

A Rejuvenating Spring Cleanse



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Simone de winter

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A Rejuvenating Cleanse

Ayurveda, more than a healing system, but a science of healthy living, understands that in order to live in a state of balance it is important to rejuvenate the body/mind complex on a regular basis by helping it to eliminate toxins.

Ayurveda understands the microcosm of the physical body/mind to function in the same way as the great macrocosm of nature. Because of that it considers the natural elements, and their interplay – Earth, Water, Fire, Air and Space – as the basis of life. Their interweaving within the body-mind, and the environment, generates three main patterns of energy transformation called doshas: vata – expressing the predominance of air and space, pitta – fire and water, and kapha – earth and water.

Whenever doshic imbalance occurs, their excess tends to accumulate in corresponding organs and then overflow into other parts of the body, causing specific symptoms or discomfort, eventually leading to disease. Imbalances result from digestive disturbances, emotions or mental activities, stressful lifestyle, injuries, external factors, and/or genetic weakness.

Also the accumulation of toxins, or **ama** (the Ayurvedic term) in the body, is a cause of disease symptoms. This ama can come from external sources such as the pesticides, herbicides and fertilizers we ingest through our foods; to airborne pollutants like industrial waste, car exhaust and smoke; from exotoxins, secreted by bacteria; and from prescription medications. But the human body can create its own ama as well, by not properly digesting the food that is consumed, and the ensuing improper break-down of internal metabolic waste products. The way we know that we have an accumulation of ama in our bodies is from having a thick, white or colored, coating on the tongue, from having unpleasant body odor, from a feeling of sluggishness and fatigue, fogginess in the brain, headaches and many disease symptoms. Combined with an accumulation of certain doshas, this ama can lead to all kinds of disease symptoms.

Ideally the human body will digest all it ingests perfectly, and detoxify itself through the liver and gallbladder, kidneys, and large intestine. But the increasing amount of toxins in our environment, the stress we deal with combined with our diet and lifestyle, often overwhelm the individual's digestion and detoxification ability.

Of course we can also accumulate mental or emotional ama, by not being able to process an overflow of information - so typical of our information age - or by not being able to digest the difficulty or trauma we encounter in our lives. This tends to show up in our nervous system, when we have trouble sleeping at night, experience anxiety and overwhelm, or excessive unexpressed anger.

This rejuvenating cleanse is an invitation to you to take care of yourself in a very profound way. The use of fats in this cleansing process facilitates the removal of deep levels of toxins in your body. Most toxins are lipid- or fat-soluble, and tend to reside in your fat cells, where they won't cause damage in other body tissues. The way this cleanse is designed – it follows the panchakarma protocol – these deeper toxins are guided into your digestive

system by giving yourself daily massage with an abundance of warm oil, followed by a hot shower or bath; and by the ingestion of liquefied ghee, which dissolves the fat cells.

The invitation is extended to your mental/emotional body, by offering a time frame within which you might create as much space as possible to allow for quiet, stillness and introspection. If you must work, then minimize your workload and avoid filling up your time with social or other activities. This also ensures the success of the cleanse. Having some space in your schedule will make it possible for you to tend to any discomfort that might arise. And letting go of toxins, on any level, will only happen when the body is rested and comfortable.

To keep you inspired during this Rejuvenating Cleanse...

*There's a hidden sweetness
in the stomach's emptiness.
We are lutes, no more, no less. If the soundbox
is stuffed full of anything, no music.
If the brain and the belly are burning clean
with fasting, every moment a new song comes
out of the fire. The fog clears, and a new energy
makes you run up the steps in front of you.
Be emptier and cry like reed instruments cry.
Emptier, write secrets with the reed pen.
When you're full of food and drink, satan sits
where your spirit should, an ugly metal statue
in place of the kaaba. When you fast,
good habits gather like friends who want to help. Fasting is Solomon's ring. Don't
give it
to some illusion and lose your power.
But even if you've lost all will and control,
they come back when you fast, like soldiers appearing
out of the ground, pennants flying above them.
A table descends to your tents,
Jesus' table.
Expect to see it, when you fast, this table
Spread with other food better
than the broth of cabbages.*

-Rumi

Preparation

General guidelines

To fully support you in your decision to do a cleanse and to maximize the benefits you will receive from it, the following are suggestions for you to enhance the effects of the program. In case some of these suggestions are challenging for you, please let me know through the Facebook group, and we can make adjustments. But please realize that it is important to prepare the body for elimination and your compliance with these suggestions will certainly have you feel the benefits of your effort for a long time. For seven days before the main cleanse, a purge, you will be in preparation.

- For women: Be sure that you will NOT be menstruating during the purgation. In case you suddenly start bleeding, postpone the purge until after the first three days of your period. You can approach me via the Facebook page if this happens to you, so that we can discuss what to do.
- Let your family, friends and colleagues know that you will be doing a cleanse and that you will be detoxing on a physical, mental and emotional level. You might feel moody, tired or simply not well. Ask them to support you in needing to bring your focus more inwards and let them know you might not be as social and communicative as usual.
- Bring your workload down to the minimum. Take as much time off as you can and diminish the stress in your life.
- If you have a meditation practice, meditate for at least a half an hour daily.
- If you have a yoga practice, continue in a light way, especially with restorative poses that support the digestive system.
- Go for a light walk every day and enjoy the beauty of nature. Protect yourself from sun and wind.
- Take the recommended herbs. They will support a certain level of ease during the cleansing process. It is important to keep your bowels moving. In order to get that to happen, you can take more triphala, ½ tsp before meals with warm water, or you can take a few tsp of castor oil in the evening, before you go to bed. Always heat it up with a dash of salt. Drink it down in some **warm** juice, milk or water with lemon juice.
- Journal. Use this time to let go of mental and emotional toxins and to get clear on any issues you might have. Writing your intentions and insights can help. In case you enjoy drawing, painting or collaging, then you might use those to express yourself.
- Avoid intense exercise of any kind. This is a time for resting and softening. Exercising like that might push toxins deeper into your tissues and will counteract the cleansing process.
- Avoid over stimulation from television, movies, loud music, reading, work, disagreements and discussions.
- No sexual activity throughout the duration of the cleanse will allow for a deep level of rest.

Herb guidelines

A special effort has been made by a Western herbalist and myself, to create herbal formulas to support the organs of elimination, to keep the digestion strong, and to balance the mood and blood sugar. Since you will be doing this cleanse on your own, not in a clinical setting, I highly recommend that you take advantage of these formulas, to support you in the success of this cleanse.

- **Lymph Detox:** Drink two strong cups during the day, on an empty stomach.
- **Liver and Gallbladder Energizer:** Take 1 dropperful with a little bit of boiled water, 3 times daily, a half hour before a meal.
- **Triphala powder:** Take ½ tsp. with warm water, a half hour before you go to sleep. If it makes your belly too active at night, and makes you not sleep well, then take it during the day before a meal.
- Additionally please sip hot water or fresh ginger tea with each meal (4 to 8 oz.). This is to optimize your digestion. You can also choose to make the pickled ginger in the “recipes” section of this booklet, and have a half to one teaspoon of that right before a meal.
- In case you choose to not use the herbal formulas, and you are getting constipated, then drink a cup of laxative herbal tea in the evening. You can buy those at any health food store. Or buy a jar of triphala and take 2 caps or tabs with warm water a half hour before bed.

Oleation guidelines

Internal oleation is an important part of the cleansing process, designed to mobilize toxins from deeper tissues into the digestive system, from where they will be eliminated.

- You will be taking liquefied ghee on the consecutive preparation days, upon rising in the morning (6-7 am), according to the following schedule: Day 1 - 1 tbs., Day 2 – 2 tbs., Day 3 – 2.5 tbs., Day 4 – 3 tbs., Day 5 – 3.5 tbs., Day 6 – 4 tbs., Day 7 – 4.5 tbs.
- Melt the ghee before taking. You may mix it in warm water with lemon juice or in a small amount of warm milk. A half hour later follow up by drinking a cup of warm water. You may also drink ginger tea or your digestive tea.
- It is best to skip breakfast after oleation. You probably will not feel hungry until lunchtime anyway.
- In case this causes any problems for you, then please let me know via the Facebook page.
- It is possible to experience some discomfort, disgust and/or nausea from taking ghee by itself. Especially when the amount increases, so know that this is part of the process. Some people really enjoy taking the ghee though. It is very individual.

Self-massage guidelines

To fully prepare your body for cleansing you will also externally oleate, by giving yourself a warm oil massage daily, early in the morning. This is an important part of preparation.

- Warm up a quarter to a half a cup of the massage oil you choose and massage it into

- your skin alternating between long strokes and circular ones, especially circling and frictioning around the joints. Always massage in the direction of your heart, and stimulate your lymphatic system. Do a firm massage of your breasts, moving towards your armpits. Use the oil generously. Do not forget to massage the soles of your feet, and the top of your head. Take your time and enjoy it!
- Leave the oil on for 35 minutes, then take a hot shower or bath. The heat of the shower will open your pores, so that the oil can penetrate. Do not wash the oil off your skin, let the water rinse you, so that a thin layer of oil remains. Towel dry carefully. You can also go into a steam or a sauna.
 - Shortcut: If you really cannot make time to do the massage as above, then do it like this, but do do it, it is a very important part of preparing your body for elimination: While taking your regular daily shower, first wash yourself, then shut the water off, and apply the oil as outlined above. It does not need to take a long time. Then turn the water on again, extra hot, and go back in for a few minutes so that the oil can penetrate deeper and the excess will rinse off. Towel dry carefully.

Dietary guidelines

During the days of preparation keep to a very simple diet. We try to keep the digestive system working minimally, so that your body can focus on eliminating and detoxifying. We recommend that you eat a mono-diet of kitcheree or soup (recipes provided), but if you want more variety in your meals, please pay adherence to the following:

- Eat 2 - 3 small meals a day, the biggest one at lunchtime. It is important to nurture your digestive fire and to keep your blood sugar level. Eat an early dinner, done by 7pm.
- Eat your meals in a peaceful environment, sitting down. Do not read or do anything else while you eat. Concentrate on eating
- Eat only when you are hungry and until you are about 50% full. Ideally your stomach will have 50% food, 25% fluid, and 25% air. This way there is plenty of space for food and fluids to mix with the stomach's secretions.
- Wait at least 4 hours after a meal before eating again.
- Drink hot water or ginger tea with meals. Start the day with a cup of plain hot water as well. If you want to drink water during the day, then drink it hot.
- Eat only freshly prepared, organically grown food.
- Do not use any oils or fats in your cooking, you will only use ghee for your internal oleation. During the rejuvenation you will start using oils and fats again.
- Stay away from all meats and fish, cheeses, sugar and sugar containing foods, vinegar, refined carbohydrates, including white bread and pasta, raw onion and garlic, beans except mung and adzuki, coffee, caffeinated teas, alcohol, carbonated beverages. Eat or drink only small amounts of milk or yogurt, if you digest those easily. Boil the milk with spices and have the yogurt diluted, 1/2 yogurt, 1/2 water with spices (nutmeg, cumin, coriander, cilantro).
- Eat very few raw foods. They create a lot of work for the digestive system. But do have some raw cilantro leaves with your meals.
- On the last preparation day do not eat dinner, you are getting ready to purge the next day...

Purgation

After five days of internal oleation, taking ghee, you will be doing purgation. This is when the gathered toxins are cleansed from your digestive system.

- You will have been given a purgative herb and castor oil.
- The night before you will take the two herbal pills, an hour before bedtime, with some warm water.
- The next morning, rise early, and immediately take 2 1/2 tbs. of castor oil. **Prepare the castor oil by adding a pinch of salt and then heat it on the stove.** Turn it off when you start smelling it. You can mix it with 1/8 cup of milk and 1/2 tsp. of ginger powder. Keep a slice of orange nearby. You can bite into it after taking the castor oil to help with the taste. Afterwards, drink a cup of ginger tea.
- Castor oil will cause abdominal cramping, so use a heating pad or hot water bottle on your belly to increase your comfort.
- You will probably start having bowel movements in about 2 hours, but the amount of time varies widely. Take the whole day off. You should stay close to the restroom and make yourself comfortable. Please minimize phone calls and any socializing. Try to make it a day for introspection and letting go.
- During this day do not take any herbs or digestives.
- Do not eat anything until you are finished purging. This probably won't be until the afternoon.
- Have a cup of rice water or some potassium broth at least once during the purge. Especially the potassium broth will really replenish you without giving your digestive system work to do. If you feel very weak, you can eat a ripe pear or peach.
- Drink plenty of room temperature or warm water and/or herbal teas, especially ginger tea. The last will be helpful when cramping occurs.
- In the case you experience severe cramping, please use a hot water bottle or heating pad on your belly.
- Please count how many bowel movements you have during the day and try to note the texture, color, and quantity of your bowel movements.
- You probably will have between 6 to 10 bowel movements during the day. The first two will typically be the most voluminous. After that your bowel movements will become more liquid. They can be brown, green, yellow or orange. With the last ones you will probably be mostly passing mucus and gas. It is possible that you have fewer or more bowel movements. After a proper preparation period, you can expect that your body is doing the right thing.
- At dinnertime you can have some rice water. If you are very hungry, you can have some of the cooked rice in it or make some very soupy kitcheree (recipes follow).
- You will probably feel tired and somewhat depleted on this day. This is to be expected, and makes it very important to rest on this day, and probably the next day as well.

Rejuvenation

After the purge, you will be ready for rejuvenation with herbs and diet. This phase of the program is as important as the first one for lasting results.

- You will slowly return to a nutritional menu that will nurture your constitution, increase your strength, while maintaining balance and health.
- During the 5 days following the purge, you will introduce new elements into your diet. Every day, you will shift into another gear.
- Day 1: introduce different grains, pulses and vegetables.
Day 2: introduce different fats/oils.
Day 3: introduce fruits, to help the elimination it is helpful to make fruit stew for breakfast, with chopped apples or pears, raisins, dates, apricots, black mission figs. (recipe follows).
Day 4: introduce whole milk, brought to a boil with spices like cinnamon, cardamom, turmeric; whole yogurt takra (recipe follows), fresh young cheeses like cottage cheese, fromage blanc. If you do not use dairy products, then make a fresh almond milk (recipe follows), and enjoy that. Do not have any of these foods cold, straight from the refrigerator. Over the next week or so it is recommended that you have a cup (8oz.) of spiced, boiled milk or almond milk in the morning.
DAY 5: Introduce meats/fish and (toasted) bread if that is a regular part of your diet.
- After these five days you can eat a regular wholesome diet, making choices based on what is seasonal, organically grown and wholesome food.
- On day 2 start taking the chyavanprash. Take 1 heaping teaspoon in the morning while sipping a cup of hot water.
- Reintroduce exercise in the same gradual way. Start with a 10 minute walk and build up slowly to your regular routine. In case you have a yoga practice, stay in tune with your body's needs. Please do not go too fast. Cleansing is a depleting process and your body needs to rest and recuperate. Jumping back into a fast pace will create imbalance and weakness. This is a time to institute good habits that will support you in your life.

If you want to follow up with me on any health problems, or want help with establishing a healthier lifestyle, please email me to set up an appointment for a consultation. Please remind me that you just did the Rejuvenating Cleanse

Timeline

- Day 1** In the early morning, take 1 tbs. of melted ghee. Do a warm oil massage and after 35 minutes take a hot shower or bath. Eat according to directions.
- Day 2** In the early morning, take 2 tbs. of melted ghee. Do a warm oil massage and after 35 minutes take a hot shower or bath. Eat according to directions.
- Day 3** In the early morning, take 3 tbs. of melted ghee. Do a warm oil massage and after 35 minutes take a hot shower or bath. Eat according to directions.
- Day 4** In the early morning, take 4 tbs. of melted ghee. Do a warm oil massage and after 35 minutes take a hot shower or bath. Eat according to directions.
- Day 5** In the early morning, take 5 tbs. of melted ghee. Do a warm oil massage and after 35 minutes take a hot shower or bath. Eat according to directions, but do not eat dinner today. In the evening, half hour before bed, you will take the two laxative tablets with some warm water.
- Day 6** Purgation day: Get up early and take 2½ tbs. of castor oil. **First heat it up with a pinch of salt.** Do not eat today until the purge is over. Then have something very simple and soupy, like rice water or very soupy kitcheree.
- Day 7** Have a kitcheree or hearty soup, with plenty of vegetables, cooked with a little bit ghee. Rest today.
- Day 8** Take a tsp. of chyavanprash with a cup of boiled water first thing in the morning. Today add some oil to your diet.
- Day 9** Take a tsp. of chyavanprash with a cup of boiled water first thing in the morning. Today add some very ripe or cooked fruits to your diet. Avoid hard crunchy fruits at first.
- Day 10** Take a tsp. of chyavanprash with a cup of boiled water first thing in the morning. Today start drinking a cup of hot spiced milk or non-dairy milk. You can have this In the morning, about 20 minutes after the chyavanprash, or do it at night, an hour before you go to sleep.
- Day 11** Take a tsp. of chyavanprash with a cup of boiled water first thing in the morning. Today drink a cup of hot spiced milk or non-dairy milk. You can have this In the morning, about 20 minutes after the chyavanprash, or do it at night, an hour Before you go to sleep
- Day 12** Take a tsp. of chyavanprash with a cup of boiled water first thing in the morning. Have your milk and do this daily for the next week or so. Today you can add bread/baked things to your diet. Bread is always best toasted. This makes it lighter

to digest. Baked goods can be a healthy and nutritious addition to a wholesome diet if made with whole grains and whole raw sweeteners. Avoid using honey for this purpose.

To continue, take a tsp. of chyavanprash with a cup of boiled water first thing in the morning. Have your milk and do this daily for the next week or so. Slowly you can start adding some fish/meat or bread to your diet. Best is to have the fish or meat in small chunks in a soup or stew. Bread is always best toasted. This makes it lighter to digest.

Supplies

Use this page to make a shopping list for yourself. Go through the whole document and take notes of what you will need to do the cleanse.

Recipes

- Glance over the recipes and choose a few that are easy to make for you. If you can't find all the herbs and spices, don't worry about it. See this as an experiment of cooking with herbs and spices.
- More than anything, the cooking part of the cleanse should not feel stressful. We are looking for simple, well cooked, nutritious and tasty meals with a balance of carbohydrates and proteins. You can choose to eat the same food over and over and have a mono diet of kitcheree or soup.
- Mung dal is a highly recommended food during the cleanse. It's mild and easy to digest qualities are very soothing and alkalizing in the body. You might need to go to the local Indian or Oriental store to find it.
- Watch the amounts you are making. Some recipes provide amounts for 4 people. You might want to cook once a day for all meals, and there might be family members sharing with you.

Rice water

1 Part rice

10 Parts water

Wash and rinse the rice and bring to a boil with the water. Lower the flame and let cook until the rice is very soft. Strain and drink the water. You can add a dash of salt and a dash of black pepper. Save some of the rice in case you are hungry and want to eat it.

Potassium broth

1 Large potato

1 Onion

2 Large carrots

3 Medium size zucchini's

Water

Cut the vegetables in small pieces. Put in a large pot and add water until the vegetables are covered under two inches of water. Bring to a boil, lower the flame and cook until the vegetables are completely soft and falling apart. Strain and drink the broth. Discard of the vegetables.

Pickled ginger

Take a tsp. about 20 minutes before each meal.

- Grate a fresh ginger root
- Add lime juice to taste
- Add mineral salt to taste (any unrefined salt that doesn't look completely white)
- If you want to make a big jar in advance, add a tbs. or two of raw sugar as a preservative.

Kitcheree, (kitchari, kitchadi, kichadi...)

Serves 4

1 tsp. cumin seeds

1 tsp. turmeric powder

2 cloves of garlic

A pinch of Asafoetida (can omit if hard to locate)

salt to taste

Optional spices according to doshas:

Vata: fresh grated ginger, mustard seeds, cinnamon, cardamom, fenugreek in moderation, garlic

Pitta: coriander, fennel, fresh ginger in moderation

Kapha: black pepper, dried ginger, cayenne, fenugreek, garlic, mustard seeds

½ cup of Basmati rice, washed

½ cup of mung bean or dal, washed (if using whole beans, please soak in water overnight)

7 cups (or more) of water

fresh, washed cilantro (coriander)

- Heat up a glass, cast iron or stainless steel pot and add the spices and the garlic chopped into small pieces.
- Allow it to become aromatic, then add the rice and beans and stir everything together.
- Add the water and bring to a boil. Let everything cook together until well done, on a low fire. The rice and beans should be really soft and the consistency should be watery. Add water if necessary.
- Half way through you can add chopped vegetables such as: Carrots, beets, cauliflower, squashes, zucchini, spinach, kale, burdock, collards, dandelion greens or broccoli. Or you can prepare the vegetables separately. More recipes will follow.
- Serve warm with a handful of cilantro leaves.

Experiment with the different spices to make your meals tasty and enjoyable.

Quinoa with carrots and cumin seeds

Serves 4

2 cups quinoa, rinsed well

2 medium-sized carrots, coarsely grated

2 tsp. cumin seeds

3 cups of water.

salt to taste

Heat a large saucepan on a low flame. Add the cumin seeds and heat for 1 to 2 minutes until the seeds have browned. Add the carrots and quinoa and toast for 1 more minute.

Add the water, stir and bring the mixture to a boil. When boiling, lower the flame and let cook for about 15 minutes until the quinoa is cooked. Serve warm or cool.

Red lentil stew

Serves 4

1 cup red lentils, washed until rinsing water is clear
4 cups water
1 clove garlic, chopped
1 sprig rosemary or 1/2 tsp. dried rosemary
1 tbs. lemon juice
1/2 bunch of cilantro, chopped

Heat a large stock pot and add the garlic until it starts to be very aromatic. Add the lentils, stir, add the water and bring to a boil together with the rosemary. Add salt. Lower the flame and cook for about 30 minutes. When cooked, mix in the lemon juice and cilantro and serve

Mung bean soup

Serves 4

1 cup green mung beans, soaked overnight, washed and cooked until soft.
4 zucchini's, quartered and cut into small pieces
8 cups water
1 clove garlic, coarsely chopped
1 2-inch piece of ginger, coarsely chopped
1 tsp. coriander seeds
1/2 tsp. cumin seeds
1/4 tsp. fenugreek seeds
1/4 cup grated, dried coconut
1/2 cup water
salt to taste
1 tbs. lime juice
big handful of cilantro, chopped

Put all the spices and coconut together in a blender with the 1/2 cup water and blend into a thick puree. Heat a large stock pot sauté the spice puree for 1 minute, stirring. Add the zucchini, stir, add some water if needed and cook for another minute. Add the mung beans and the rest of the water. Stir, and bring to a boil. Add salt. Lower the flame and cook for about 30 minutes. When cooked, mix in the lime juice and cilantro and serve.

Mung dal soup

Serves 4

1 cup yellow mung dal, washed and soaked for about an hour.
zucchini, winter squash, leafy greens, Jerusalem artichokes, onions...
8 cups water
1 tsp. coriander powder
1/2 tsp. cumin powder
salt to taste
1 tbs. lime juice

big handful of cilantro, chopped

Heat up a large stock pot, and water sauté the vegetables for a few minutes. Add the powdered herbs, stir and cook for 1 more minute. Add the mung dal and the water and bring to a boil. Lower the flame and cook until the mung dal is soft. Add salt and lime juice. Mix and serve with the cilantro on top.

Curried cauliflower dal soup

Serves 4

This recipe will work with mung dal or with red lentils

1 cauliflower

½ cup of mung dal or red lentils, rinsed well

1 tsp. curry powder

2 bay leaves

6 cups water

Salt to taste

Fresh cilantro, washed and chopped

In a large stock pot, heat up the curry powder and bay leaves for a half a minute. Mix in the dal or lentils, and add the water. Cover with a lid and bring to a boil. When boiling, add the whole cauliflower. Let it simmer until the cauliflower falls apart. Add salt to taste.

Eat with a handful of fresh cilantro.

You can add coconut milk to this recipe to make it richer. This way it is more suited for the rejuvenation phase of the cleanse.

Green soup

Serves 1

1 large onion, chopped

½ cup tofu, diced

2 cups leafy greens, chopped

3 cups of vegetable or potassium broth

juice of a quarter lemon

2 scallions chopped

salt to taste

optional: 1 cup rice noodles

Heat up the onion in a stock pot for 1 minute, while stirring. Add the chopped greens. Pour in the broth and add the tofu. Cover with a lid and bring to a boil. Simmer until greens are bright green. Add salt to taste. Serve with lemon juice and scallions. You can add a cup of cooked rice noodles to make it a one dish meal.

Yam and Carrot Puree

Serves 4 – 6

4 medium-sized yams, diced
carrots to match the amount of yams, diced
1 cup water
juice of 1/2 lemon
1/2 tsp. cinnamon
salt to taste

In a large pot bring the yams, carrots and water to a boil and cook until they are soft. Take the pot off the stove and mash them together. Add the lemon juice, cinnamon, and salt and mix together. Serve warm.

Broccoli and tofu

Serves 4

1/2 inch fresh gingerroot, chopped or grated
1 clove garlic, chopped
1/4 tsp. turmeric
1 lb. broccoli, cut in small florets and cubes
8 oz. tofu, cubed
water as needed
salt to taste

Heat the ginger and garlic in a large skillet on a medium flame until they become aromatic. Add the turmeric and carefully stir the spices together. Add the tofu and the broccoli and mix with the spices. Add enough water so that the broccoli can cook until soft and tender. You might need to add water here and there. When broccoli is well-cooked, add salt to taste. Enjoy with rice.

Cilantro Chutney

1 bunch cilantro, washed and the hard stems cut off
1/4 cup lime juice
1/4 cup grated coconut
1 inch piece of ginger root, chopped
2 scallions, washed and cut in large pieces
1 tbs. toasted sesame seeds, pumpkin seeds or a handful of roasted peanuts for Vata. Can use toasted sunflower for Pitta and no seeds for Kapha.
1 tsp. raw sugar or barley malt
1/2 tsp. salt
water if needed

Put all the ingredients in a food processor and mince together. Add a little water if the chutney is too dry. Serve a small amount with a meal.

Spring Cleansing Veggies

Serves 4

- 2 tbs. ghee or sunflower oil
- 4 medium carrots
- 2 beets (use golden beets in case of high pitta)
- 1 bunch bitter dark greens (turnip, kale or collard)
- 1 t organic turmeric powder
- 1 inch fresh ginger, finely chopped
- 1 clove garlic
- 1 T organic cumin seeds
- Pinch asafoetida
- 1/2 tsp salt

Up to 1 bunch cilantro, finely chopped.

Wash and slice the root vegetables. Heat half the ghee in a wok or frying pan and stir fry the vegetables. When they begin

to soften, add the greens, cover and sauté to the desired tenderness. Meanwhile, in a small fry pan, heat the rest of the ghee.

When it is hot but not smoking, lower the heat and add cumin, turmeric, ginger and garlic.

Fry until the cumin seeds brown, add the asafoetida and toss into the vegetables. Stir in the salt and cilantro and serve.

Greens

Serves 4 – 6

- 1 large or 2 small bunches of kale or other leafy greens, washed and chopped
- 1 tsp. whole cumin seeds, crushed
- 1 tsp. whole coriander seeds, crushed
- 1 large or 2 small cloves of garlic, finely minced
- 1 tsp. turmeric

Heat the cumin, coriander and garlic in a large skillet for 1 minute. Be careful to not let the garlic get burnt. Add the turmeric and mix. Add the washed greens and add water as needed. Cover with a lid. Cook over medium-low heat until tender, about 4 minutes.

Can add some salt to taste, but it might not be necessary.

Jerusalem Artichokes and Celery Root with Basil – Parsley dressing

Serves 4 – 6

This recipe works with many vegetables

6 Jerusalem artichokes, thinly sliced
1 medium celery root, artfully, thinly sliced
1 handful of fresh, washed basil leaves, chopped
1 handful of fresh, washed parsley, chopped
¼ tsp. sea salt
extra virgin olive oil
freshly ground black pepper to taste
a squeeze of lemon juice

In a large steamer, steam the Jerusalem artichokes and celery root until tender, but still firm. Put in a large bowl.

Add all the other ingredients and toss. Serve warm or at room temperature.

Indian cabbage

Serves 4 – 6

1 small cabbage or a half of a large cabbage
½ tsp. mustard seed
1 tsp. ground coriander
1 tsp. ground cumin
1 tsp. fresh ginger root, grated
¼ tsp. turmeric
salt to taste

Heat the mustard seeds in a small pot on low to medium heat until they pop. Add the other spices and mix. Add the cabbage with water to sauté until soft. Add salt to taste.

Steamed beets

Steam beets over a large amount of water. You can prick them a few times with a fork to speed up the cooking process. When they're done, you can take the skins off and slice or cube them and add to a meal.

Ghee

- Heat unsalted organic butter on medium heat. Bring to a boil. White milk solids will rise to the top and sink to the bottom. Any water will evaporate. The butter will turn a golden yellow color. When the milk solids on the bottom of the pan are slightly burned, it is ready. Pay close attention at that time, because the ghee will burn very fast. Signs of the ghee being ready is that it will boil differently. It might foam heavily and rise to the top of the pan, or it might boil very silently, with only a trace of air bubbles on the top. A drop or two of water dropped onto the ghee will produce a crackling sound.

- Pour it through cheesecloth and let it cool.

- Store it in a glass jar.

- In order to avoid contamination, always use a clean spoon to dip into your ghee jar. Any form of moisture will cause ghee to go bad.

Ghee keeps indefinitely without refrigeration.

It is ideal for cooking as it has a high smoking point.

It is very nourishing to the body's tissues.

It also serves as a base for herbal ointments to treat burns, skin rashes, and other such conditions.

Ghee is good for all doshas and specifically for pitta.

For more reading about ghee:

"A Guide to the Royal Oil, Ghee" by Kathryn S. Feldenkrais or visit:

www.purityfarms.com, www.ancientorganics.com

Rejuvenation recipes

Rejuvenating milk

1 cup of whole cow's or goat's milk

1/8 tsp. cardamom

1/8 tsp. cinnamon

pinch of black pepper

If drinking at night before bed, add 1/8 tsp. nutmeg

Bring the milk to a boil with the spices. Let boil for 1 minute and it's ready to drink.

Date shake

1 cup of whole cow's or goat's milk

3 dates, or 1 Medjool date

1/8 tsp. cardamom

a few strands of saffron

pinch of black pepper

Bring the milk to a boil with the dates and the spices. Simmer for 2 – 3 minutes until the dates are soft. Put it all together in the blender and blend to a creamy delicious drink.

Almond milk 1

1/2 cup raw almonds

1 cup water + 3 cups water

1/2 tsp. cinnamon

5 dates (optional), less if using the large medjools

1/2 tsp vanilla (optional)

Soak the almonds in 1 cup of hot water overnight or for at least 6 hours.

Drain the water from the almonds and discard. Then rub the skins off. They should come off easily. Blend the 3 cups of water with almonds (and other ingredients) until well blended and almost smooth. Strain the mixture using a cheesecloth or other strainer.

Almond milk 2

10 raw almonds

2 cups pure water

20 dark raisins

1 tsp ghee (rejuvenative)

1/3 tsp saffron (digestion enhancer & rejuvenative)

1/8 tsp ground cardamom (digestion enhancer)

pinch of black pepper (to balance kapha)

Soak almonds in 1 cup of water overnight. In the morning, drain off the almond water and rub the skin off the almonds.

Soak raisins in 1 cup of water overnight or for several hours

In a blender, combine the raisins AND their soaking water. the peeled almonds, ghee, saffron, cardamom, black pepper. Blend until smooth.

Nut or seed sauce

Use over vegetables

¼ - ½ cup nut butter or tahini

1 onion, minced

¼ tsp. cumin powder

1 tbs. ghee

¼ cup parsley, minced

3 scallions, minced

water as needed

salt to taste

1 tbs. lemon juice

In a small saucepan, melt the ghee and add the onion. Sauté for 1 minute. Add the cumin powder and mix. Add the nut butter or tahini and add water while stirring or whisking until you have a thick sauce. Add salt to taste. Turn off the flame. Add the parsley, scallions and lemon juice and mix well.

Saffron Kitcheree

Serves 4

1 cup white basmati rice, washed

½ cup yellow mung dal, washed

3 cups water

½ cup chopped onion

¼ tsp. saffron

½ tsp. cumin seeds

2 bay leaves

Salt to taste

This kitcheree is a great dish for the rejuvenation phase of the cleanse.

Put the saffron in some warm water and let sit. Bring the water to a boil in a medium size saucepan. Add the rice, mung dal and some salt. Reduce the heat to low. Add the saffron and saffron water, cover, and simmer for 10 minutes. Meanwhile, heat a small skillet over medium-high heat. Add the onion and move around until it smells good. Add the cumin seeds and bay leaves. Stir well until the seeds pop and start to smell. Gently mix the onion mixture into the rice and dal with a fork. Cover and simmer until the water has disappeared. Remove from the heat and let stand covered for about 5 minutes. Uncover and fluff lightly with a fork. Just before serving, discard the bay leaves.

Garnish with a handful of fresh cilantro leaves.

Takra

½ cup whole milk yogurt

½ cup water

handful of fresh cilantro, ½ tsp. ginger powder or fresh ginger root, some nutmeg, a little salt...

Mix all ingredients in a blender and drink after lunch, sipping slowly.

Breakfast fruit stew

1 apple or pear, peeled and cut in small pieces

2 dates

2 dried apricots

2 black figs

A handful of dark, preferably Flame, raisins

Can add a few prunes

1 tsp. to 1 tbs. of ghee

1/4 tsp. cardamom

1/4 tsp. cinnamon

Enough water to cover

Put all the ingredients together in a small saucepan. Bring to a boil, lower the flame and until all fruits are soft. Serve warm.