



Created by Karla Johnston-Krase

[www.DiscoverYourCenter.com](http://www.DiscoverYourCenter.com)

***This is about a little intention and attention on cleansing and rejuvenating to help you get back to center and feel connected, calm, and clear.***

### ***Welcome!***

I'm so delighted you've decided to take time to focus on you "detoxing," or clearing, what no longer serves you and open space for new possibilities.

### **So, what is an Ayurvedic cleanse?**

An Ayurvedic cleanse is truly different from what we typically think of when we hear the words *cleanse* or *detox*. It doesn't involve being hungry or depriving the body. You won't have to only drink liquids (*unless you want to*) or buy a lot of expensive ingredients, superfoods, or

protein shakes. Rather, an Ayurvedic cleanse aims to help you eliminate toxins and bring harmony back to the doshas (vata, pitta, kapha or the energetic forces) in the body and mind. It also aims to remove the food, drink, lifestyle activities, mental impressions and more that are contributing to dis-ease, while focusing on nourishing the body, mind and spirit with simple meals and self-care practices that promote stronger digestion, clarity of mind, and steadiness of emotions.

Often we wait until we're sick to take time out of life to rest and rejuvenate. This sets up a pattern that feeds the disease process according to Ayurveda (*more on this below*). Instead, we can choose to take a pause. We also can begin to train ourselves to crave taking time outs during seasonal changes or other times of the year when we know we might need to clear a little of what's bogging us down and reset.

---

## When is a good time for a short cleanse?

An Ayurvedic cleanse can be completed any time you feel excess *ama*, or the toxic byproducts of undigested food, emotions, and experiences. Symptoms of excessive *ama* include:

- Low energy or fatigue
- Irritability and reactivity
- Gas, bloating, digestive issues
- headaches
- Stiffness or aches in the body
- Foggy thinking, anxiety, or depression
- Cravings
- Feelings of heaviness
- Candida
- Skin problems, such as dry skin, rash, or acne
- Lowered Immunity
- White coating on tongue, esp. upon waking in the morning

***Now, it's time to receive...***

## *Benefits of a Cleanse*

- Eliminate toxins
- Improve digestion
- Increase energy
- Improve sleep
- Reduce or eliminate cravings
- Lose weight
- Reduce Stress
- Gain clarity on what your body needs
- Learn to create supportive daily routines
- Create a deeper connection with Self
- Clear clutter from mind
- You lighten up in body, mind and mood

*Each person is unique so there is no one size fits all. Times when this type of cleanse is not recommended or you should seek working with a Clinical Ayurvedic Practitioner is during pregnancy*

*and breastfeeding, if you have allergies to the main ingredients, if your body shows adverse reactions to performing the cleanse, if you are too weak to undergo the process of this cleanse, or when your doctor advises against it.*

---

## MY STORY & PERSPECTIVE

I'll share from my own perspective and acknowledge we all are different and there are MANY ways to cleanse. I tried various cleanses and detoxes to clear allergies, aches, pains, fatigue, and mood fluctuations before diving into my first Ayurvedic cleanse nine years ago. Most of the cleanses before Ayurveda felt really hard, restrictive, and left me feeling a little more depleted afterwards and my head would then tell me *"you must not have done it right."*

During my first Ayurvedic cleanse, I simply felt more nourished and gentle with myself. I realized how much judgement I had been in and how all the diets and cleanses before were more about control and really trying to "fix" something.

The teachings of Ayurveda understand that we are inherently whole and I love this quote as a reminder:

*"Healing is the return of the memory of wholeness. Healing, health, whole and holy all mean inclusiveness. Body, mind, spirit, environment, relationships, social interactions are all one wholeness and you're a part of that one wholeness". -- Deepak Chopra*

As we move through life, toxins can accumulate. According to the healing system of Ayurveda, your natural state is health, balance, and happiness. A toxin is anything that enters your body-mind and interferes with your natural state. It creates imbalances that, over time, can lead to illness. There are many kinds of toxins that are difficult to digest, but we can narrow them.

- 1) Physical toxins found in your food, personal and household products, the air, water, and other elements of your environment.
- 2) Emotional toxins, such as negative thought patterns and beliefs, self-criticism, chronic stress, and traumatic or painful experiences that haven't fully digested.

My yoga teacher from India recommended I do a 3-5 day cleanse while I was completing my yoga teacher training. It was a very stressful time and she was aware of all that was going on in my life off the mat. We had just grown our family from three to five through international adoption and were navigating the beauty and challenges of it all. All three kids were under the

age of six and it seemed that usually at least one of them was sick. I was tired, achy, lacking sleep, and really struggling with some long-time food and seasonal allergies. I'm sure my teacher was aware of my allergies due to the heavy mucus, repetitive coughing, and smell of cough drops in the classroom.

My wise, loving, and very non-judgmental teacher explained that Ayurveda recommends cleansing on a regular basis to eliminate the accumulated toxins and return to your innate state of health and well-being. It sounded so divine! I jumped in and did that cleanse so imperfectly, but the benefits were so great and I felt like I was finally returning to my center and reclaiming energy and perspective.

I remember loving the simplicity of cooking one meal in one pot that felt so complete that it didn't feel so hard to skip the evening wine and morning coffee. I asked my partner and kids for support with their meals that week so I could focus on some healing and rest. I only chose a few self-care practices that I felt I could actually do without stressing out. Some were new and some I had done on and off in the past so they felt easy to bring back. (*Sitting to eat, pausing a few breaths, enjoying teas that were tasty, and looking at the first few things I did in the morning. I chose to drink warm water, neti pot, do a very short yoga practice outside, jump on the rebounder, or walk, and self-massage with oil.*) And...wow! In only a few days, I became more compassionate with myself and less grumpy around my family. They were really happy I did it and were even more willing to help out the next time I decided to cleanse. They even tried my kitchari. Some liked it. Some didn't. We experimented and found more connection through the playful process.

After that cleanse, inspired by how I was already feeling some changes in digestion, mood, allergies, and energy after the cleanse, I decided to get support and make changes in my diet and lifestyle habits. Some changes felt slow and steady, others happened fast. Some are still evolving but my relationship to them is less judgmental and holds so much more presence and love.

Within one year, I was completely off allergy medications, eating foods I hadn't eaten in years, feeling more centered and lighter in body, mind and spirit. I also discovered that when I was taking care of me and feeling well, it was so much easier to take care of my family, be present and patient with my kids, and show up to teach and lead classes authentically. For the past 9 years I've continued to cleanse 2-4 times per year to reset and restore. I'm grateful for what Ayurvedic Cleanses have brought to my life, so I offer it to you.

### ***So, let's get started!***

In this guide:

- 1) I share a few Ayurvedic perspectives on the **3 causes of disease**. You don't have to learn or understand much about Ayurveda, or even your *dosha (your mind body type according to Ayurveda)* to receive the benefits of the cleanse. This cleanse is balancing

for all mind body types (“tridoshic”) and gentle. I’m sharing the wisdom pieces I am because I think if we are aiming to remove toxins and cleanse, it’s helpful to know how it builds up so we can emerge from the cleanse feeling more empowered with the knowledge of how to support healing and avoid dis-ease.

*\*The Root Rise Thrive Program goes more into understanding Ayurveda for holistic self-care, but if you are curious to know you can [take a quiz here](#).*

- 2) Next, you’ll find a section on **preparation**. There is far less prep involved for this cleanse than most others. The real focus is on your “**why**.”
- 3) When you are ready to begin, you’ll find **recipes and self-care practices** that are the core of an Ayurvedic Cleanse. Again, this is not about doing the cleanse any one particular way. As far as self-care practices and daily routine, I typically suggest picking only a couple that feel like they will truly contribute to you. You’ll have a better idea of which ones to choose after you clarify your *WHY in the prep section*.  
If you would like additional support, you can reach out to schedule a [1-1 mentoring/coaching session](#).
- 4) **Peppered throughout you’ll find the invitation to stay in question**. Be curious of what your cleanse might reveal to you, rather than forming judgments about yourself, your health, any part of the cleanse. Judgment is a form of resistance and stress. I wonder what it would take to have fun with this and allow it to be pleasurable and easeful?

***What else is possible?***

---

## **Ayurveda & the 3 Causes of Disease**

*-- A Holistic Perspective on how and why we get out of sync*

#1 Cause of Disease:  
Misuse of intellect

We are talking about making negligent choices that simply go against your own wisdom and common sense. We all have done this before and can relate to how easy one poor choice can lead to another and another until we end up with unintelligent cravings and a foggy mind which then leads to more poor choices.

If you take a moment to pause and reflect on this, I’m sure you can remember times when you knew something wasn’t great for you, but you chose to do it anyway. *(Ex: Snacking at night when you know you aren’t hungry, enjoying a few chips that turns into eating the whole bag,*

*staying up late when you know your body needs sleep, staying at your desk when you can feel your bum going numb, or exposing yourself to loud noises frequently without protection).* We all have our own **“crimes against wisdom” as Ayurveda says.** No one is going for perfect here. However, when it happens frequently (*and often unconsciously*) it can really throw the body further and further out of balance and you simply end up hurting yourself.

You can use this 3-day cleanse to reset your digestion and senses as you tune back into your *body’s wisdom.*

## # 2 Cause of Disease: Misuse of the senses

Our senses are the gateways to experiencing the world. They are our body’s toolkit to know if something is beneficial for us or not. When we disrespect them repeatedly, we confuse or damage the senses. When our eyes start to dry out or have a burning sensation that is a signal that we have been looking at our screen too long and should give it a rest. If we feel cold, our body is asking us to cover up. Even overeating can be an example of misusing the senses and ignoring our intellect as it places an extra burden on our digestion and sleep.

Our senses are delicate tools able to discriminate between delight and damage. We want to protect our senses to perceive the world accurately, fully, and with joy as we age.

Pay close attention to what you taste, smell, hear, see, and feel.

Notice what delights your senses.

Notice what irritates them.

**When these gateways are clear, we are more in touch with life and connected to ourselves and community.**

You can receive the invitation to be attentive during your cleanse. Notice when the senses are feeling overwhelmed. Tend to them because the messages they whisper will get louder and louder, pushing you toward dis-ease. Continue to ignore or disrespect their signals and it may cause disease in your body, mind, relationships and/or spiritual life.

*Tune in. What is your body trying to tell you? (Drop your awareness from your head to heart)*

## # 3 Cause of Disease: Living out of rhythm and seasons

This has to do with time, the seasons, and aging. Extreme weather and circumstances as well as not adapting to seasonal changes are included here. When we go against the rhythms of nature (*daily, seasonal, monthly, and life rhythms*) repeatedly, we can become very out of sync and move toward disease.

If we make choices in our daily life that align with the flow of the natural rhythms of day and night, the seasons, and even our life cycle, we can re-harmonize and begin to optimize health.

*Imagine what a rhythmic and flowing life might feel like to you.*

---



## **Digestive Fire - “Agni”**

A simple Ayurvedic cleanse aims to balance “agni.” Agni means digestive fire and in this case refers directly to our metabolic fire -- the strength of our ability to completely digest what we take in. ***Of course this includes our food/diet, but it also includes our experiences in life.*** When the digestive fire is overloaded, a simple Ayurvedic reset may help by giving agni a rest and allowing it to rebalance on its own.

So, an easy way to improve agni is to fast or eat lightly for short periods of time. *(An Ayurvedic cleanse uses a mono-diet of Kitchari that is simple and well-balanced.)* And a simple way to digest life is to fast the senses and enjoy self-care practices that really nurture and help restore them. *(time in nature, rest, silence, meditation, self-massage with oil, etc.)*

---

## **Why Kitchari?**

Kitchari is a traditional Ayurvedic detox food containing a mixture of rice, beans, ghee, and spices. I choose the kitchari cleanse because it is simple and balancing, as well as cleansing and strengthening to digestive fire. It helps clear my mind and calm my nervous system. I truly feel like I’m returning to center and emerge from the cleanse feeling deeply nourished. Over the years, I’ve learned to play more with kitchari if it feels like the mono-diet is too much. I like to remember that this is ancient wisdom and it’s time-tested, yet we each are unique and come from different ancestries too.

### ***Here's more on why the kitchari cleanse...***

- Easy to digest, allowing the body to use less energy on digestive functions, and more on clearing and metabolizing ama (toxins) from the body.
- Made from rice and mung beans (aka dahl) which means it is a complete protein. So, you'll get enough nutrients to sustain a restful daily routine from this dish alone. If you add hing, fenugreek and/or kombu it helps make the beans even more digestible.
- Balancing for all of the doshas, or elements. *(Take a dosha quiz to find out your body type [HERE](#). It can be a tool to help you know what helps you thrive.)*
- Spices like ginger, turmeric, coriander, cumin and fennel are anti-inflammatory, cleanse the blood, burn up toxins and help boost agni (the digestive fire).
- It is alkaline for the body, assisting in lowering acidity of the blood.
- It's really a simple one pot meal to prepare, which can simplify your schedule and curb desires for unnecessary snacking. *You can adapt and cook in an instant pot too!*

## **Why 3 Days?**

Three days is a comfortable length for most people. Yet you can choose what feels best for you by shortening it or going longer if you feel it contributes to you. I like to do a longer cleanse (7-21 days) in the spring and fall, but often turn to a 1 or 3-day when I want to simplify my diet to digest better, clear an overactive mind, slow down, and rejuvenate.

In my experience, the following can be beneficial times (*outside of seasonal shifts*) to do a brief cleanse: before or after a move, before the kids start school or once they are in school, after a holiday, vacation where you may have been eating out of rhythm, when you're out of sync with my body type, or as a way to support your body "digest life" as you navigate any life transition or stressful event.

It's up to you to choose within the cleanse what will really support you. You don't have to do it all. It's not about "doing it right." It's about making choices that will let you reset and restore.

I often refer to my own cleanses as "Ayurveda Inspired" as I allow for my own intuition, for flow and flexibility, but really let the Ayurvedic principles guide it.

### ***A cleanse is about perspective.***

I invite you to think less about elimination, more about what might you add.

Kitchari is about simplifying and slowing down. This, in turn, tends to allow more ease. It may feel like a little work in the beginning to get supplies and set up, but it always seems to open up more time and space in the overall experience.

---



The truth is entering a 3-day cleanse is only difficult if we make so. Pause right now. Put a hand on your heart. Take 3 full breaths and focus on the exhalations. Drop your awareness from the busy mind to the heart and belly.

***Below are some preparation tasks and optional cleansing tools that support you.***

You're not "required" to do anything. It's all choice! 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're in. It's all too easy to unconsciously go in whatever direction that pattern leads. You are here because you raised your hand for this to express your readiness.

So, this is your chance to press pause, slow down, and with presence and compassion look at where your choices and habits are leading you. So the first step in preparation is the most important--clarity on why you are here.

### **1) CLARIFY YOUR "WHY"**

- a) Why are you here reading this? What have you chosen this cleanse and what do you want to get out of it? Write it down.
  
- b) What are you hoping for? What's the why behind your first response? Write it down.

*(Example: WHAT: I want to sleep better and feel more rested.*

*WHY: I want this so I can be less reactive and more present with my family.)*

c) Reread your WHY a few times a day and tap into how you want to feel.

*Bonus:* Create an anchor statement or a mantra that supports this desire and embody it as though it is here now. (Ex: I rise with the sun and feel rested.)

OR I like to play with questions and possibilities. (Ex: What would it take to wake daily with ease, joy, and presence? What else is possible? Universe/Source show me!)

2) **CLEAR YOUR CALENDAR AND CREATE THE CONTAINER** as much as possible to allow rest and support the process of detoxification and digestion. You may want to choose a weekend, begin on the weekend, or start on a day when you can minimize stress and enter the cleanse prepared.

\*\*\*Clearing a little external clutter can often feel great too! Clean out a drawer in your kitchen, fill a box with stuff to give away, throw out old spices. Be inspired and create more space.

3) **Get yourself a nice journal** and pen that inspires your creativity.

4) **[Take a Dosha Quiz!](#)** (Takes about 10-15 minutes) This is a tool from Ayurveda to empower you to get to know yourself better and find out what can help you THRIVE. This site talks a bit more about what doshas are. You don't need to know this for the cleanse, but it can be helpful when you emerge from the cleanse.

## **Purchase the ingredients & Supplies.**

*Most stores will carry all the ingredients, as will any Indian food market.*

\*It's **an act of self-love** to put a little prep into this. It doesn't take much time. And, if you are really feeling stressed and overwhelmed, you can also extend compassion to yourself and make it easier. Banyan Botanicals has a lot of what you need already prepared (mainly you might like the kitchari kit and CCF tea). You can check it out [HERE](#).

- Grains: white basmati rice (or quinoa, barley to mix it up)
- Legumes: (whole or split mung beans)
- Ghee (or coconut oil)
- Fresh spices and herbs:
  - Ginger root (or powder)
  - Turmeric root or powder
  - Ground or whole seed cumin, ground coriander, fennel seeds, mustard seeds
  - For CCF tea (Seeds: cumin, coriander, fennel)
  - Asofoetida (hing) if you can get it. Or fenugreek can substitute
  - Kombu (or another sea vegetable)

- Limes
- Mineral salt (pink salt)
- Veggies in season as possible (see note on recipe)
- Oil for self-massage (sesame, sunflower, almond)
- \*tongue scraper or neti pot if you plan to add these practices. *\*(If you just want to give tongue scraping a try and don't have one, you can also use a spoon and turn it upside down then scrape back to front.)*
  
- *Check additional recipes below (for example if you want to the chutney or agni tea)*

## **What to Expect**

Be open to the possibilities.

Explore questions of *“what brought you here?”* and *“why am I choosing to cleanse?”*

This is a pretty short cleanse, as far as cleanses go. Still, know that symptoms of healing may arise during this short cleanse and very gentle cleanse. Sometimes, if there is a lot of “ama” (toxins or undigested food, emotions, and life experiences), there can be detoxing/healing effects like headaches, constipation, loose stool, fatigue. It is helpful to put this in the context of detoxification and healing so that you know that they have purpose.

If you are experiencing these symptoms, stay connected to your body, listen deeply, let your hands connect to your body with gentle touch, and be sure that you follow some of the self-care tips in this guide, especially hydration and getting plenty of rest to make sure that the toxins are being ushered out of the system.

Emotions are energy in motion. They really want to move. When we resist them, they can seem to get stronger and more persistent and we end up in a struggle with ourselves.

***Stay in question, rather than in judgement or conclusion of anything.***

***What else is possible here?***

***Body, what would it take to have more ease with this healing process?***

Walks in nature, and/or a gentle yoga practice, like yin or restorative, that includes twists can also be helpful if any detox symptoms come to the surface.

## How to Complete a 3-Day Kitchari Cleanse

**Eat kitchari for all 3 of your meals**, perhaps allowing lunch to have a little extra and dinner a little less. It is said that a serving is what could fit in your hands if you were to cup them like a bowl. (Do not deprive yourself, yet be aware if you are overeating.)

**OR, Try to eat kitchari for 2 of your meals each day  
...and change the morning or evening meal.**

**Breakfast option:** Enjoy some cooked oatmeal with stewed apple or pear. Add raisins, dates, and spices, such as cinnamon, cardamom, and ginger to support agni. *\*\*Sometimes I do rice or quinoa with spices and dates instead. Allow yourself a little creativity. Then enjoy kitchari for your other meals.*

**An alternative option for dinner** could be a light broth soup with some of the same kitchari spices for dinner. Feel free to add easy to digest veggies as well.

## More Options & Variations

As we evolve, I believe some of our traditions can also evolve with us. There are many modern variations on the Ancient tradition of an Ayurvedic Kitchari Cleanse today. I invite you to explore parts of all of this tradition without rigidity as you tune into your own body wisdom. Over the years, I have found many ways to experiment with this without sacrificing the full benefits. Notice what you notice.

The kitchari bowl advantage is that all the spices create super balanced meals for the doshas and they satisfy all six tastes (*sweet, salty, sour, bitter, pungent, astringent*). Allow some flexibility, especially if this is your first time. Each body is different. You can also change up your grains a bit. I like to use quinoa sometimes, or half rice with half quinoa. (*Especially if candida is an issue.*)

If you love kitchari and want to explore more variations, or if you are bored with it, Myra Lewin of Hale Pule Ayurveda is an author, offers free recipes on her site, and offers more in-depth support for digestive issues. Most of her recipes include lots of tasty spices to balance the six tastes of Ayurveda.



*No perfect. Just see if you can add in 1-3 of these. Circle them or write them on a post-it note and put it where you'll see it often. Choose easy ones to start out. Add in more as you go if it feels light. Some may already be a part of your daily living.*

- **During the day drink plenty of warm water.**
  - Proper hydration can help flush toxins from your system. Warm water softens the intestinal tract, moves the lymph and hydrates the cells much more effectively than cold water. To mix it up, you can also drink CCF Tea. *(recipe below)*
- **\*Optional - Take one or two Triphala capsules or tablets before bed.**
  - This is a gentle tridoshic Ayurvedic herbal remedy that can help support proper waste elimination. *(\*\*optional but wonderful if you experience constipation. You can find this at whole foods or order online Amazon or other health food stores). If constipation continues, there is a recipe below.*
  - You want to be having at least 1 bowel movement daily, ideally two to three times daily. If elimination is sluggish, increase hydration by slowly sipping warm water throughout the day. If you are already taking triphala, then you can also try the recipe for constipation in the recipe section and add gentle twists to your yoga practice. You can also reach out to schedule a [1-1 support/mentoring session](#).
- **Leave out processed foods, caffeine, sugar, dairy (except ghee), gluten, and meat.**
  - Why? It will sort of cancel out the simplicity effect as they are all more complicated to digest. You can slowly bring them back after Remember your aim is to reset and make choices that help you be more of YOU.
- **Try to take it easy during the time of the cleanse.**
  - It's best to try to avoid physically or mentally strenuous activities that typically exhaust you. Consider replacing really hard exercise during these 3 days with brisk walks and yoga asanas to keep energy flowing.

- **Move your body in fun and pleasurable ways.**
  - This helps flush your lymph of excess waste. Jump on a trampoline, dance, or try my lymphatic shake video and really feel like you are releasing anything that keeps you from being YOU.
  
- **Do a daily self-massage with oil (*Abhyanga*).**
  - This is using your own healing hands to support. Rub oil into your body, working from the extremities, towards the heart. My support resources and program have more tips on how to do this and the massive benefits. [Here's a short video](#) that talks about this self-love practice. Dry brushing your body can also be excellent in the morning/before shower. If it feels too agitating, stop.
  
- **Cleanse with a friend.**
  - I've found this to be so helpful over the years of cleansing. It's so awesome to have someone along the journey with whom you can process the experience, share insights and ways you are engaging with the meals and self-care practices. It's also really helpful if/when you feel the pull to the surface of old habits and patterns that may not really align with your inner most desires and support your body, mind and spirit.
  
- **Create more space for nature, journaling and restful activities.**
  
- **Take epsom salt baths if possible.**
  - *Add 2 cups to the bath. Consider adding 5-10 drops Lavender oil.* The sulfates in epsom salt can help draw out toxins from the cells. It's also simply nourishing and relaxing.
  
- **Meditate or sit in silence**
  - Pay attention to the first moments of your day (and first thoughts) and the last moments (and last thoughts). Begin to cultivate what you desire in these times which are special windows to consciousness. Ten minutes of meditation in the morning and before bed can support cleansing thoughts and emotions and set you up for a brighter morning.
  
- **Follow an ayurvedic daily routine and self-care practices as best as possible.**
  - This is about living in rhythm and finding flow in life. It optimizes your energy and helps your own biorhythms feel supported by the bigger pulsations of nature and the cosmos. (*We focus on this in the Root Rise Thrive Program.*) For these 3 Days, experiment with a few practices as it will truly support the detoxification and rejuvenation processes. After the 3 days you might see what self-care rituals would like to stick around that can support your “*daily digest*”.

- After dinner, engage in stress-relieving practices, such as taking a warm bath, meditating, reading a book, drinking a cup of chamomile tea, putting your legs up the wall, gentle restorative or yin yoga postures, etc. Try to avoid stimulating activities like working on your computer, checking phone, or watching TV.
- **Release any perfectionism.**
  - *Be clear on why you are doing the cleanse and let it guide you.*

## Daily Routine:

For best results, as much as possible, follow this simple dinacharya (daily routine). Some are mentioned above. You don't need to do it all. Start with something that feels easy. You get to add things in and let the routine grow.

### MORNING

- Wake just before the sun (or 6:00 am-ish), breathe big and stretch as you open eyes.
- Go pee, splash water on your face, scrape your tongue with a tongue scraper and/or brush your teeth.
- Drink 2+ cups of hot or warm water. Add lemon if you desire. Sip.
- Eliminate (go poop!) Here's an [article on why this is important](#).
- Apply oil (coconut or sesame are best) inside your nostrils. \*\*If you have a lot of congestion or mucus you could include doing the neti pot before.
- Move your body for 10-20 minutes breathing through your nose. (yoga, walk, jumping, dancing. Choose a way you like to move.)
- Meditate (even if you start with a 2-5 minute practice)
- Do a self-massage with oil (abhyanga) before, during, or after your shower.
- Enjoy oatmeal with spices, stewed fruit, or kitchari for breakfast

### NOON

- Eat your bigger meal to align with stronger digestive fire when the sun (fire) is at its peak. Enjoy your food!
- Go for a short walk or stroll.
- Sip hot water or CCF tea throughout the afternoon.
- Become aware of what you want to do and your energy. Listen to body, mind, spirit.

### EVENING

- Begin to wind down your day, quit work and busyness by 6pm. Unplug.
- Eat a light meal (early if possible)
- Go for a stroll again and notice the air, sky, stars, sounds. If it's really chilly out, perhaps consider moving your body in gentle ways indoors (dance even).
- Connect--with family, a friend, a pet, or just yourself, in a relaxing way.

- Really wind down for the night to digest and release the day before bed. (Meditate, journal, explore essential oils and a foot massage). If you read, let it inspire you.
- Go to sleep early (before 10pm to optimize digestion)

**\*\*\*AGAIN...don't aim for perfect. Just see which ones work for the next few days.**

## How to Make Kitchari

There are many ways to make kitchari. You can vary the proportion of rice to mung dal, you can add various spices, you can add more or less ghee, and you can add vegetables. You can make it on the stove, in a crockpot, or in an instant pot. My favorite part about making kitchari is that it's a one-pot dish. You add everything to the same pot and it's a complete meal. Make sure to use organic ingredients. If you can't find basmati rice, some other white rice will do. *(I like jasmine rice or quinoa if I substitute. Or sometimes I do half rice/half quinoa or millet.)* But don't use brown rice in this recipe because it takes much longer to cook.



## Basic Kitchari (Serves 4)

### Ingredients:

- 3-4 teaspoons ghee *\*(or use Organic Cold Pressed Coconut Oil if vegetarian/vegan)*
- 1 teaspoon each: black mustard seeds, cumin, fennel
- 1 teaspoon each: ground coriander and turmeric *(you can use fresh turmeric if available)*
- 2 tsp fresh grated ginger or ¼ - ½ teaspoon ginger powder
- Pinch (no more than ⅛ tsp.) asafoetida (hing)
- ½ teaspoon mineral/pink salt
- 1 cup rinsed basmati rice
- ½ cup rinsed split mung beans. You can also use whole mung beans soaked overnight or sprouted mung beans. See what you like best.
- 4-6 cups water (add more if you prefer more depending on desired thickness)
- 1 small strip of kombu cut into small pieces

- few pinches black pepper (optional)
- ½-1 cup root veggies
- ½ cup leafy greens rinsed

**For toppings:**

Ghee or olive oil if your constitution is more dry  
 Fresh lemon or lime  
 Fresh cilantro or parsley

***What about vegetables?***

This recipe is the most basic for detox or rejuvenation. It’s great to add 1-2 cups of veggies:

- Add diced roots in the last 20 minutes of cooking: carrots, beets, turnips, parsnips, or sweet potato.
- Stir in greens when done cooking. Allow to sit for a few minutes: kale, chard, collards, celery, or shredded fennel
- Stir in delicate greens just before serving: spinach, arugula, alfalfa sprouts, sunflower sprouts.

**Directions:**

Warm the ghee in your pot, add salt, ginger, turmeric and kombu. Simmer until the aroma comes up. Add the remainder of the spices and continue to simmer until the aroma is present and the mustard seeds start to pop. Then add the rice and split mung and stir again. Stir together and simmer for a few minutes. Add water and simmer for 35 minutes in a covered pot on the stove. This time may vary depending on your pot, cooktop and temperature in the room.

Add greens at the end if using them. Cover pot just for a few minutes.

Garnish with cilantro or parsley, and lemon or lime Add more water when you reheat it later in the day.

\* For weak digestion, gas or bloating: Soak your beans overnight, or first par boil the split mung dal (cover with water and bring to boil), drain, and rinse of the bean scum Repeat 2-3 times + add more asafetida (hing) or kombu if you have major bloating issues.

**Quick tips:**

Instant pot: Sautee the ghee and spices first. When adding the rice, beans, and water, also add any root veggies. Cover and set 22 minutes manual, pressure release or if you’re not watching cook 18 minutes let it slowly release

For the instant pot, once it’s done just open the lid and add the greens for a few minutes. Alternatively, you can cook the greens in a separate pan and place on top of the bowl (my favorite way).

Top generously with ghee or olive oil, lemon or lime juice and chopped herbs. (or chutney)

### **Kitchari for One Meal**

Change the portion to ¼ cup rice, half that of split mung. Cook in a small pot.

*\*\*\*Your portion should be no more than the amount of food you could put in your two hands. Myra Lewin of Hale Pule Ayurveda recommends that you stop eating at the first burp or sooner. This is your body's signal that it's had enough for now and needs a little time and space to digest. Experiment if you'd like.*

### **Fresh Coriander Chutney (optional & tridoshic)**

\*Recipe is was gifted to me by one of my teachers/mentors, Poonam Gupta. It's super yummy and is especially useful for reducing excess pitta (heat in the body).

#### **Ingredients**

- 1 bunch (1/4 pound) fresh coriander leaves and stems (also known as cilantro or Chinese parsley). If you like silkier texture, leave out the stems and use just the leaves.
- 1/4 cup fresh lime juice
- 1/4 cup water
- 1/4 cup grated coconut
- 2 tablespoons fresh ginger root, chopped
- 1 teaspoon barley malt or raw honey
- 1 teaspoon natural mineral salt
- 1/4 teaspoon fresh ground black pepper

#### **Directions**

Blend the lime juice, water and fresh coriander until the coriander is chopped. Add the remaining ingredients and blend until the consistency is like a paste.

Use sparingly. Add a tablespoon or so as a topping. This chutney can be stored in a covered container in the refrigerator for up to one week.

### **Detox CCF Tea**

#### **Ingredients:**

- 1 quart (liter) water
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 teaspoon coriander seeds

#### **Instructions:**



Add all ingredients to a pot. Bring to a boil, lower heat and simmer for 5 minutes. Pour into a thermos and drink throughout the day.

## Rehydration Tea

*\*Recipe from Hale Pule Ayurveda*

*Use if eliminating caffeine and headaches occur to balance the dehydrating effects.*

Ingredients:

- 1 Tbsp Raw Honey
- Approx. 10 drops fresh lime or lemon juice
- ½ tsp. Mineral salt \*(I typically use Himalayan pink salt)
- 1 cup warm water

Mix thoroughly and sip

## Agni Tea *(to stoke the digestive fire)*

*\*Recipe from the Ayurvedic Institute*

*Stimulates agni, burns toxins (Use if appetite is lacking or erratic, or if you are constipated)*

Ingredients:

- 3 c water
- 1 tiny pinch of cayenne
- 2 T grated or minced ginger root ½ tsp rock salt (or himalayan salt)
- 1 tsp raw honey *(do not boil)* lime juice

Bring all of the ingredients EXCEPT the honey and lime to boil in a pot. Strain and add the honey, and juice of ½ lime.

Sip throughout the day, or especially before meals.

\*\*If you experience acid reflux or a burning sensation after using the Agni tea, use plain Peppermint tea instead.

## Alternative Option to Boost Agni is a Ginger Appetizer

Prepare & Storing:

- Slice fresh organic ginger into thin, small pieces and put in a glass container with lid (I use a very small mason jar). If not organic, make sure to peel it first.
- Add purified water to cover the ginger slices. Seal the jar/container.
- Store in fridge. Replace with fresh water daily.

Before Meals:

- Take 1 ginger slice and add 2-3 drops of lime and a pinch of mineral or pink salt.

- Enjoy about 15 minutes or so before your meal to stoke the digestive fire.

## **Raisin Water to Soothe Constipation**

Directions to Prepare:

- Soak ⅛ cup of raisins in 1 cup of water overnight.
- In the morning, drink the liquid on an empty stomach.  
\*The liquid provides sweetness (that satisfies a vata imbalance) and hydration along with potassium, calcium, and iron which all support elimination and the digestive process.

\*\*\*If you are also feeling very dry, and possibly cold, you could try this remedy that I love.

In a blender,

Add 2 Tablespoons of raisins

1-2 teaspoons of ghee,

Cinnamon to taste

And about 6 oz warm to hot water

Blend, pour, and drink warm first thing in the morning. Sit, sip, and be present.

---

## **Be Gentle. Do this imperfectly. Be flexible.**

I believe that a cleanse should feel nourishing and pleasurable. If for some reason, this is just really difficult, be kind to yourself and stay out of judgement.

Ask more questions. Listen deeply. Reach out for a [1-1 session](#) if it will contribute.

And don't just give up. Go back to your "why" and modify.

Continue with self-care practices and explore adding to your kitchari or be inspired to create simple, nourishing, cleansing meals from the below options:

- Lentil soups
- Light vegetable soups
- Steamed or sautéed broccoli, carrots, zucchini, asparagus, Brussels sprouts, cabbage, and beets
- Lightly steamed greens such as spinach, chard, and beet greens
- Basmati rice, quinoa, millet, and barley
- Spices such as ginger, cumin, coriander, and fennel
- Flaxseeds, sesame seeds, sunflower seeds, and pumpkin seeds
- Poached apples and pears; cooked apricots, prunes, and figs
- Fresh berries – raspberries, blackberries, and blueberries

If you are new to Ayurveda and cleansing, knowing your dosha can be helpful. It is a guide to understanding the elemental makeup of you. It's not to restrict you. Just inform.

[TAKE A DOSHA QUIZ](#) if you feel it's helpful at this point. Know that the basic kitchari is designed to balance all doshas. After the cleanse, you may want to get curious about your own body mind type.



After the three days, you may feel so good that you want to keep the cleanse going for a little while longer. That's great! Keep going for as long as you feel called.

This cleanse is unique in that it's real food, it's nourishing and balanced. It's possible you are getting more nutrients from this cleanse than you normally get in your daily diet. I know that was true for me when I first got started with cleansing.

Sometimes, after the cleanse, especially a shorter one, people feel a pull to binge on hard-to-digest, overly stimulating or processed foods after they complete a cleanse. Your head and old habits are typically in the driver's seat here. Tune into your deeper wisdom--your body wisdom. Meditate, journal, ask questions. Listen.

As you begin to integrate other foods back into your diet, slowly begin by adding more cooked vegetables, curries, and soups which are easier to digest.

Begin exploring what helps your body thrive. Notice how you feel before and after meals. Take your time so you don't overwhelm your digestive fire too quickly. Hold off of raw veggies and pizza for a couple of weeks if possible if you plan on bringing them back.

The invitation is there to be curious about how you want to feel, what you truly want to eat. It doesn't mean you can never have certain foods. It means you can choose consciously and begin to enjoy the experience of food and self-care rituals that offer support as you live your beautiful life and navigate all of the transitions with more ease, grace, and joy.

You can always revisit this guide again between seasons or when life has just thrown you for a loop. I often just take one day a week to simplify with kitchari, clear a few things from my calendar and allow a little more time to listen and nurture. It's such a gift!...especially if you are caring for others or holding space for others.

If you would like to keep the momentum going, consider the [Root Rise Thrive program](#) for support in creating sustainable lifestyle habits that heal body, mind, spirit and change generational patterns. I run it 3 times a year. Limited 1-1 mentoring is available too.

Release any judgements that come and thank yourself for taking this time.

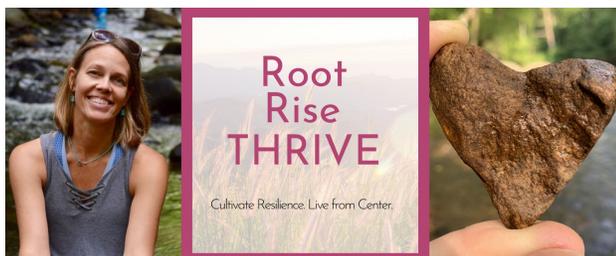
### ***Stay in curiosity and question***

***...what else is possible now?***



With deep gratitude,  
Karla

If you'd like to stay informed of offering and receive tips and inspiration, you can join my email list at [www.DiscoverYourCenter.com](http://www.DiscoverYourCenter.com)



I believe we can channel our power and vulnerability to dismantle separation and inequality in the world by first doing it within ourselves so we can participate in creating the world we want to pass on to our children and future generations. We do it through authentic, unapologetic self-care and self-love.

This is why I created ROOT RISE THRIVE. If you'd like to find out more or join the next 11-week round of this dynamic collective community experience, to [www.DiscoverYourCenter.com](http://www.DiscoverYourCenter.com) or reach out for a [30-minute free consultation](#) to see if it's a good fit.



Monday Yin Fusion Yoga for Resilience  
Live & Recorded *(Self-care tips & meditations sprinkled in too!)*  
7PM - 8PM EST  
<https://www.discoveryourcenter.com/yoga.html>

*\*If you purchased this guide and downloaded from my website, don't forget to check your email box for your supplemental resources.*

*\*If you would like a little support on this journey, [schedule a consultation session with me](#). We can clarify your goals, the process, and personalize it for you so you can have more ease and traction with this.*