 1 c. each mung beans, chopped yellow onion, chopped fresh cilantro
- 2 c. basmati rice
- 10-15 c. water (depending on how soupy you like it)
- 1 T. each turmeric, salt
- 2 t. Savory Spice Mix
- 1 ½ T. black pepper
- ¼ c. ghee
- 1 ½ T. each chopped garlic, grated fresh ginger root
- 1 T. each ground coriander, cumin seeds
- Steamed or sautéed seasonal veggies if desired

Rinse the rice and beans. In a heavy bottom soup pot, bring the rice, beans, salt and water to a boil. Reduce heat to low and continue cooking for about 45 minutes or until the beans and rice are soft. It'll be about 8-10 min. if using a pressure cooker. In a separate pan, heat the ghee over med-low heat, then add the ginger, garlic, onion, turmeric, cumin, and coriander. You can also add ¼ t. mustard seeds (optional). Saute until the seeds start to pop and you can smell the aroma of the spices. Remove from the heat and add this mixture (plus the fresh cilantro and/or veggies) to the rice and beans and stir well. Squeeze fresh lemon juice over it just before serving.

*Tip: Soak the beans in water the night before to make them easier to digest and faster to cook.

Ghee

- (1) pound of unsalted, organic butter
- Cheesecloth
- Fine mesh tea strainer
- Glass container with lid (Pyrex is great) for storage

In a medium-sized saucepan, melt the butter over low heat, stirring occasionally for an event melt. It will begin to bubble and foam at the top, which you should scoop out with a spoon and discard. Eventually, the foaming will subside and the milk solids will settle at the bottom of the pan. Do not stir the butter at this point, it'll disturb the settlements - which you'll filter out.

After about 15 minutes, the liquid will change color to a light-amber or gold and emit a slightly nutty aroma. Now it's ready. Strain the liquid through your mesh strainer, lined with a piece of cheesecloth, into your glass containers. Let it cool completely, then close with lid. Kept out of sunlight, ghee has a shelf life of about one year. It tastes great when drizzled on veggies or used as a replacement for butter in other recipes. Enjoy! Yields approximately 1.5 cups of Ghee.

Sesame Seed Chutney

- 1 c. roasted and ground sesame seeds
- 1 t. cayenne pepper
- ¼ t. salt

Blend all ingredients and serve a dollop alongside kitchari.

Cilantro Mint Chutney

- 2 bunches fresh cilantro
- 1 bunch fresh mint
- ¼ c. chopped fresh ginger root
- 1 T. each, rock salt, whole coriander, honey
- 1 minced jalapeno pepper (optional)
- 2 T. lemon juice
- ½ T. garam masala

Remove cilantro and mint from stems (or not. I just trim the ends to save time). Blend all ingredients in a blender or food processor until smooth, but not pureed. Store in fridge for up to 1 week.

Digestive Tea

- ½ t. each cumin, coriander, fennel seeds
- 1 ½ c. water

Bring ingredients to a low boil for about 10 minutes. Strain and drink with meals.

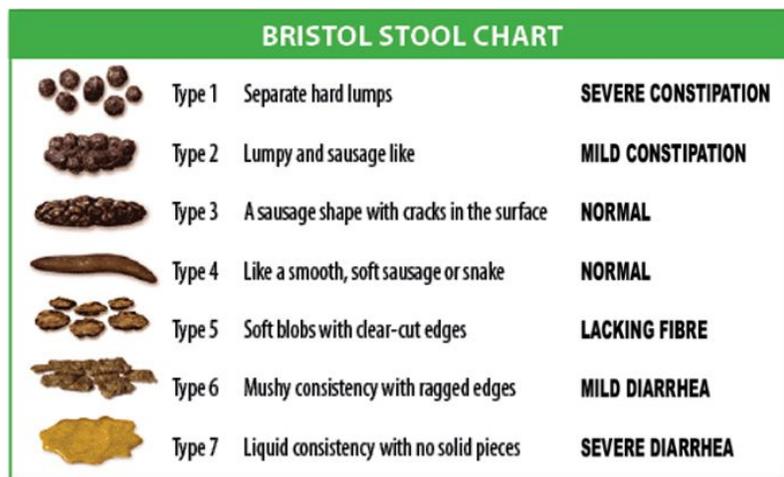
Castor Oil Pack Instructions

Castor oil (V-P-K+) has been a naturopathic arsenal dating as far back to ancient Egypt. Famous medical intuitive and author, Edgar Cayce, advocates it for many things. Derived from the castor bean, the oil was traditionally used internally as a laxative. But now it is primarily used externally due to its potential toxicity. Known for its heat-pulling and softening effects, it softens corns and calluses. When applied with heat, it dissolves cysts, growths, warts, and cellulite, and is often recommended as a warm compress for the belly and back pain. **Safety Precautions: Castor oil should not be applied to broken skin, used during pregnancy, breastfeeding, or during menstrual flow.**

Castor oil packs are made by soaking a piece of flannel in warmed castor oil and placing it on the affected area:

- The abdomen, to relieve gastrointestinal disorders, colitis, or colon impaction
- The lower abdomen, in cases of menstrual irregularities and uterine and ovarian cysts
- The right side of the abdomen, to stimulate the liver
- Inflamed and swollen joints, bursitis, and muscle strains
- The low back, for constipation or impacted bowel

The soaked cloth is covered with a sheet of plastic, and then a hot water bottle is placed over the plastic to heat the pack. Leave it on for 45-60 minutes and rest while the pack is in place. After removing the pack, cleanse the area with water and baking soda. You can store the pack in a covered container in the refrigerator and reuse up to 25-30 times. It is generally recommended that a castor oil pack be used for 3-7 days per week, for up to (6) six weeks or as directed by your health practitioner, to treat a health condition or for detoxification. The following menstrual cycle (possibly two) may likely be more uncomfortable than before, but it should level out after that.



Daily Self-Care Worksheet

1. Which of the 20 qualities (gunas) do you feel in your body right now?

2. Which of the 3 mental qualities (gunas) do you feel in your mind right now?

3. Which practices did you do today? Select all that apply:

- Yoga asana (gentle, moderate, or vigorous?) Tongue scrape Journaling
- Chanting Walking outside Meditation Silent meal Neti/Nasya
- Pranayama Garshana Self-abhyanga Cardio workout Coloring
- Warm bath/shower Aromatherapy Talk with your pastor/counselor/guru
- Extended Savasana Sip warm lemon water Sauna or steam room
- Play a musical instrument
- Other: _____

4. What made you decide on the above practices?

5. Which qualities did you feel in your body and mind *after* your practice(s)?

6. Were your chosen practices effective in balancing the qualities you felt previously?
Why or why not?

Understanding Samskara

What is the first thing you do when something disturbs you? How has that been working for you?

As you work deeper into your detox, uncomfortable emotions often bubble up to the surface. The Vedic sciences of Yoga and Ayurveda say that every experience we have creates *Samskara* (a groove on the mind) - whether that experience is good or bad. In Samkhya philosophy - from which both systems are born - *Chitta* (the unconscious mind) is where *Samskars* are stored. Like the RAM on our computers, it's the hard drive where each experience we have is downloaded.

Experiences cannot be deleted. They've occurred. Period. Our daily choices in nourishment and lifestyle determine which *Samskars* from *chitta* will be projected onto the movie screen of our conscious mind (*manas*). According to one of my gurus, Dr. Partap Chauhan, the more you "feed" a Samskar, the deeper the groove becomes and the more vivid the projection becomes. The experience becomes high definition.

The key to knowing which "movie" gets played, is using our intelligence (*buddhi*). Ayurveda contends that not using our *buddhi* is one of the three main causes of disease and there are ways of cultivating it:

1. **Memory (*smriti*):** For example, at a cocktail party you drink too much alcohol and eat foods that aren't nourishing. The next day you feel crappy. This experience goes into your memory. If your memory is lost, you'll make the mistake again. If it's working, when you receive the next invitation you'll exercise...
2. **Discrimination (*dhi*):** Enjoying the next cocktail party but not the alcohol or unhealthy foods. Then when everyone is toasting "cheers" you exercise...
3. **Determination (*dhriti*):** Refraining from the consumption of alcohol or poor food choices.

With *buddhi*, you can control your senses, actions, and habits. That's its role. But when our daily choices create agitation or dullness in the mind, *buddhi* is weakened...and suffering ensues. One of my favorite practices in supporting my *buddhi* is the chanting of Sanskrit (*mantra*). I consider it the anti-virus software for *chitta*, where the mind has something to “latch” onto and will not wander to anxiety or anger. Meditation is another tool. With repetition, these self-care practices make the non-beneficial programs of our unconscious mind (*chitta*) weak, so they don't get agitated and project onto our conscious minds (*manas*).

Spencer Lord, author of [The Brain Mechanic](#), explains that anxiety comes from irrational beliefs about ourselves - and anger comes from the irrational beliefs about others. As you work deeper into your detox, these two emotions often come to the surface and can be uncomfortable.

Discomfort is not bad news.

For those of you who have a certain hunger to know what is true, feelings like disappointment, embarrassment, irritation, resentment, anger, jealousy, or fear provide moments - with terrifying clarity - exactly where you've been stuck. **Ultimately, it comes down to the question of how willing are you to persevere and practice self-observation and habit evolution? When done with honesty, a light touch, humor, and kindness - the practice becomes its own reward.**

Get outside your comfort zone

Call upon your resilience

Find confidence in yourself and in your decisions

Getting to know your emotions involves looking them right in the eye - not as a way to solve problems, but as a complete undoing of old ways of seeing, hearing, smelling, tasting, and thinking. These are attributes of bravery, not failure.

“Love of the truth puts you on the spot.”

- Naropa Institute Motto