

shyamaraj nidugala



clear-out

A VITAL HOLISTIC DETOX GUIDE

Detox Your Body
Reset Your Health
Feel Your Best

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Clear-Out - A vital holistic detox guide

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[Consult your doctor before using any health treatment - including herbal supplements and natural remedies - and tell your doctor if you have a serious medical condition or are taking any medications. The information presented here is for educational purposes only and is in no way intended as substitute for medical counseling.]

Foreword

Around the world the increasing adoption of modern lifestyles, often characterized by lack of balanced physical, psychological and spiritual exercise in combination with unhealthy food consumption and stressful working and living in polluted environments is resulting in increasing incidences of ailments and diseases such as obesity and diabetes, hypertension and cardiovascular diseases as well as stress related mental illness, headache, neck and back ache etc. The economic and social costs of this emerging modern lifestyle health crisis will no doubt put a tremendous burden on healthcare delivery and financing systems, that in general can treat and keep in check but cannot cure these ailments and diseases of modern lifestyles.

Whilst modern medical systems including the pharmaceuticals industry have made a significant progress over the last few decades in developing effective drugs and treatment regimes However it is recognized that the demand of the healthcare systems will overwhelm the capacity and capability of modern medical systems in developed as well as developing countries. There is a pressing imperative to research and develop preventive measures towards reducing the prevalence of the ailments of modern lifestyles.

There is a wide body of knowledge and practices of “traditional” health care systems and formulation of herbal medicines that is highly relevant to prevention as well as treatment of the ailments and diseases of modern lifestyles. The 21st century health challenge is for an effective and efficient integration of modern health care and pharmaceutical drugs and medicines with traditional health care knowledge and practice including lifestyle advise on healthy food and

nutrition, naturopathy herbal medicines, holistic wellbeing comprising physical, psychological and spiritual wellness as well as working and living in clean and healthy environments.

There is a growing interest around the world in alternative medicine disciplines such as ayurveda, yoga and meditation, naturopathy, homeopathy, acupuncture, traditional Chinese medicine etc, particularly for the treatment and prevention of modern lifestyle-related ailments and diseases.

Ayurveda, which literally means the knowledge of life is the traditional healing science of India. Viewing disease as the natural end result of living out of harmony with our environment, Ayurveda emphasizes reestablishing harmony and balance as the means of recreating a state of optimal health in our bodies and minds. While Ayurvedic methods utilize many therapies including herbs, diet, aromatherapy, color therapy, mantras, yoga, meditation and general lifestyle counseling, the most profound of all treatments is that of Panchakarma, a traditional form of detoxification of the body and mind that facilitates revitalization and rejuvenation.

At Zen Holistic Wellness, we are developing the means and measures to prevent and manage lifestyle disorders, based on the principles and practice of ayurveda, naturopathy, yoga, meditation and pranayama as well as other traditional healing methods. We focus on the whole person - body, mind, and spirit. The practice of holistic medicine integrates conventional and complementary therapies to promote optimal health, and prevent and treat disease by addressing contributing factors. In practice, this means that each person is seen as a unique individual, rather than an example of a particular ailment or disease, which result from physical, emotional, spiritual, social and environmental imbalance.

The first and foremost entry point to good and sustainable wellbeing concerns detoxification and bio-purification together with proper dietary and nutrition management. This book by Dr. Shyamraja Nidugala, Director, Zen Holistic Wellness Pvt, India, presents a comprehensive and a vital practical guide to detoxification and enhancing good health and wellbeing. The detoxification practices and procedures described herein are the core of a new generation of holistic wellness system under development and testing at our resorts, including our flagship Zen Resort Bali.

Dr. Mahendra Shah

Founder and President-Director
Zen Resort Bali

Author's Note

Haven't you heard people who have recently engaged in a detox program say that they feel rejuvenated and vibrant and ready to take on the world, only to meet them a few months later disgruntled about the amount of money that they spent on the health program? The exuberance at attaining good health and fitness lasts only for a few months and one is left frustrated, upset and helpless after the event.

The reason why this phenomenon occurs most of the times is because toxification is a cyclic process and unless a detox program addresses all the contributing factors that make up the vicious toxic cycle, there is bound to be resurgence. Since the toxins can be produced at any stage of the cycle, it is essential that each and every link in the toxic chain be cleansed thoroughly. Most of the detox programs address only one or maybe two of the contributing factors that form part of the toxic cycle. And since any chain is only as strong as the weakest link, these detox programs falter when it comes to providing holistic treatment.

By just using herbal products to cleanse the bowel system or taking a course of probiotics or following a cleansing diet or maybe all of the above, you shall not be able to ensure breaking the toxic cycle completely.

Engaging in a program that addresses all the contributing factors is a must to ensure that you feel the benefit of the program for the long term. These programs need to be designed to attain perfect fitness and health through a structured and holistic manner. Cleansing your body doesn't

have to be difficult or involve starvation. With minimal effort and some simple dietary and lifestyle changes, you can help detoxify your body and start to feel better than ever.

This book has been written for educating the guests at Holistic Wellness centres and those who interested in understanding this unique concept and following Holistic Detox programme. I wish to submit that these guidelines have to be followed to ensure the ailment free life and to protect good health. Dr. Mahendra Shah renowned economist, naturalist and also director of Zen wellness and holistic resort who always supports the traditional healing system blessed this work with a foreword. I am highly indebted to him. I owe my gratitude to Prof. B. M. Hegde, former vice chancellor Manipal University and Dr. K. S. S. Bhat, consultant physician and cardiologist Bangalore for their valuable reviews for this book. And I thank Smt. Savitha Shanthapriya for the DTP output and Dr. N. T. Bhat for valuable tips. I also offer my thanks to Mr. Shiva for the line drawings and the manager, staff ofprinters for their efficient execution of printing this book.

Dr. Shyamaraj Nidugala

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1. How toxic are you?

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."

- Jim Rohn

How can you know if you need a full body detox? Your body will tell you, you just have to know what to look for when it's trying to communicate.

These are some good signs your body and mind is in need of a detox...

Many times a list of symptoms reads like the human condition, with things that almost everyone experiences from time to time. What we're looking for here is how often it happens. Frequently feeling fatigued, frequently getting constipated or experiencing indigestion, etc. It's the frequency that matters.

If you've noticed any of the following occurrences on a regular basis, you're likely to be overdue for a detox. It may not be the cure-all, but in many cases it can at least improve the situation, and will be the perfect starting point towards fixing it for good.

1. Low Energy/Fatigue

With the meteoric rise of energy drinks and the steady popularity of caffeinated beverages you'd think there is a low energy epidemic in full swing.

Trying to make up for the lack of energy with stimulants like caffeine and taurine will only worsen the problem in the long run. After the pick-me-up there is often an



energy crash that leaves you feeling worse than when you started. Not only that but these beverages usually act to burden the liver, further exacerbating the problem and sending you into a low-energy spiral.

If you wake up in the morning feeling sluggish, and pretty much stay that way throughout the day with varying degrees of lethargy, you should definitely consider doing a detox. A colon cleanse in conjunction with a detoxification program can help you lose body waste, feel lighter, and feel relieved of stored up toxins.

How a Detox Helps: A detox can help you flush out the things that prevent you from feeling energetic and having a pep in your step.

2. Constipated



Chronic constipation is a sign that something isn't right in your digestive system. If you've tried increasing your fiber intake and adjusting your diet with limited results, it could be your body telling you that it needs a cleansing. Frequent Indigestion is also a common sign.

If you've accumulated years of waste in your bowels and colon, including impacted fecal matter and more, constipation could be just one symptom of a larger, more pressing problem.

In conjunction with a colon cleanse you introduce plenty of healthy foods like raw fruits and vegetables, and stop the intake of fried foods, and other unhealthy options so that your body is getting a break, as well as getting the vitamins and minerals it so badly needs.

How a Detox Helps: A colon cleanse is the order of the day if you've been battling with bouts of constipation. An effective colon cleanse will not only clear your colon of any stored up fecal matter, but will cleanse your digestive tract as well, improving your digestive health along the way.

3. Brain Fog/Unable to Focus

There's an energy drink in the market that keeps promising to improve your focus. Perhaps that's because there's a serious need for many Americans to go on a detox program because of all the toxins they're exposed to on a daily basis.

If you consistently find that in your natural state you lack the ability to focus and find yourself adrift in a mental fog, your body could be screaming at you to detoxify it, and this is its cry for help. Don't misread it as a sign to use a stimulating drink or a prescription drug.

Once you free yourself of toxins in the form of candida, heavy metals, and more, you'd be surprised to know how much better you're able to focus, stay on task, and get things done.

How a Detox Helps: A detox helps get rid of the toxins that are preventing your brain from firing on all cylinders. A candida cleanse alone can restore clarity, focus, and concentration by ridding your body of excessive and damaging Candida fungus.

4. Feeling Depressed

The way you feel is largely dependent on your ability to feed your body with nourishing foods. Your mood can change with the right or wrong meal, and eating foods that are low-quality or even toxic to the body over long periods of time can put you in a depressed state.



The problem is that when you start to make changes to feel better and change your diet to include more life-giving foods, the toxins will block the nutrients from finding their way to your brain. Toxins have a way of nestling into the body and they can remain there unless dislodged by another force. In this case a detox program can help to get your mind back in the right place.

It's important to make the distinction between feeling down and depressed and having clinical depression. If you believe that you may be clinically depressed, it's important to consult your doctor for the best help.

How a Detox Helps: A detox may not be the cure for clinical depression, you'll want to see your doctor for that. But as far as helping to avoid depressing thoughts, a detox can work wonders. It frees your body of stored up toxins that can keep you in patterns of negative thinking, and can inspire a new outlook on life.

5. Overweight/Trouble Losing Weight



If you're not at your ideal weight even after several earnest attempts at weight loss, it could be that you were fighting an uphill battle thanks to all the toxins in your body.

Turning over a new leaf and introducing the body to healthy foods doesn't work as well as you'd think it does if there is waste in the body that is preventing the absorption of the vitamins and minerals these foods contain.

When you detox the body you are bringing things back to square one rather than starting at a disadvantage. It not only helps the body shed body waste and lose weight as a byproduct of doing the detox, it sets the stage for healthy weight loss with the adoption of a better diet and a more active lifestyle.

How a Detox Helps: A detox cleans the slate if you will, and allows you to start fresh rather than swimming upstream by trying to be healthy while still having plenty of stored up toxins.

6. Trouble Sleeping

An excessive amount of toxins can keep you up at night, tossing and turning as your natural cycle is disrupted.

Melatonin signals the body for sleep, but an excessively toxic body can reduce the amount of melatonin that is released, and cause a domino effect when it comes to getting natural, restful sleep.

When the body is persistently kept in an unnatural state, which is the case if you have too many toxins in the body, you may find yourself falling out of rhythm with nature. This will have you staying up late and waking up later than you need to, or feeling like you need more sleep than you actually do.

Try a detox before resorting to sleep aids, which will only prolong the problem.

How a Detox Helps: A detox helps you by restoring your body to a more natural state. You can then be more apt to follow the patterns of the circadian rhythm, getting tired at appropriate times at night thanks to melatonin released by the body, and waking up with the birds feeling refreshed and recharged.

7. Sexual Dysfunction

It's funny to think that many of the prescriptions filled and products sold in relation to sexual problems could be avoided with a detox program. But your sexual organs are the same as any other organ, and their proper function can be thrown off gear when there are too many toxins wreaking havoc on the body.

Many who complete a detox program report feeling a stronger sex drive, and a better performance than before they started the program.

If you've never done a detox and your sexual performance and desire has gradually waned, it may not be a sign of aging, but rather a sign that you need a detox in a bad way.

How a Detox Helps: If your reproductive organs aren't getting the vitamins and minerals they need to do their job thanks to toxicity in the body, your physical performance will be affected and you may end up blaming yourself.

8. Unexplained Headaches

The source of some headaches is easy to identify, either a stressful day or a lot of noise around. But if you suffer from regular headaches with no obvious cause it may be just the time for a detox.

A headache is a pretty reliable way for your body to tell you that something isn't right. It gets your attention and can bring your world to standstill if it's bad enough. Instead of trying to treat the symptom of pain, it's better to see if your headaches are being caused by a toxic state.

Before trying yet another pain reliever or worrying that you'll have these headaches for the rest of your life, try a detox program to see if the problem is too many toxins. Just be warned, your headaches may worsen during the detoxification process, but when it's complete they should be gone, or at least greatly reduced.

How a Detox Helps: A detox gets rid of impurities in the body that may be making you more prone to a headache.

9. Unexplained Soreness/Stiffness

Do you wake up in the morning feeling sore and stiff even though you didn't do anything the previous day to justify feeling that way? If you play a rough sport or practice Mixed Martial Arts it makes sense to wake up feeling like you were hit by a truck. But what if you don't have a good reason for feeling this way?

When you have toxins in the body that need to come out you are more likely to suffer from inflammation, because many of the foods and beverages that cause toxicity also lead to inflammation.

If you've never done a detox to flush out these toxins from the body, they build up over the years and can lead to premature and undue soreness and stiffness in the body.

How a Detox Helps: A detox can help reduce excessive inflammation, which in turn helps to soothe the aches and pains brought on by too much inflammation in the body.

10. Skin Problems/Allergic Reactions

You may have noticed that your skin has been having issues, and nothing that you've tried has been able to fix it.

A topical treatment isn't going to help if the cause of your skin problem is excessive toxicity in the body. It's time to get to the root cause and follow a proven detox program that lists skin conditions as one of the symptoms it can relieve.

One thing to keep in mind is that a side effect of doing a detox is often rashes and other skin problems, especially if many toxins are being released. These will subside by the time the process has finished, and should not be confused as a worsening of your problem.

How a Detox Helps: A detox works at the source of the problem, ridding the body of toxins that can lead to rashes, outbreaks, and allergic reactions on the skin, as well as sneezing, coughing, and asthmatic conditions.

Toxicity Quiz

Even though your body is equipped with a liver, colon and kidneys to help you remove waste, the truth is that you may be surrounded by more environmental toxins than you realize and are able to eliminate. In order to help your body achieve optimal health, you need to understand how your body may be telling you that things are getting a bit toxic on the inside. It is also important to open your eyes to the different sources of chemicals to which you may be exposed on a daily basis.

This quiz contains 26 questions. The first 12 questions are about the specific messages that your body might be sending you. Questions 13 through 17 are about the foods and habits that burden your liver with. Finally questions 18 through 26 are about your exposure to chemicals.

1. Do you have less than one bowel movement per day?
2. Do you rarely break into a real sweat?
3. Do you urinate small amounts of dark urine only a few times a day?

4. Do you have food allergies, skin allergies or other skin issues (acne, eczema, psoriasis)?
5. Do you experience constant fatigue, low energy, brain fog or poor memory?
6. Do you experience recurring pain, headaches, joint pain or stiffness?
7. Do you frequently feel depressed or have mood swings?
8. Do you experience frequent athlete's foot, thrush, yeast infections and/or skin fungus?
9. Do you experience indigestion or bloating?
10. Are you bothered by: gasoline fumes, perfumes, new-car smell, fabric stores, dry cleaning, hair spray, strong odors, soaps, detergents, tobacco smoke or chlorinated water?
11. Do you have a negative reaction when you eat garlic, onions, MSG, sulfites (in wine, dried fruit), preservatives, cheese, bananas, chocolate, or even a small amount of alcohol?
12. When you consume caffeine do you feel wired, achy or experience anxiety, palpitations, sweating and/or dizziness?
13. Do you eat fast food, pre-prepared foods, processed foods and/or fried foods?
14. Do you smoke?
15. Do you regularly eat sugar, soda and/or breads (toast, muffins, crackers, etc.)?
16. Do you drink alcohol on a daily basis?
17. Do you drink tap or well water without a filtration system that removes fluoride, chloramines and pesticide residues?
18. Do you eat large fish (swordfish, tuna, shark, tilefish) more than once a week?
19. Do you have more than one or two mercury amalgams ("silver" fillings) in your teeth?
20. Do you use regular personal care products? (99% of which have aluminum, parabens, sodium-lauryl-sulfate and other petroleum-derived ingredients)

21. Do you have your clothes dry-cleaned?
22. Do you use regular household cleaners, detergents and anti-bacterial products?
23. Do you use lawn and garden chemicals or have your home treated by an exterminator?
24. Do you work or live in a building with poor fresh air ventilation or windows that don't open?
25. Do you live in a large urban or industrial area?
26. Do you regularly take any of the following: acetaminophen, ibuprofen or naproxen, acid-blocking drugs, hormone-modulating meds (birth control, estrogen, progesterone, prostate medication), medication for colitis or Crohn's disease, medication for headaches, allergies, nausea, diarrhea or indigestion?

Scores 0-8

If you scored between 0 and 8 which means you only have a few symptoms, habits or exposure to toxins. You're much better off than the majority of people. Chances are that your liver and colon are working well.

Scores 9-16

You have a fair amount of physical signs, lifestyle habits and environmental exposure to toxins. You may or may not be experiencing significant health issues related to toxicity yet, but it is in your best interest to begin cleaning out your environment to reduce your exposure and you'll want to think about doing a cleanse or detox program. Also it means people who are in situations similar to yours can experience significant improvements in their health and energy levels by creating a regular practice of cleansing. You can start by thinking about doing one at least once a year, and if you can do 2 or 3, you'll see your health shift dramatically.

Scores 17-26

You are in the highest toxicity group. You have many physical signs, lifestyle habits and toxicity exposures that will

increasingly compromise your health. It's important that you take action now. You may or may not be experiencing significant health challenges related to toxicity but if you do nothing to shift your lifestyle and your exposure, things will only get more challenging for you.

2. Why detox regularly

"Live as if you were to die tomorrow. Learn as if you were to live forever."

- Mahatma Gandhi

Detoxification is what your body does naturally to neutralize, transform or get rid of unwanted materials or toxins. It is a primary function of the body, constantly working and interacting with all other functions of the body. So when we are talking about detoxification, it is about improving and optimizing the function of your body's own detoxification systems. This is done by decreasing the amount of toxins we put into our bodies while at the same time supporting our body's detoxification and elimination systems with the nutrients it needs to function properly.

Detoxification is comparable to cleaning your home. Imagine what our bathroom or kitchen would look like if we did not clean it regularly over twenty, forty, or even sixty years. Yet many people will allow similar conditions to continue in their bodies, without any form of internal cleansing.

As a culture we are very aware of our external cleanliness. We clean our teeth daily, we bathe and wash our hair daily or every other day and we like to look and smell clean because it makes us feel better. Similarly, we see detoxification as internal cleansing. The problem is that it's often hard to know when our internal cleansing mechanisms are not functioning well. Unlike other parts of our body it is very hard to know how well our liver is working, and our liver is the main detoxification organ. Apart from synthesizing and secreting bile, the liver acts as a filter for toxins and bacteria in the blood and chemically neutralizes toxins, converting them into substances that can be eliminated by the kidneys.

Although it is mostly ignored by our current medical system, the detoxification system is a key component of our body's functioning. Most of the molecules made by our bodies every day, are for getting rid of waste products. We need hundreds of enzymes, vitamins and other molecules to help rid the body of unwanted waste products and chemicals. We need to manufacture these molecules to help take the good from what we ingest and get rid of the unwanted. Although the bulk of the work is done by the liver and the intestinal tract, the kidneys, lungs, lymphatic system and skin are all involved in this complex detoxification process.

The purpose of a detoxification program is primarily to support these organs of elimination so that toxins present in the body can be metabolized and excreted. Time and again I've seen the benefits that a good internal cleanse can bring.

Your body is very much like a sponge, soaking up bits and pieces of just about everything it's exposed to -- and in our modern world, our bodies are exposed to a lot.

From air pollution and food additives to pollutants in our drinking water, homes and even personal care products, the truth is that your body is literally bombarded with toxins on a daily basis.

Your Body May Contain Hundreds of Chemicals

On an average, the CDC's [Centres for disease control and prevention USA] report found 212 chemicals in people's blood or urine, 75 of which had never before been measured in the U.S. population. The chemicals include:

- Acrylamide (formed when foods are baked or fried at high temperatures, and as a byproduct of tobacco smoke) and glycidamide adducts
- Arsenic
- Environmental phenols, including bisphenol A (found in polycarbonate plastics, food packaging and epoxy

resins) and triclosan (often used as an antibacterial agent in toothpaste, hand soap etc)

- Perchlorate -- used in rocket fuel, explosives and fireworks
- Perfluorinated chemicals -- used to create non-stick cookware
- Polybrominated diphenyl ethers -- fire retardants used in numerous consumer products
- Volatile organic compounds -- found in paints, air fresheners, cleaning products, cosmetics, upholstery fabrics, carpets, dry-cleaned clothing, wood preservatives, paint strippers and much more

Why Detoxing Regularly is Important

While the CDC states that further research studies are needed to determine whether the levels of chemicals found in most Americans are associated with disease and adverse effects, it is known that many of the detected chemicals are harmful and capable of contributing to chronic disease and other health symptoms.

Further, many people now eat a diet of largely processed foods, high in sugar and unhealthy fats, along with consuming alcohol, caffeine, artificial sweeteners and other highly refined food additives. A detox can help your body to rid itself of some of these toxins, naturally, while also giving your body a chance to rest, repair and recoup.

In many cultures, including Chinese medicine and Ayurveda, the ancient healing system from India, detoxification has been practiced for centuries, used to overcome skin problems, ease digestion and pain, and boost energy levels while promoting the body's own inherent healing potential.

Both your liver and your kidneys (along with your blood, bowel, lymphatic system and skin) help your body process and eliminate chemicals in your sweat, urine and feces. Detoxing can help to support and enhance this natural process.

Your Liver Needs Your Help

Your liver has an incredibly important job, especially when it comes to detoxification. Along with filtering your blood to remove toxins, your liver uses a two-phase enzymatic process to break down chemicals. During phase 1, toxins are neutralized and broken into smaller fragments and during phase 2 they are bound to other molecules, which creates a new non-toxic molecule that can be excreted in bile, urine or stool.

For this process to work effectively, your body must have the proper nutrients. If your body is lacking, the phase 2 process may not work adequately, which can leave toxic substances to build up in your system. Most often, people experience detoxification-related health problems because they have a rapid phase 1 process but a retarded phase 2 function that leads to toxin build-up.

You can help to support your liver's two-phase detoxification process by making sure your diet includes the following foods and nutrients.

Is Detoxing for Everyone?

Detoxification is not appropriate for pregnant or nursing women, however most others can benefit from a detox one to four times a year. Traditionally, this is done at the changing of the seasons, for instance at the end of summer/beginning of fall or, particularly, as winter transitions into spring. That said, a detox can be done at any time of year and if you've been thinking of giving it a try, there's no time like the present. *Sieze the Body!*

Necessary for Phase 1:

- B-Vitamins (B2, B3, B6, B12, folic acid)
- Flavonoids, found in organic fruits and vegetables
- Foods rich in vitamins A, C and E (eg, carrots, oranges, wheat grain, almonds)
- Glutathione, found in avocado, watermelon, asparagus, walnuts, fresh fruits and vegetables. Nutrients that increase glutathione levels include n-acetylcysteine, cysteine and methionine.
- Branched chain amino acids, found in animal protein (dairy products, red meat, eggs and whey protein).
- Phospholipids, found in eggs, lean meats, organ meats, fish and soyabeans.

Necessary for Phase 2:

- Indole-3-carbinol, found in cabbage, broccoli, Brussels sprouts
- Limonene, found in oranges, tangerines, caraway seeds and dill seeds
- Glutathione, found in avocado, watermelon, asparagus, walnuts, fresh fruits and veggies. Nutrients that increase glutathione levels include n-acetylcysteine, cysteine and methionine.
- Amino acids (protein)
Generally speaking, eating a high quality, whole foods diet that includes ample healthy sources of protein, fresh fruits and vegetables, and antioxidants will be beneficial for your liver.

Benefits of detox

1. Boosts Your Energy

Many detox program followers report feeling more energetic. This would make sense because while you're

detoxing you're stopping the influx of the things that caused you to need a detox in the first place. By cutting out the sugar, caffeine, trans fat, saturated fat, and replacing them with fresh fruits and vegetables, you'll be getting a natural energy boost, one that comes without a resultant crash. It's vital to stay well hydrated while on any detox program, and that can also be a source of increased energy if you typically don't get enough water throughout the day.

2. Rids the Body of Any Excess Waste

The biggest thing that detoxing helps with is allowing the body to rid itself of any excess waste it's been storing. Most detox programs are designed to stimulate the body to purge itself, helping the liver do its thing as well as the kidneys and colon. Cleansing the colon is an important part of the detoxing process because those toxins need to exit the body, and a backed up colon can cause them to be reintroduced into the body, rather than exiting as planned. Sticking with fruits and vegetables even after the detox program is completed is a good way to keep things moving.

3. Helps with Weight Loss

It's easy to see how a detox diet would cause you to lose weight in the short term, but a healthier way to look at it would be to establish long-term eating habits, and rid yourself of unhealthy habits. Many times it is the drastic reduction in calories and rapid weight loss that is focused on, especially in the media. But these short-term results won't last if you don't make it a point to replace bad foods with good, and use your newfound energy to exercise more and be more active.

4. Stronger Immune System

When you detox the body you free up your organs to function the way they should. This helps to give your immune system a boost since you'll be able to absorb nutrients better,

including Vitamin C. Many of the herbs you take while on a detox will help the lymphatic system, which plays a big role in keeping you healthy and firing on all cylinders. Many detox programs also focus on light exercises which help to circulate lymph fluid through the body and helps it to drain, strengthening your immune system in the process.

5. Improved Skin

Your skin is your largest organ, so it only makes sense that it would show positive results from a detox program. One way to help your detoxing efforts is to take a sauna to help the body sweat out additional toxins. You can expect clearer, smoother skin at the end of your detox plan. It's also been reported that detoxing can help with acne, although the condition may worsen before it gets better as the toxins are released. You may find that your skin itches or gets patchy before clearing up, but this is part of the process and is a sign that you're on the right track with your program.

6. Better Breath

Follow a detox program that includes a colon cleanse because those toxins need to be released from the body. It's been theorized that one contributor to bad breath is a backed up colon. When you are able to clear it out and get your digestive system functioning well again, you may find that your breath improves. Be aware that your breath may actually worsen during the detoxing process, but when it's finished it will be better. This is natural, and occurs as toxins are released from the body.

7. Promotes Healthy Changes

It's hard to change a long-standing habit, and a detox program – no matter how long – is one way to put a wedge between your old ways and your new ones. If you have addictions to sugar, caffeine, fried, or crunchy foods you can

use a detox program to help you kill those cravings. Often if you just try to quit eating those foods or drinking those beverages you'll have limited success, and go back to your old ways. But if you cleanse the body and replace those foods with healthier choices, you can retrain yourself and you are more likely to stick to your new habits.

8. Clearer Thinking

A good detox program will pay some attention to your state of mind during the cleanse. The use of meditation is often recommended as a way to get back in touch with your body during this time of purging and cleansing of toxins. Detox followers often say that they lose that sense of fogginess, and are able to think more clearly during a detox than when not on it. It makes sense, since many of the sugar-filled and fat-filled foods that surround us each day will cause us to feel lethargic and can factor heavily in the quality of our thinking.

9. Healthier Hair

By the time you can see your hair, it's already considered dead, as all of its growth occurs within the hair follicle. This is why it's important to keep your body functioning at its full potential through a regular detoxing strategy. When your hair is able to grow uninhibited by internal toxins you'll see and feel the difference in your hair. In many instances hair gets shinier, and feels softer to the touch. Detoxing isn't enough to stop male pattern baldness, but many report that their hair grows more quickly, a sign of healthier hair.

10. Lighter Feeling

One of the reported benefits of detoxing is a feeling of being lighter. There are several reasons why this would be the case, especially if you'll be doing a colon cleanse as part of the program. When you stop eating foods that weigh you down, and replace them with fresh organic fruits and vegetables, a

lighter feeling is bound to occur. It's also important not to overeat while detoxing, which will yield a lighter feeling as well, and will give you the energy you've been missing.

11. Anti-Aging Benefits

The constant barrage of toxins that the body has to deal with is one contributing factor to the aging process. By reducing the amount of free radical damage done to the body, you're going to see not only short term benefits, but also long term benefits in an increased longevity. When you finish your detox program, it's very important not to go right back to the lifestyle that was causing the toxicity. Sticking to a improved diet and getting daily activity are great ways to make sure that you feel good each moment of your life.

12. Improved Sense of Wellbeing

When you detox, you feel good, and when you feel good, good things happen. Detoxing is often used strategically to lose weight or to start a new diet plan, but really there's no better reason than just to feel better. When you set the stage for wellbeing, you are going to improve all areas of your life, and you should see better relationships, better productivity at work, and a newfound or renewed zest for life. Detoxing brings balance back and helps our systems function properly again.

3. You are what you Eat

"The future depends on what you do today."

- Mahatma Gandhi

Most of us have heard the old adage "You are what you eat," but have we ever considered that we are what we eat, drink, breathe, think, and do? Every food we eat, every beverage we consume, every breath we take, every thought we think, and all the actions we take in life are creating us. The things you do every day affect our sense of well-being. If one work at an office job all day and return home to slouch on the sofa in front of the television or computer, the lack of physical activity will prevent body cells from getting adequate oxygen. Our body's lymphatic system (comparable to a street-sweeping system inside your tissues) will be sluggish and ineffective at removing the metabolic waste from our body. Slouching in front of the TV will also affect the posture, in turn affecting the alignment of vertebrae, muscles, tendons, nerves, and blood vessels. Over time, this pattern of lifestyle may create back or neck pain as well.

Over the last half century, the global food industry has profoundly changed the way we eat. While we understand how these dietary changes have impacted physical health, their effect on mental well-being is only now being realised. Big business has successfully developed and marketed food products that appeal to our evolutionary preferences and have addictive properties. Highly-processed snack and takeaway food products, rich in tasty fat and sugar, have now displaced much of the fruit, vegetables and other nutritious, unprocessed foods in our diets.

Largely as a result of these changes, there has been a staggering increase in the proportion of overweight and obese people across many countries. Common non-infectious

illnesses, many driven by poor diets, are now the leading cause of death worldwide.

Hunger - True & Emotional

When faced with the sensation of “hunger” during your detox, consider the possibility that it might not be true hunger. In our Western culture, what we call hunger is often the physical manifestation of an emotion that is asking to be “numbed” or comforted. If left alone and quietly observed, emotional hunger becomes an opportunity for immense growth. When that “hunger” sensation arises, mindfully keep your attention on it, and ask yourself: What am I really feeling? If it’s boredom, restlessness or any other emotion, truly allow yourself to feel it. You don’t have to wallow in unhappiness or negativity, but simply recognize what the true feeling is, and put a name to it. Am I truly hungry or am I feeling anxious / nervous / sad / upset right now?

With a little effort, this exploration can help bring awareness to the difference between true hunger and emotional hunger. Understanding this distinction on a personal level can help stop the cycle of bad habits that lead to food cravings, weight gain, and poor health. Here is a useful way to determine if what you are feeling is true hunger:

Emotional Hunger Tips

Hydrate: Drink water or have a cup of tea instead. Hydrating yourself during your Detox is important to keep the bowels moving and to help flush out released toxins.

Switch it up: Get up and go for a walk, call a friend or write a letter to a loved one, finish a work project, or simply stay with that feeling and let it rise up and then fall away naturally (which it will inevitably do), without having consumed any food. You may even feel the negative sensation change to a very pleasant one. The sense of empowerment that comes from this change can be amazing.

True Hunger Tips

Snack mindfully: Eat in serene and distraction-free environments in a mindful way. Hummus, guacamole with veggies, raw nut butter on some apple slices, a quick soup, or fresh green juice are great options.

Check in on your daily caloric intake: While we at Clean are not big fans of calory counting, noticing how many calories you're eating can be useful. Often, people new to a detox program will under-eat, and this can cause cravings, anxiety, and poor sleep. The amount of nutrient-dense food a person needs each day depends on his level of activity, but a good benchmark is eating a minimum of 1200 calories and 50-80 grams of protein each day.

True Hunger	Emotional Hunger
Gradually arises	Arises suddenly
You're open to different food options	Crave for one particular food only
Doesn't have to be satisfied immediately	Requires food right now
You stop eating when you're full	Keep eating even when full
You feel good when finished	You feel guilty, shameful, or unsatisfied

Sugars

The average American consumes an astounding 2-3 pounds of sugar each week, which is not surprising considering that highly refined sugars in the forms of sucrose (table sugar), dextrose (corn sugar), and high-fructose corn syrup are being processed into so many foods such as bread, breakfast cereal,

mayonnaise, peanut butter, ketchup, spaghetti sauce, frozen foods and microwave meals.

Maltodextrin is also a refined product usually made from either corn or potatoes. It is very readily absorbed and has a very high glycemic index.

Dextrose is an industry term for glucose. Glucose is the most prevalent sugar in humans and is the only molecule that the brain can metabolize. Dextrose is refined from cornstarch. It has a very high glycemic index, as it is glucose!

High fructose corn syrup is made by treating corn (which is usually genetically modified corn) with a variety of enzymes, some of which are also genetically modified, to first extract the sugar glucose and then convert some of it into fructose. The result is a mixture of 55% fructose and 45% glucose, that is called 'high fructose corn syrup.'

- In 2001 CORN sweeteners (genetically modified) accounted for 55% of the sweetener market.
- Consumption of high fructose corn syrup went from zero in 1966 to 62.6 pounds per person in 2001.
- Per capita intake of refined sugar is almost 150 pounds a year. HFCS accounts for 51.7 pounds of that, and sucrose for 64.5 pounds, according to the U.S. Department of Agriculture. That translates to about 60 pounds of fructose per person.

Some of the problems associated with high fructose corn syrup:

- Increased LDL's (the bad lipoprotein) leading to increased risk of heart disease.
- Altered Magnesium balance leading to increased osteoporosis.

- Fructose has no enzymes or vitamins thus robbing the body of precious micro-nutrients.
- Fructose interacts with birth control pills and can elevate insulin levels in women on the pill.
- Increased risk of Onset of Diabetes Mellitus among adults
- Fructose inhibits copper metabolism leading to a deficiency of copper, which can cause increased bone fragility, anemia, ischemic heart disease and defective connective tissue formation among others.
- Accelerated aging

Effects of Sugar

Sugar can:

- | | |
|--|--|
| • suppress the immune system | • upset the body's mineral balance |
| • cause liver cells to divide, increasing the size of the liver | • increase the risk of Crohn's disease and ulcerative colitis |
| • increase the risk of coronary heart disease | • pressure cause a decrease in insulin sensitivity |
| • contribute to hyperactivity, anxiety, depression, concentration difficulties, and crankiness in children | • increase blood platelet adhesiveness which increases risk of blood clots and strokes |
| • produce a significant | • speed up the aging |

rise in triglycerides	process, causing wrinkles and grey hair
<ul style="list-style-type: none"> • cause drowsiness and decreased activity in children • promote an elevation of harmful cholesterol (LDLs) • Weaken defense against bacterial infection • overstress the pancreas, causing damage • increase fasting levels of blood glucose • produce an acidic stomach • lead to periodontal disease • contribute to weight gain and obesity • contribute to osteoporosis • lead to decreased glucose tolerance 	<ul style="list-style-type: none"> • reduce helpful high density cholesterol (HDLs) • increase the amount of fat in the liver • compromise the lining of the capillaries • interfere with absorption of calcium and magnesium • cause headaches, including migraines • raise adrenaline levels in children • increase total cholesterol • cause free radical formation in the bloodstream • increase systolic blood pressure • cause cardiovascular disease

- cause food allergies
- contribute to eczema in children
- cause atherosclerosis
- cause kidney damage
- increase kidney size and produce pathological changes in the kidney
- cause toxemia during pregnancy
- increase the body's fluid retention
- copper deficiency
- increase insulin responses in those consuming high-sugar diets compared to low sugar diets
- contribute to diabetes
- cause hypertension
- lead to chromium deficiency
- cause hypoglycemia
- increase bacterial fermentation in the colon
- cause depression
- cause hormonal imbalance
- promote tooth decay
- cause an increase in delta, alpha and theta brain waves, which can alter the mind's ability to think clearly

Contains MSG or Converts to MSG when Processed

MSG is an excitotoxin: an ingredient known to cause nerve damage by overexciting nerves. This is exactly how MSG enhances the taste of foods: by overexciting the taste buds on the tongue. Monosodium glutamate is a processed “flavor enhancer.” While glutamates are present in some natural foods, such as meat and cheese, the ones exploited by the processed-foods industry are separated from their host proteins through

hydrolysis. The jury is still out on how harmful MSG may be, but high levels of free glutamates have been shown to seriously screw with brain chemistry. Don't fall prey to chemical flavor enhancing. Just play it safe and flavor your food naturally.

Note: when you see the following words on any ingredient label, it is essentially, another name for MSG

- | | |
|---|---|
| • Hydrolyzed vegetable protein (HVP) | • Maltodextrin |
| • Textured protein | • Sodium Caseinate |
| • Glutamic acid | • Gelatin |
| • Carrageenan (processed) | • Ultra-Pasteurized |
| • Pectin Protease | • Stock |
| • Whey protein isolate, Whey protein | • Barley malt, Malt extract |
| • Natural Pork, Beef and Chicken flavoring | • Citric Acid (when processed from corn) |
| • Protease enzyme ... and anything enzyme modified | • Flavors, flavoring, natural flavors and flavoring |
| • Hydrolyzed yeast extract, Tortula yeast, Autolyzed yeast, Yeast extract | • Soya protein, Soya protein concentrate, Textured Soya protein |
| • Anything protein fortified | • Dextrose |
| • Anything fermented | |

When any product contains 79% free glutamic acid with the balance being made up of salt, moisture, and up to 1 per cent contaminants, the product is called Monosodium Glutamate. The second way of producing MSG is through breakdown of protein. A protein can be broken into its constituent amino acids by autolysis, hydrolysis, enzymolysis, and/or fermentation.

There are over 40 food ingredients besides Monosodium Glutamate that contain processed free glutamic acid (MSG). Each, according to the FDA, must be called by its common name:

- Autolyzed yeast
- Maltodextrin
- Sodium caseinate
- Soya sauce, etc.

These are the common or usual names of some ingredients that contain MSG. Unlike the ingredient called Monosodium Glutamate, they give the consumer no clue that there is MSG in the ingredient.

Hydrogenated & Partially Hydrogenated Oils

Many European countries have either banned hydrogenated and partially hydrogenated oils altogether or have instituted future dates for elimination of their use in foods due to studies that link trans fatty acid (hydrogenated and partially hydrogenated oil) consumption from processed foods to the development of diabetes, cancer and cardiovascular disease. Hydrogenation of oils, with removal of essential fatty acids, is used in the food industry for the sole purpose of prolonging the shelf life of processed foods which maximizes their profits.

Hydrogenation

Hydrogenation is the process of heating an oil and passing hydrogen bubbles through it. The fatty acids in the oil then acquire some of the hydrogen, which makes it denser. If you fully hydrogenate, you create a solid (a fat) out of the oil. But if you stop part way, you create a semi-solid partially hydrogenated oil that has a consistency like butter, only cheaper.

Until the 1970's, food producers used coconut oil. The American obesity epidemic began when it was replaced with partially hydrogenated vegetable oil - usually soyabean oil and palm oil.

Health Hazards of Hydrogenation

Unlike butter or virgin coconut oil, hydrogenated oils contain high levels of trans fats. A trans fat is an otherwise normal fatty acid that has been radically changed by high heat.

Trans fats are poison: just like arsenic. Eating junk food with trans fats raises your “bad” LDL cholesterol and triglycerides and lowers your “good” HDL. These fats also increase your risk of blood clots and heart attack. Avoid palm oil and other trans fats like the plague, and bid fried foods goodbye too, since they're usually fried in one of these freakish trans-fatty oils.

Partial List of Foods Almost Always Made With Partially Hydrogenated Oils .

- | | |
|---|---|
| • Cake mixes, biscuit, pancake and cornbread mixes, frostings | • Frozen bakery products, toaster pastries, waffles, pancakes |
|---|---|

- Cakes, cookies, muffins, pies, donuts
- Crackers
- Peanut butter (except fresh-ground)
- Frozen entrees and meals
- French fries
- Most prepared frozen meats and fish (such as fish sticks)
- Whipped toppings
- Margarines, shortening
- Instant mashed potatoes
- Taco shells
- Cocoa mix
- Microwave popcorn

**Check The Ingredients On Different Brands of these Foods.
Many Brands are Made with Partially Hydrogenated Oils**

- Breakfast cereals
- Corn chips, potato chips
- Frozen pizza, frozen burritos
- Most frozen snack foods
- Low-fat ice creams
- Noodle soup cups
- Bread
- Pasta mixes
- Sauce mixes

Shortening:

Ditch any food that lists shortening or partially hydrogenated oil as an ingredient, since these are also evil trans fats. In addition to clogging your arteries and causing obesity, they also

increase your risk of metabolic syndrome. Choose healthier monounsaturated fats, such as olive, peanut and canola oils and foods that contain unsaturated omega-3 fatty acids instead.

'White' Processed Foods:

When a whole grain is refined, most of its nutrients are sucked out in an effort to extend its shelf life. Both the bran and germ are removed, and therefore all the fiber, vitamins, and minerals. Because these are stripped down, refined grains are devoid of fiber and other nutrients, they're also easy to digest — TOO EASY. They send your blood sugar and insulin skyrocketing, which can lead to all sorts of problems. Replace processed grains with whole grains, like brown or wild rice, whole-wheat breads and pastas, barley, and oatmeal.

Artificial Sweeteners:

Aspartame (NutraSweet, Equal), saccharin (Sweet'N Low, SugarTwin), and sucralose (Splenda) may be even harder on our metabolic systems than plain old sugar. These supposedly diet-friendly sweeteners may actually be doing more harm than good! Studies suggest that artificial sweeteners trick the brain into forgetting that sweetness means extra calories, making people more likely to keep eating sweet treats without abandon. Nip it in the bud. Scan ingredient labels and ban all artificial sweeteners from entering your mouth.

Sodium Benzoate And Potassium Benzoate:

These preservatives are sometimes added to soda to prevent mold from growing, but benzene is a known carcinogen that is also linked with serious thyroid damage. Dangerous levels of benzene can build up when plastic bottles

of soda are exposed to heat or when the preservatives are combined with ascorbic acid (vitamin C). Don't risk it, people.

Butylated Hydroxyanisole (BHA):

BHA is another potentially cancer-causing preservative, but it has been deemed safe by the FDA. Its job is to help prevent spoilage and food poisoning, but it's a major endocrine disruptor and can seriously mess with your hormones. BHA is in HUNDREDS of foods. It's also found in food packaging and cosmetics. BHA has many aliases. You can look them up. Or you can follow my advice and DITCH processed foods altogether.

Sodium Nitrates And Sodium Nitrites:

No that's not a typo. These two different preservatives are found in processed meats like bacon, lunch meat, and hot dogs. They're some of the worst offenders, and they're believed to cause colon cancer and metabolic syndrome, which can lead to diabetes. Protect your health by always choosing fresh, organic meats.

Blue, Green, Red, And Yellow:

The artificial colours blue 1 [also known as Brilliant blue or FCF] and 2 [also known as Indigotine, Indigo and Carmine], green 3, red 3, and yellow 6 have been linked to thyroid, adrenal, bladder, kidney, and brain cancers. Always seek out foods with the fewest artificial chemicals, especially when shopping for your kids. Look for colour-free medications and natural food products that don't contain artificial colours like these.

Caffeine Intoxication

Caffeinism is an older term that has been used to describe the toxic effects of caffeine resulting from acute or chronic use.

Caffeine intoxication is currently defined by a number of symptoms and clinical features that emerge in response to recent consumption of caffeine. Common features of caffeine intoxication include nervousness (anxiety), restlessness, excitement, insomnia, rambling flow of thought and speech, gastrointestinal upset, tremors, tachycardia, diuresis, muscle twitching, periods of inexhaustibility, and psychomotor agitation. In addition, there have been reports of patients with caffeine intoxication having fever, irritability, tremors, sensory disturbances, tachypnea, and headaches. High dose caffeine toxicity is very rarely fatal. However, caffeine can be lethal at very high doses (i.e., 5 –10 g).

Alcohol's Effects on the Body

Drinking too much – on a single occasion or over time – can take a serious toll on your health. Here's how alcohol can affect your body:

Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- Cardiomyopathy – Stretching and drooping of heart muscle
- Arrhythmias – Irregular heart beat
- Stroke
- High blood pressure

Research also shows that drinking moderate amounts of alcohol may protect healthy adults from developing coronary heart disease.

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- Steatosis, or fatty liver
- Alcoholic hepatitis
- Fibrosis
- Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Cancer:

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- Mouth
- Esophagus
- Throat
- Liver
- Breast

Harmful Ingredients in Household Cleaning Products

Look on just about any cleaning product and you will notice a lack of an ingredient list. Could it be because so many

have ingredients that are toxic? Here is a short list of harmful ingredients that are in many household cleaners and are of particular concern because they are carcinogens, endocrine disruptors or known or suspected reproductive toxins.

Ammonia

Irritation to eyes and mucous membranes. Breathing difficulty, wheezing, chest pains, pulmonary edema, skin burns. High exposure can lead to blindness, lung damage, heart attack or death.

2-butoxyethanol/ Ethylene glycol butyl ether

One of many glycol ethers used as a solvent in carpet cleaners and specialty cleaners. Can be inhaled or absorbed through the skin and may cause blood disorders, as well as liver and kidney damage. May also cause reproductive damage with long-term exposure.

1,4 dichlorobenzene (1,4 DCB)

Has been linked to a reduction in pulmonary function. Found in space deodorizing products, such as room fresheners, urinal cakes, toilet bowl fresheners and cleaning products it is also used as an insecticide for moth control.

Ethoxylated nonyl phenols (NPEs)

Known as “gender-benders,” nonyl phenols can induce female characteristics in male fish, for example. The threat posed to the environment by nonyl phenols prompted the European Union to ban them from all cleaning products manufactured or used in the EU. Still used in the U.S.

Methylene chloride

Methylene chloride is listed as a possible human carcinogen by the International Agency for Research on Cancer and is commonly found in paint strippers. In 1987, regulators in the U.S. compelled manufacturers to put warning labels on products containing methylene chloride.

Naphthalene

Either naphthalene, or another chemical called paradichloro-benzene, is used in mothballs and moth crystals. Naphthalene is listed by California's Office of Environmental Health Hazards Assessment as a substance "known to the state to cause cancer," while paradichlorobenzene is listed by IARC as a possible human carcinogen. Avoid all moth products that contain either of these two ingredients.

Silica

Made from finely ground quartz, silica is carcinogenic as a fine respirable dust. Silica is found in that form in some abrasive cleansers, which are often used on a regular basis around the home.

Toluene

Toluene is a potent reproductive toxin, which is used as a solvent in numerous products, including paints. It is also sold as the pure product and is listed by California's Office of Environmental Health Hazard Assessment as a reproductive toxin that may cause harm to the developing fetus. Pregnant women should avoid products containing toluene.

Trisodium nitrilotriacetate (NTA)

NTA is listed as a possible human carcinogen by the International Agency for Research on Cancer. It is used as a

builder in laundry detergents and also has an adverse environmental impact as it can impede the elimination of metals in wastewater treatment plants. NTA's action can cause metals that have already settled out to be re-mobilized back into the liquid waste stream.

Xylene

Another extremely toxic ingredient that is often found in graffiti and scuff removers, spray paints and some adhesives. A suspected reproductive toxin that has shown reproductive harm in laboratory experiments, it is also a neurotoxicant that can cause memory loss on repeated exposure.

Bleach (Sodium hypochlorite)

When bleach is mixed with acids (typically found in toilet bowl cleaners), it reacts with them to form chlorine gas. When it is mixed with ammonia, it can create chloramine gas, another toxic substance.

In the environment, sodium hypochlorite is acutely toxic to fish. The chlorine in bleach can also bind with organic material in the marine environment to form organochlorines, toxic compounds that can persist in the environment.

There may be some circumstances where bleach use is necessary for disease control, but there is little need for it on a regular basis. Tests have shown that washing counters and other surfaces with soap and water removes most bacteria and there are a number of oxygen-based alternatives for laundry uses of bleach.

Phosphates

Manufacturers have since reduced or even eliminated phosphates from laundry products, but no action has ever been

taken on dishwasher detergents. Most of the products available from major manufacturers contain 30-40 per cent phosphates. Some also contain high levels of chlorine-based sanitizing ingredients.

Fruits & Vegetables with Highest contents of Pesticides

These 12 fresh fruits and vegetables are consistently the most contaminated with pesticides. Buy these organic if at all possible.

- | | |
|------------------------|--|
| • Apples | • Peaches |
| • Bell Peppers | • Pears |
| • Celery | • Potatoes |
| • Cherries | • Red Raspberries |
| • Grapes
(imported) | • Spinach |
| • Nectarines | • Strawberries
(contain the highest
pesticide content of
any fruit) |

Fruits and Vegetables with Lowest contents of Pesticides

These 12 popular fresh fruits and vegetables consistently have the lowest levels of pesticides. If you cannot find or afford all organic, these are safer for consumption than the above list.

- | | |
|-------------|----------|
| • Asparagus | • Kiwi |
| • Avocados | • Mangos |

- Bananas
- Broccoli
- Cauliflower
- Corn (sweet) (this may be GMO)
- Onions
- Papaya (this may be GMO)
- Pineapples
- Peas (sweet)

The Dangers of Pesticides to Humans

Pesticides accumulate in the fat deposits in the body where they remain and cause damage. Infants and young children consuming breast milk ingest pesticides. Pregnant women can pass pesticides on to their fetus. Women who eat fruits and vegetables that have been sprayed with pesticides, pass the pesticides on to their nursing children. Women who eat meat that has been injected with growth hormones and antibiotics, pass these chemicals on to their nursing children. Children eating foods that have been treated with hormones, antibiotics or pesticides, have them in their bodies.

Pesticides' effects on humans are damage to the nervous system, reproductive system and other organs, developmental and behavioral abnormalities, disruption of hormone function as well as immune dysfunction.

How to buy honest food

- Shop at your local farmer's market, food co-op or CSA.
- In the USA, look for the **USDA Organic** label on foods. This is a legitimate claim to being certified organic. It's one of the few programs run by the USDA that actually has integrity.
- Read the ingredients labels! If you see names of chemicals you can't pronounce, don't buy it.

- Buy more unprocessed *food ingredients* and make your own meals rather than buying ready-to-eat, processed foods, which are almost universally formulated with disease-promoting ingredients.
- GROW some of your own food! The best food you can ever eat is food from your own garden.

Ever wonder what's *really* in the food sold at grocery stores around the world? People keep asking me, "What ingredients should I avoid?" So I put together a short list that covers all the most toxic and disease-promoting ingredients in the food supply. These are the substances causing cancer, diabetes, heart disease and leading to tens of billions of dollars in unnecessary health care costs across America (and around the world).

If you want to stay healthy and out of the hospital, **read ingredients labels** and make sure you avoid all these ingredients:

Acrylamides - Toxic, cancer-causing chemicals formed in foods when *carbohydrates* are exposed to high heat (baking, frying, grilling). They're present in everything from bread crusts to snack chips, and because they aren't intentional ingredients, acrylamides do NOT have to be listed on labels.

Aspartame - Chemical sweetener that causes neurological disorders, seizures, blurred vision and migraine headaches.

Autolyzed Proteins - Highly processed form of protein containing *free glutamate* and used to mimic the taste-enhancer chemical MSG.

BPA (Bisphenol-A) - A hormone mimicking chemical found in nearly all food packaging plastics. Active in just *parts per billion*, BPA promotes cancer, infertility and hormone disorders. It also "feminizes" males, promoting male breast growth and hormone disruption .

Casein - Milk proteins. hilariously, this is widely used in "soya cheese" products that claim to be alternatives to cow's milk. Nearly all of them are made with cow's milk proteins.

Corn Syrup - Just another name for High Fructose Corn Syrup (see below). Frequently used in **infant formula** products .

Food Colors - FD&C Red #40, for example, is linked to behavioral disorders in children. Nearly all artificial food colors are derived from *petroleum*, and many are contaminated with **aluminum**.

Genetically Modified Ingredients - Not currently listed on the label because the GMO industry (Monsanto and DuPont) absolutely does not want people to know which foods contain GMOs. Nearly all conventionally grown corn, soya and cotton are GMOs. They're linked to severe infertility problems and may even cause the bacteria in your body to produce and release a **pesticide** in your own gut. If you're not eating organic corn, you're definitely eating GMO corn.

High Fructose Corn Syrup - A highly processed liquid sugar extracted with the chemical solvent **glutaraldehyde** and frequently contaminated with mercury . It's also linked to diabetes, obesity and mood disorders. Used in thousands of grocery items, including things you wouldn't suspect like pizza sauce and salad dressings.

Homogenized Milk - The fats in the milk are artificially modified to change them into smaller molecules that stay *in suspension* in the milk liquid (so the milk fat doesn't separate). While it makes milk look better on the shelf, it's also blamed for promoting heart disease and may contribute to milk allergies. **Raw milk** is healthier, which is why the government had outlawed it .

Hydrochloride - When you see *anything* hydrochloride, such as Pyridoxine Hydrochloride or Thiamin Hydrochloride, those are **chemical forms of B vitamins** that companies add to their products to be able to claim higher RDA values of vitamins. But these are synthetic, chemical forms of vitamins, not real vitamins from foods or plants. Nutritionally, they are near-useless and may actually be bad for you. Also watch out for **niacinamide** and **cyanocobalamin** (synthetic vitamin B-12)

Hydrolyzed Vegetable Protein - A highly processed form of (usually) soy protein that's processed to bring out the free glutamate (MSG). Used as a taste enhancer.

Partially Hydrogenated Oils - Oils that are modified using a chemical catalyst to make them stable at room temperature. This creates **trans fatty acids** and greatly increases the risk of blocked arteries . It also promotes what I call "sludge blood," which is thick, viscous blood that's hard to pump. This is usually diagnosed by doctors as "high blood pressure" and (stupidly) treated with blood-thinning medications that are technically the same chemicals as **rat poison** (warfarin).

Phosphoric Acid - The acid used in sodas to dissolve the carbon dioxide and add to the overall fizzyiness of the soda.

Phosphoric acid will eat steel nails. It's also used by stone masons to etch rocks. The military uses it to clean the rust off battleships. It absolutely destroys tooth enamel .

Propylene Glycol - A liquid used in the automotive industry to winterize RVs. It's also used to make the **fake blueberries** you see in blueberry muffins, bagels and breads. (Combined with artificial colors and corn syrup.)

Sodium (Salt) - The processed white salt lacking in trace minerals. In the holistic nutrition industry, we call it "death salt" because it promotes disease and death. Real salt, on the other hand, such as "dirty" sea salt or pink Himalayan salt, is loaded with the trace minerals that prevent disease, such as selenium (cancer), chromium (diabetes) and zinc (infectious disease). Much like with bread and sugar, **white salt** is terrible for your health. And don't be fooled by claims of "sea salt" in grocery stores. All salt came from the sea if you go far back enough in geologic time, so they can slap the "sea salt" claim on ANY salt!

Sodium Nitrite - A cancer-causing red coloring chemical added to bacon, hot dogs, sausage, beef jerky, ham, lunch meats, pepperoni and nearly all processed meats. Strongly linked to brain tumors, pancreatic cancers and colon cancers . The USDA once tried to ban it from the food supply but was out-manuevered by the meat industry, which now dominates USDA regulations. Sodium nitrite is a complete poison used to make meats look fresh. Countless children die of cancer each year from sodium nitrite-induced cancers.

Soya Protein - The No. 1 protein source used in "protein bars," including many bars widely consumed by bodybuilders. Soya protein is the "junk protein" of the food industry. It's made from genetically modified soyabeans (often grown in China)

and then subjected to *hexane*, a chemical solvent that can literally explode.

Sucralose - An artificial chemical sweetener sold as *Splenda*. The sucralose molecule contains a **chlorine** atom . Researchers have repeatedly found that artificial sweeteners **make people fat** by actually promoting weight gain.

Sugar - The bleached, nutritionally-deficient byproduct of cane processing. During sugar cane processing, nearly all the minerals and vitamins end up in the **blackstrap molasses** that's usually fed to farm animals. (Blackstrap molasses is actually the "good" part of sugar cane juice.) Molasses is often fed to farm animals because every rancher knows that farm animals need good nutrition to stay alive. Amazingly, conventional doctors don't yet realize this about humans, and they continue to claim that eating sugar is perfectly fine for you. Sugar promotes diabetes, obesity, mood disorders and nutritional deficiencies.

Textured Vegetable Protein - Usually made of **soya protein** which is extracted from genetically modified soyabeans and then processed using **hexane**, an explosive chemical solvent (see Soya Protein, above). Widely used in vegetarian foods such as "veggie burgers" (most of which also contain MSG or Yeast Extract, by the way).

Yeast Extract - Hidden form of MSG that contains *free glutamate* and is used in many "natural" food products to claim "No MSG!" Yeast extract contains up to 14% free glutamate. You'll find it in thousands of grocery store products, from soups to snack chips. I even once spotted it used on fresh meat!

Food as Fuel - Before, During and After Workouts

Your body is your vehicle, so you have to keep your engine — your heart — running when you work out.

That means fueling up your tank with the right foods and your radiator with the right fluids, using them with right amounts at the right times. The American College of Sports Medicine says, “Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time. Athletes should be well hydrated before exercise and drink enough fluid during and after exercise to balance fluid losses.”



Ideally, fuel up two hours before you exercise by:

- Hydrating with water.
- Eating healthy carbohydrates such as whole-grain cereals (with low-fat or skim milk), whole-wheat toast (without the fatty cream cheese), low-fat or fat-free yogurt, whole grain pasta, brown rice, fruits and vegetables.
- Avoiding saturated fats and even a lot of healthy protein - because these types of fuels are digested more slowly in your stomach and take away oxygen and energy-delivering blood from your muscles.

If you only have 5-10 minutes before you exercise, eat a piece of fruit such as an apple or banana.

During Exercise

Whether you're a professional athlete who trains for several hours or you have a low to moderate routine, keep your body hydrated with small, frequent sips of water.

After: Refuel Your Tank

After you workout refueling the body with:

- **Fluids.** Drink water, of course. Blend your water with 100% juice such as orange juice which provides fluids, carbohydrates.
- **Carbohydrates.** You burn a lot of carbohydrates — the main fuel for your muscles — when you exercise. In the 20-60 minutes after your workout, your muscles can store carbohydrates and protein as energy and help in recovery.
- **Protein :** Eat things with protein to help repair and grow your muscles. It's important to realize that these are general guidelines. We have different digestive systems and "a lot depends on what kind of workout you're doing," Platt said.
- So do what works best for you. Know that what you put in your body (nutrition) is as important as you what you do with your body (exercise). Both are crucial to keeping your engine performing at its best.

Good vs Bad Cholesterol

Cholesterol can't dissolve in the blood. It must be transported through your bloodstream by carriers called lipoproteins, which got their name because they're made of fat (lipid) and proteins.

The two types of lipoproteins that carry cholesterol to and from cells are low-density lipoprotein, or LDL, and high-density lipoprotein, or HDL. LDL cholesterol and HDL cholesterol, along with one fifth of your triglyceride level, make up your total cholesterol count, which can be determined through a blood test.

LDL (Bad) Cholesterol

LDL cholesterol is considered the “bad” cholesterol because it contributes to plaque, a thick, hard deposit that can clog arteries and make them less flexible. This condition is known as atherosclerosis. If a clot forms and blocks a narrowed artery, heart attack or stroke can result. Another condition called peripheral artery disease can develop when plaque buildup narrows an artery supplying blood to the legs.

HDL (Good) Cholesterol

HDL cholesterol is considered “good” cholesterol because it helps remove LDL cholesterol from the arteries. Experts believe HDL acts as a scavenger, carrying LDL cholesterol away from the arteries and back to the liver, where it is broken down and passed from the body. One-fourth to one-third of blood cholesterol is carried by HDL. A healthy level of HDL cholesterol may also protect against heart attack and stroke, while low levels of HDL cholesterol have been shown to increase the risk of heart disease.

Triglycerides

Triglycerides are another type of fat, and they’re used to store excess energy from your diet. High levels of triglycerides in the blood are associated with atherosclerosis. Elevated triglycerides can be caused by overweight and obesity, physical

inactivity, cigarette smoking, excess alcohol consumption and a diet very high in carbohydrates (more than 60 percent of total calories). Underlying diseases or genetic disorders are sometimes the cause of high triglycerides. People with high triglycerides often have a high total cholesterol level, including a high LDL cholesterol (bad) level and a low HDL cholesterol (good) level. Many people with heart disease or diabetes also have high triglyceride levels.

Lp(a) Cholesterol

Lp(a) is a genetic variation of LDL (bad) cholesterol. A high level of Lp(a) is a significant risk factor for the premature development of fatty deposits in arteries. Lp(a) isn't fully understood, but it may interact with substances found in artery walls and contribute to the build-up of fatty deposits.

Incompatible foods according to Ayurveda

- Milk should not be eaten with fish as milk is a coolant and fish has a hot potency that vitiates the blood and causes obstruction of the body's channels (srotas).
- Chicken or fish should not be combined with milk, sesame, or sprouted grains as it may lead to digestive problems.
- Salt and milk together should be avoided due to antagonistic qualities in the two.
- Milk and melons (or any fruit) must not be consumed together because milk is a laxative and melon a diuretic, the combination creating a sour stomach and lots of acidity.
- Banana should not be eaten with milk, yogurt or buttermilk because the combination can diminish

digestion, produce toxins and lead to cold, cough, and allergies.

- Avoid cold or iced drinks during or directly after a meal as the cold diminishes digestive fire (*agni*) causing a host of digestive problems, allergies, and colds.
- Ghee and honey must not be mixed in equal quantities as they have opposite reactions in the body. Honey has a heating, drying, scraping action whereas ghee has a cooling, moisturizing quality.
- Sweet and sour fruits should not be combined. Individual fruits should be eaten as they are and as a different meal.
- Sour fruits should not be eaten or combined with milk.
- Avoid eating raw and cooked foods together. One can have the salad first and then proceed for dinner after a short gap.
- Starches are incompatible with eggs, milk, bananas, dates and persimmons.
- Radishes should not be combined with milk, bananas and raisins.
- Potato, tomato, eggplant, and chillies are incompatible with yogurt, milk, melon and cucumber.
- Eggs should not be eaten with milk, meat, yogurt, melons, cheese, fish, and bananas.
- Mangoes are incompatible with yogurt, cheese and cucumbers.
- Corn is incompatible with dates, raisins and bananas.
- Lemon should not be consumed with yogurt, milk, cucumbers and tomatoes.

4. You Are as You Breathe, Think & Act

Your body is the servant of your mind. It obeys the commands of the mind, whether you deliberately follow them (e.g., your emotions) or whether they happen automatically (e.g., normal breathing or heart function). When you prolong your negative thoughts, your body sinks into disease and decay. Command of proper, positive and beautiful thoughts clothes your body with youthfulness, vitality and beauty.

Disease and health, like circumstances, are influenced by your thoughts. Unhealthy thoughts will express themselves through a weak and sick body.

Negative thoughts quickly demoralize your whole body and leave it vulnerable to the attack by disease. Negative thoughts can also shatter your nervous system. Thoughts such as fear and stress continually kill thousands of people every year.

Studies have demonstrated that stress causes physical symptoms such as high-blood pressure, back pain and sleep disorders. It also leads to emotional (e.g., lack of concentration, substance abuse and more) and relationship issues (e.g., needless arguments, domestic violence, etc.).

Strong, pure, and happy thoughts build up your body with vitality and grace. Your body is a delicate and flexible instrument, which responds readily to the thoughts that are impressed upon it. Habits of thought produce their own effects on your body, both good and bad. When you generate positive thoughts, your body begins to circulate its natural, life-enriching energy, called Qi-energy more easily. When your

natural energy is able to circulate better within your body, it begins to heal and strengthen your vital organs and other parts of your body. The effect becomes additive and your mind becomes clearer, generating more positive thoughts, more positive energy and more Qi flow.

Recent scientific evidence has proven the power of the mind and its thoughts on the health of the body, in recuperation and in lessening pain. In fact, studies in Integrative Medicine have established that the mind, body and spirit are all active “ingredients” for overall well being and good health, and critical in preventing disease or living well with chronic disease.

Excessive stress can create toxins in our Body

Stress: We've all stress in our day-to-day life. Sometimes stress can be a positive force. It can motivate many of you to perform well at school sports competitions or job interviews. But often - like when you're stuck in traffic - it's a negative force. If you undergo unmanaged stress over a prolonged period of time, it could become chronic - unless you take action at right time.

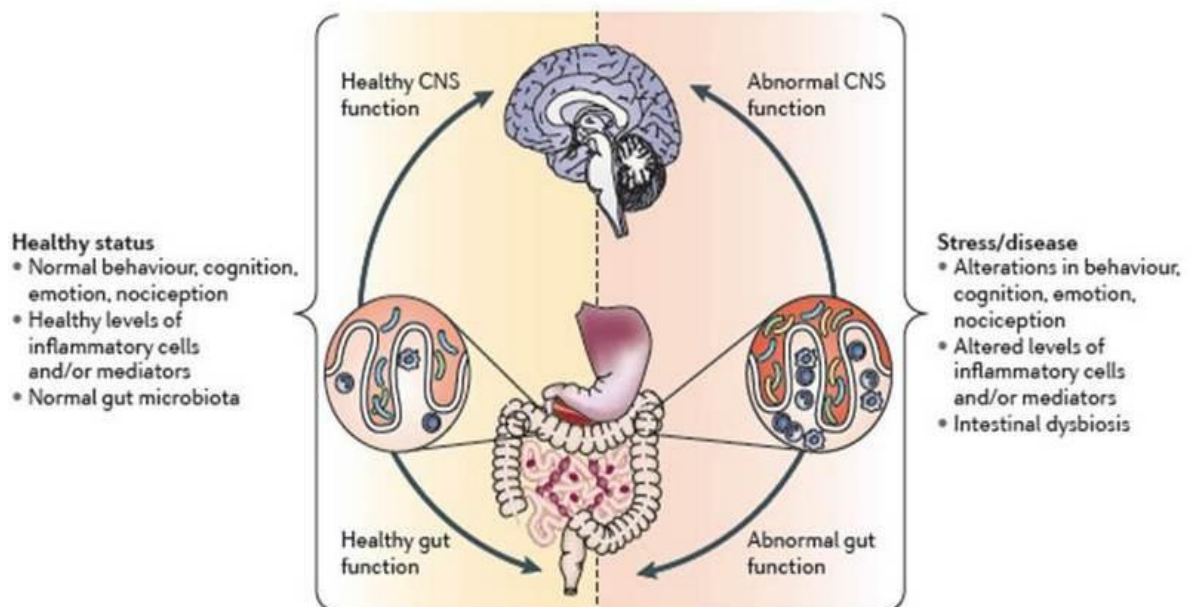
Stress : Warning Signs and Symptoms	
Cognitive Symptoms	Emotional Symptoms
Memory problems	Moodiness
Inability to concentrate	Irritability or short-temper
Poor judgment	Agitation, inability to relax
Seeing only the negative	Feeling overwhelmed
Anxious or racing thoughts	Sense of loneliness and

Stress : Warning Signs and Symptoms	
Constant worrying	isolation Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
Aches and pains Diarrhea or constipation Nausea, dizziness Chest pain, rapid heartbeat Loss of sex drive Frequent colds	Eating more or less Sleeping too much or too little Isolating yourself from others Procrastinating or neglecting responsibilities Using alcohol, cigarettes, or drugs to relax Nervous habits (e.g. nail biting, pacing)

When stress starts interfering with your ability to live a normal life for an extended period, it becomes even more dangerous. The longer the stress lasts, the worse it is for both your mind and body. You might feel fatigued, unable to concentrate or irritable for no good reason, for example. But chronic stress causes wear and tear on your body; in other words the performance of vital organs of your body becomes sluggish and leads to accumulation of wastes or toxins.

Effects of chronic stress

The body doesn't distinguish between physical and psychological threats. When you're stressed over a busy schedule, an argument with a friend, a traffic jam, or a mountain of bills, your body reacts just as strongly as if you were facing a life-or-death situation. If you have a lot of responsibilities and worries, your emergency stress response may be "on" most of the time. The more your body's stress system is activated, the harder it is to shut off.



Long-term exposure to stress can lead to serious health problems. Chronic stress disrupts nearly every system in your body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. Long-term stress can even rewire the brain, leaving you more vulnerable to anxiety and depression.

Many health problems are caused or exacerbated by stress, including:

- Pain of any kind
- Heart disease
- Digestive problems
- Sleep problems
- Depression
- Weight problems
- Autoimmune diseases
- Skin conditions, such as eczema

Manage Stress YOGIC way

Yoga helps you relax and decreases anxiety and stress. The way we breathe reflects the quality of mind. There is a connection between our physical, mental and emotional level and the quickness of our breathe. Our state of mind influences the breathing pattern; therefore we can choose to change our breathing pattern and thus change our mental status. When you relax and slow down the pace of breath, the mind is calm and quiet. The more time you spend pacing down your breathing patterns, the more likely you are to act with patience, understanding and compassion.

Breathing Exercises for Relaxation

Have you ever noticed how you breathe when you feel relaxed? The next time you are relaxed, take a moment to notice how your body feels. Or think about how you breathe when you first wake up in the morning or just before you fall asleep. Breathing exercises can help you relax, because they make your body feel like it does when you are already relaxed. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a

message to your brain to calm down and relax. The brain then sends this message to your body. Those things that happen when you are stressed, such as increased heart rate, fast breathing, and high blood pressure, all decrease as you breathe deeply to relax.

- The way you breathe affects your whole body. Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- Breathing exercises are easy to learn. You can do them whenever you want, and you don't need any special tools or equipment to do them.
- You can do different exercises to see which work best for you.

Three Breathing Exercises

Since breathing is something we can control and regulate, it is a useful tool for achieving a relaxed and clear state of mind. I recommend three breathing exercises to help relax and reduce stress: **The Stimulating Breath**, **The 4-7-8 Breathing Exercise** (also called the Relaxing Breath), and **Breath Counting**. Try each and see how they affect your stress and anxiety levels.

Exercise 1:

The Stimulating Breath (also called the Bellows Breath)

The Stimulating Breath is adapted from a yogic breathing technique. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breathing in and

out should be equal in duration, but as short as possible. This is a noisy breathing exercise.

- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest and the abdomen. Try this breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of energy drink!

Exercise 2:

The 4-7-8 (or Relaxing Breath) Exercise

This exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of **four**.
- Hold your breath for a count of **seven**.

- Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4:7:8 is important. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not get anxious; it will pass.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens - before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

Exercise 3: Breath Counting

If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique much used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count "one" to yourself as you exhale.
- The next time you exhale, count "two," and so on up to "five."
- Then begin a new cycle, counting "one" on the next exhalation.

Never count higher than "five," and count only when you exhale. You will know your attention has wandered when you find yourself up to "eight," "12," even "19."

Try to do this form of meditation for 10 minutes.

Asanas and Stress

Asanas greatly influence the functioning of the endocrine system. We know the important role the endocrine glands play during stress adaptation, by secreting the stress hormones. There is such an intricate relationship between the glands that one malfunctioning gland can cause the disruption of the whole system.

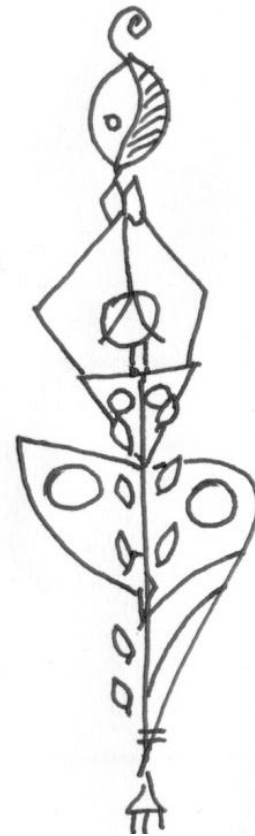
Asanas bring about harmony in the functioning of the various other bodily systems, which are closely 'interwoven, such as the circulatory, nervous, respiratory, and digestive

systems. Any disruption in the proper working relationship between these systems results in loss of health and body efficiency. Here again, all these systems play an active role during the body's adaptation to stress.

The subtle influence asanas bring about in the body is in the pranamaya kosha or the energy sheath. Pranamaya kosha is pervaded by what is known as bio-plasma or bioluminescence or prana, which the Kirlians had photographed for the first time. This energy travels in and around the body in specific pathways or the nadis, creating the aura around the bodies. These nadis or pathways become easily blocked, and prana gets congested in certain areas. When this happens, it leads to physical and mental disorders. Prana is also intimately connected to the mind. The free flow of prana brought about by asanas, leads to mental equilibrium and calmness.

Rapid and irregular breathing indicates tension in the mind and body, whereas slow, deep and rhythmical breathing indicates both calmness in the mind and good health. The practice of asana brings about mental and emotional equanimity, by slowing down the breathing, and by deepening the inhalation and exhalation.

Finally, the practice of asana with body and breath awareness, keeps the mind off tension and worry, at least during the practice. However, the temporary relaxation achieved during the practice, gradually builds up to bring permanent changes in one's mental and emotional makeup. As our mental attitude is reflected in our body, in the same way



the physical poise achieved during the practice of asanas has a corresponding effect on the mind.

Surya Namaskara



We have already seen how all the asanas directly or indirectly influence and stimulate the endocrine system, which plays a key role during the body's adaptation to stress. However, no single practice influences the body-mind complex to the same extent as surya namaskara does. It can be considered as

stress management in a capsule!

The practice of surya namaskara has three major aspects: form, energy and rhythm. The twelve postures in surya namaskara create the physical matrix around which the form of the practice is woven. These postures generate prana, the subtle energy which activates the psychic body. Their performance in a steady, rhythmic sequence reflects the rhythms of the universe, and the biorhythms of our own body. The rhythmic superimposition of this form and energy, on our present body-mind complex is the transforming force which generates the nucleus of a fuller and more active life and a greater appreciation of the richness of the world we live in.

In the subtle body of man, there are seven major psychic centres called chakras. They have their physical representation in the various nerve plexuses and the endocrine glands. The activation of these psychic centres through surya namaskara proceeds mainly through the development of internal awareness, concentration and visualisation.

Each of the twelve poses in surya namaskara has its own mantra which is mentally repeated for greater benefit. The

actual physical stimulation from each pose enhances prana shakti, allowing us to better focus and concentrate our mental and physical energies at the chakra location. It is this dual aspect of taking our mental awareness to a highly charged physical structure which leads to a fusion of mind and body, ida and pingala.

The forward and backward physical movements in surya namaskara alone are enough to stimulate our metabolic system to release energy. When these are combined with chakra stimulation, then the effects get enhanced.

The spinal cord, the link between the brain and the body is the conduit for all our energies. Within it are the ida and pingala nadis, so its health is of paramount importance. Surya namaskara, being an active and dynamic series, exerts its major influence on pingala nadi, especially when it is practised quickly. However, when practised slowly and completely with chakra awareness and mantra repetition, surya namaskara stimulates both ida and pingala almost equally. In the slower version, the technique transforms itself from a series of asanas to a series of mudras, leading to a more balanced development. As we analyse each of the poses in surya namaskara, we understand the tremendous therapeutic influence that is brought on stress, through a combination of asanas, pranayama, chakra awareness and mantra repetition.

Pranayama and Stress

In yoga, breathing is considered a very important process as it is the most vital means of absorbing prana into the body. The shastras explain how prana gives consciousness and life to every creature which breathes. According to Taittiriya,



Brahmana and Maitri Upanishads and Shiva Swarodaya, the breath is referred to as the vehicle of Brahman or cosmic consciousness. Even the Bible implies that man was given consciousness and life through the breath : "The Lord formed man out of the dust of the ground and breathing into his nostrils the breath of life, he became a living soul" (Ge. 2:17). The breath itself, being imparted from the cosmic self, contains the cosmic force therein.

The breath has so much importance in human existence that the ancient rishis or seers evolved a complete science around it, just from studying the simple process of respiration. This science, swara yoga, however, should not be confused with pranayama, though both deal with prana. Swara yoga emphasises the analysis of the breath and the significance of different pranic rhythms; whereas, pranayama involves techniques to redirect, store and control prana.

Prana and mind exert an influence on each other. When the pranas are restless, they affect the mind and vice versa. By controlling the pranas through the practice of pranayama, the restlessness of the mind is automatically controlled.

Balancing ida and pingala

Becoming aware of the breath has a calming effect on the mind. In pranayama, relaxation is achieved through the total awareness of the breath, and through the subtle control and modification of the breath.

According to swara yoga, three different flows of energy are created in the nostrils- ida, pingala and sushumna. The left nostril is connected to the ida network of nadis; and the right nostril to the pingala network of nadis. When the left nostril is flowing, ida stimulates the mental faculties; and when the right nostril is flowing, pingala stimulates the body. When both the

nostrils become active simultaneously, then sushumna nadi is said to stimulate the atma or spiritual potential. This usually occurs for a couple of minutes only, during the period of change over of breath from one nostril to the other.

Correct breathing

Most of us breathe incorrectly, using only a small part of our lung capacity- Shallow respiration or rapid breathing, as in a stressful situation, builds up stagnant air in the lower regions of the lungs. Also, normal breathing takes place either in the abdomen or in the thorax or chest. By combining the abdominal and thoracic breathing, it is possible to inhale the optimum amount of air into the lungs, and exhale the maximum amount of waste air. According to yoga, this is the way everyone should be breathing.

Nadi shodhana pranayama

Nadi shodhana pranayama induces calmness and tranquillity in several ways. It clears all the pranic passages of any blockages, due to the presence of toxins-It equalises the flow of prana in the ida and pingala network of nadis. It purifies the blood systems of all toxins. The purifying action of nadi shodhana pranayama on the brain cells enhance the efficiency of the brain centres, allowing them to function at their optimum capacity. In the same way as the shatkarma practices cleanse the physical body of toxins, nadi shodhana pranayama does a more subtle job of cleansing the nadis or energy pathways, removing obstacles to the clean working of the sympathetic and parasympathetic nervous systems. By equalising the flow of prana in the ida and pingala nadis, nadi shodhana pranayama rectifies imbalances due to the 'habitual' predominance of the sympathetic nervous system, which is the

result of chronic, ongoing stress. The balancing of the flow of prana has a positive influence on the body's stress response activity, and helps to keep levels of stress and tension within a normal range.

Ujjayi pranayama

Ujjayi pranayama acts on the carotid sinuses, which are situated in the region of the throat and are beside the main blood artery that brings blood to the brain. The carotid sinuses detect blood pressure. When blood pressure rises, these carotid bodies send a message to the brain, and the brain in turn sends a message to the heart to slow down, thereby bringing the blood pressure down to a reasonable level. If the blood pressure is too low, the same process is repeated, and the heart speeds up to increase the blood pressure.

While practising ujjayi pranayama, a slight pressure is exerted on the carotid sinuses. In a stress condition, the blood pressure rises as the heart beats faster. The pressure on the carotid bodies brought about in ujjayi pranayama helps to slow down. Either as a stress-aid in a temporary stressful situation or as a long-term therapy, ujjayi is an invaluable practice. Ujjayi pranayama is a standard adjunct to yoga therapy for blood pressure, heart problems, anxiety, stress and in all conditions in which relaxation is of prime need to bring tranquillity to the body and mind complex. Abdominal breathing and breath awareness is also used as adjuncts to relaxation therapy.

Brahmari, bhasrika and kapalbhati pranayama

The other techniques of pranayama recommended in the management of stress are brahmari, bhasrika and kapalbhati. Brahmari is very useful for removing mental and emotional tension, anxiety and hysteria. Bhasrika and kapalbhati are

essential for revitalising the exhausted and depressed nervous systems. Bhastrika revitalises the sympathetic nervous system, while kapalbhati tones up the parasympathetic nervous system.

In the following chapters you will learn how you can reduce your exposure to toxins and improve your body's capacity to eliminate them.

5. Easy Way To Detox At Home

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

- Mother Teresa

We hear so much about cleansing and may wonder just how beneficial it can be. A proper cleansing or good habits for naturally detoxifying the body can really help you to achieve amazing health benefits. The notion of a simple detox program should be integrated into a healthy lifestyle to give you the best results.

Just as you focus on the foods that you eat and proper exercise, there are many other elements to living your best and healthiest lifestyle. Not only do these things lead to detoxifying your body, but there are other simple and highly effective ways to do so as well. We take a look at the 28 simplest, most natural, and undoubtedly most effective ways of getting the bad toxins out and welcoming in the elements that your body needs.

1. Replace a meal each day with a detoxifying smoothie:

Though you never want to go to extreme measures where your diet is concerned, there are some ideas that can work wonders. When it comes to naturally cleansing the body a great measure can be to replace one meal a day with a detoxifying smoothie. This isn't extreme and won't cause any harm, but it can be exceptional for getting rid of the substances that your body doesn't need.

It's important not to jump on the bandwagon for the more extreme measures and to opt for a smoothie that uses natural ingredients at the core. Rather than turning to a premade concoction or chemically enhanced smoothie, just turn to natural foods that will get you cleansed properly. This can not only help with weight loss, but also with keeping the digestive system working the way that it should.

Turning to a smoothie for one of your meals is a great way to jumpstart your metabolism and to kick start your digestive system into overdrive. You will notice that natural energy that you feel and you will also enjoy that some of the symptoms that you suffer with daily are gone with this natural boost.

A good recipe follows that incorporates natural and healthy ingredients that will promote digestion, introduce fiber, and help you to perform cleanseing in a regular and natural way.

Green Smoothie

- 1 cup kale or collard greens firmly packed, stems removed, coarsely chopped (4 ounces)
- 1 Granny Smith apple, coarsely chopped
- 1 ripe banana.
- 1/2 cup of loosely packed fresh flat-leaf parsley leaves

Combine kale, apple, banana, parsley, and 2 1/4 cups water in a blender; blend until smooth. If the mixture is too thick, add a little more water.

2. Turn to organic foods when possible:

While you don't have to eat only organic, there are certain foods where this is a necessity. The food list known as the "Dirty Dozen" contains a list of foods where pesticides and

preservatives can build up and therefore be consumed and ingested by you during digestion.

The rule of thumb generally goes that if you eat the peel or the outside of the fruit or vegetable that you should really opt for organic. Strawberries, apples, and tomatoes are good examples of the types of foods where organic really does matter.

When you choose the right organic foods then you avoid the toxins that can be harmful to your health. This is a simple way of detoxifying the body and all it takes is making good choices at the grocery store.

Be diligent about knowing which organic foods really count, reading labels, and staying away from foods that could harm you. Making healthy choices like this will really help you to get rid of toxins that you were previously ingesting, and get your body to a much cleaner and healthier point.

3. Get a good and intense massage:

We tend to think of massage as a relaxing luxury, which of course it can be in some instances. Though massage can certainly be a nice luxury or way of treating yourself, it also happens to be a good way of detoxifying the body as well. It's all in the type that you get and the way that you use this to better your health and your life.

Suffice it to say that if you are interested in getting rid of toxins in the body, you absolutely have to get a good intense massage that focuses greatly on the pressure points within the body. A typical Swedish massage is good, but something more intense and focused like a Sports massage can work even better.

You want to get deep into the muscle tissue to make this work for you. When you press on these pressure points or

spots where toxins tend to build up, then you give them a chance to release. This helps you to naturally detoxify the body and get rid of the things that may have been making you sick.

Be sure that this comes from registered massage therapists and that they know what they are doing in terms of ridding the body of toxins. To make it work effectively you want to drink a lot of water afterwards to flush out the system and be sure that the toxins leave the body immediately. Get into this as a regular habit and you will feel a very positive effect from it, above and beyond relaxation at the core.

4. Drink far more water:

Even if you think that you are drinking enough water in a day, take your intake to a whole new level. If there is one thing that can easily and naturally help you to detoxify your body, it's definitely water. We tend to think that we're drinking enough when we really need to increase our intake dramatically.

Water can help to flush out your system naturally, and if you drink enough if it then this happens routinely. Proper water intake can contribute to clearer skin, properly functioning organs, and a more effective circulatory, respiratory, and digestive system. So this one simple substance can offer great help to our entire body and the way that it functions.

Forget all the rules that you have heard through the years about how much water is enough. Eight glasses are the minimum, so it's time to dramatically increase your intake if you want the best health benefits. Water should be your drink of choice and should be your choice with meals, as well as before and after. You will see some of the health benefits readily and enjoy some of the longer term ones down the line.

5. Replace the morning coffee with green tea:

A little caffeine is okay, but you do want to be careful about how much of it you take throughout a day or week. You also want to be careful about where you get your caffeine from and how much you take in at any one time. Though an occasional cup of coffee is fine, if you are after detoxifying the body, then you want to change things up a bit.

Green tea offers important antioxidants that our body needs in the most natural form. It offers a slight caffeine boost that can help to get you jump started in the morning, just as coffee does. So if you choose to replace your morning cup of coffee with a cup of green tea you still get a caffeine boost and some actual health benefits as well.

Learning to detox the body doesn't have to be complicated, but it does mean that you will have to make healthy choices that really work for you. This means that you will have to make some adjustments, but they are well worth the efforts.

If you can learn to embrace green tea as one example you are getting a healthy boost of caffeine that naturally helps with detoxification and gives you some very important antioxidants you need to stay healthy in the short and long term.

6. Get in more exercise and sweat it out:

We all know that exercise is an essential part of a truly healthy lifestyle and that it helps with weight loss—but there is much more to it than that! When it comes to naturally and effectively cleansing the body, exercise can be a great option to turn to. Though many people don't think of exercise in this manner, it can be what helps you with the cleansing process dramatically.

When you are exercising you are not only helping the body to shed fat and excess weight, but you are also helping to get rid of toxins that may build up. As you sweat these toxins can come out and therefore the cleansing is taking place. Not only that but you are also helping with digestion, circulation, and to keep the organs functioning as they should with a challenging fitness regimen.

The perspiration, the breathing, and the movement all help the body to achieve fitness and also to get rid of the bad and potentially harmful substances that have built up over time.

If you opt to make exercise a regular function in your life, then you can assist the body in the cleansing process on a regular basis. So sweat it out at the gym, not only because it makes you feel good and releases the best hormones, but also because it can help you to naturally cleanse your body in the process.

7. Try acupuncture for a truly balanced body:

This is one of the best forms of cleansing, but few of us know much about it. Acupuncture is a part of holistic medicine that may help to naturally heal some of your biggest health problems, while also helping you to cleanse any blockages of toxins in the body.

Here's how it works:

You may have heard of it but felt unsure about trying it. Even if you have never heard of it, welcoming acupuncture into your life can be a real lifesaver. Not only can this ancient practice help you with ailments or medical conditions, but it can be an excellent way to naturally cleanse the body.

This practice has been around for centuries and is a main component in Eastern world medicine. As a patient lies down, small needles are placed at the surface of the skin in areas that

may be blocked or causing pain or discomfort. Though it may not sound like it, this can be a very relaxing process and show results almost instantly.

It's important to go to a licensed acupuncturist who really knows what they are doing, and when you do you will love what this does for you. Many have sought out acupuncture for everything from fertility issues to sinus problems to injuries.

It works by helping to release zones in the body that may be blocked due to toxins or other harmful substances that can contribute to health problems. This is a holistic practice and highly effective. You will feel better almost instantly and when it comes to a natural cleanse, this can be one of the best tools out there.

Take the time to find somebody that you trust and then welcome acupuncture into your life for an excellent way of cleansing, purifying, and getting rid of what ails you in your health and your life.

8. Eat more fiber in its most natural form:

You've probably heard it time and time again that you need to be eating more fiber in your diet. Not only is this part of a healthy diet that will contribute to weight loss, but it's also an essential way of cleansing the body in its most natural form. Fiber can be an excellent supplement for a variety of reasons, and cleansing is just one of them.

Our bodies, particularly our digestive tracts, tend to hold onto substances that get in a overtime. These may be toxins, preservatives from foods that we eat, or just waste that is not being properly disposed of by the body. Whatever the cause, the end result is that you may feel bloated, weighed down, unusually tired, and therefore health problems may result from these conditions.

When you introduce a proper serving of fiber into your diet, it helps to keep the digestive tract working properly. This means that all toxins, excessive waste, and anything else that has built up in the digestive tract will move through it rapidly. You feel healthier and your digestive process works in the way that it is intended to.

There are some great fiber supplements out there, but you should try to eat it naturally whenever possible. Fresh fruits and vegetables, beans and legumes, and whole grains are all excellent sources of fiber.

Start slowly to avoid adverse effects, but when you become regular with your bowel movements you will know that cleansing is happening and the body is working in the way that it is intended to.

9. Try fasting for a day or two:

You don't have to go to extreme measures as so many cleansing programs will tell you to do. Simply fasting for a day or two and replacing foods with natural juices made from fresh fruits and vegetables can really help. You don't have to do this often, but you should make it a priority in your life.

When you give your body a chance to rest in this capacity, then it has time to recuperate and rejuvenate. The organs don't have to be focused on digestion and breaking down food and potential toxins. So as they rest they have a chance to recharge, and that means that you are going to come back from this with natural energy and a more effective digestive system.

Perform a fast like this when you have some time at home and can be away from any food temptations. Try to perform this on a weekend where it's much easier for you to fast and to let the body rest and recharge. You will be surprised at how much natural energy you feel and how much better you feel afterwards.

10. Get in more sleep each night:

You may look at sleep as a luxury, but it's an important part of a healthy lifestyle. Without proper sleep you can gain weight, you may have a compromised immune system, and of course you lack natural energy. Sleep deprivation is unfortunately all too common as we put this off in the interest of getting other things done.

The problem is that lack of sleep can catch up on you after awhile. The body wears down and this shows through in a compromised immune system that means you get sick more easily.

You also have a lack of willpower and lack of energy to make healthy choices for yourself when you feel exhausted. You are ultimately not taking care of yourself in the proper way - and that's not good for your health or your ability to naturally cleanse.

When you try to get 7-8 hours of sleep each night you give your body a chance to rest and recuperate. This is not a luxury but an important way that your body rebuilds and prepares for the activities that you have ahead the next day.

It's imperative to rest and take care of yourself in this manner not only to function properly, but to keep the bad and harmful substances out as well.

11. Avoid obvious environmental toxins:

Some toxins are quite obvious in their presence and their ability to make you sick over time-these are the ones to avoid at all cost. When you can feel the presence of substances that may be making you sick or that can show up in an unsavory way later, then you know that these contribute to a buildup of the things that you don't want or need in your system.

Environmental toxins can range from smog and diminished air quality to second hand smoke. Any chemical type of fumes

such as those that may come from a factory are never good for you. If something doesn't smell or feel right, then chances are that it's doing absolutely no good to your system either.

If you have the ability to avoid these substances, particularly something like second hand smoke then it's important to do so. This will ensure that you breathe in good clean air and get rid of the toxins that have built up over time. When in doubt, stay away from any environment, fumes, or substances that can work against your ability to naturally cleanse and care for yourself in this important way.

12. Turn to probiotics to get rid of the bad bacteria and welcome in the good kind:

You may have heard of probiotics or perhaps you don't know much, but these powerful substances help to naturally eliminate bad bacteria in the body. Knowing that they work in this way, it's time to put probiotics to work for you.

Here are some things to keep in mind as you turn to probiotics for a natural cleansing process:

- You have probably heard of probiotics in certain foods such as yogurt and they are continuing to grow in popularity.
- In its natural form, probiotics are a natural and good bacteria that help to regulate and bring about the balance of organisms.
- The most notable application for probiotics is in the digestive system where harmful bacteria and other organisms can grow over time.
- You can turn to certain foods for probiotics and you can also find them in supplement form.
- They can be of great help in not only helping to regulate the bacteria that builds up in your intestines, but also in your ability to get rid of these harmful substances once and for all.

- Since the digestive tract is the most obvious area where these substances can build up, probiotics are an obvious and very helpful tool to assist.
- The use of probiotics not only helps you to keep the digestive system working properly, but also work as a cleansing agent.
- If you turn to them regularly then you can expect to have a fully functional digestive system and to ensure that the presence of these good bacteria will keep you from developing any health problems.

13. Try yoga for a new type of exercise and meditation:

We already know that exercise is good for our health and for our ability to cleanse naturally. Taking it one step further, yoga can be one of the most helpful types of exercise out there when it comes to the body's natural ability to cleanse and get rid of toxins that have built up over time.

Yoga is not only a great form of exercise, but can also help you to meditate as well. So you get rid of stress as you work through the movements. This is good for the body and the mind as you have a chance to recharge.

These flexibility and balance type of movements can be instrumental to your ability to breathe in good cleansing oxygen and breathe out harmful substances within the body.

As you move through these poses and breathe properly, you are relieving stress and helping the body to cleanse itself in a very natural and effective way. You are getting deep down into muscle tissue as you would with a massage, and you are also helping to breathe out toxins that have built up in your system over time. This is one example of how cleansing can help the circulatory system in a dynamic way that has many other helpful applications as well.

14. Learn to incorporate superfoods into each meal:

The great thing about superfoods is that they contain important nutrients and antioxidants which our bodies need to fight off infections. The presence of these antioxidants and nutrients in the body help to fight off harmful toxins and substances that may compromise our immune system and our overall health—so the inclusion of them in our diets is critical.

Superfoods are a delicious and nutritious group of foods including foods rich in Omega 3 fatty acids like:

- *Salmon
- *Tuna
- *Avocado
- *Walnuts
- *Almonds
- *Olive Oil
- *Flax Seeds

You can also turn to fruits and vegetables that are bright in color as that means that their dark hue contains plenty of antioxidants. Options such as these make great choices for this reason:

- *Blueberries
- *Raspberries
- *Spinach
- *Kale
- *Eggplant
- *Tomatoes
- *Carrots
- *Sweet Potatoes
- *Apples
- *Oranges
- *Butternut Squash

Try to incorporate super foods into every meal and enjoy how beneficial they are. They not only make for healthy and low fat food choices, but they also help you to boost your antioxidant intake.

These substances can help you not only to cleanse yourself, and get rid of harmful substances that have built up, but also fight off any harmful agent that may be trying to attack your system. Something as small as a virus or as harmful as a disease is more easily fought out when you include super foods and their important antioxidant concentration.

15. Cut out simple carbohydrates, white sugar and flour, and any fried foods:

The white bread that you probably enjoyed as a kid is doing absolutely nothing for your overall health. The starchy sides at dinner like white rice or pasta are as damaging to your waistline and your health as the more extreme donuts, cakes, and cookies that you enjoy.

Many people don't understand just how harmful products made with white sugar or flour can be, but they result in toxins in the body that you don't want. These simple carbohydrates make you feel full and satisfied when you eat them, but behind the scenes you are experiencing a surge and then fall of your blood sugar level. This isn't good for your appetite or your health!

The same dire consequences of simple carbohydrates are a major component of the very toxins that build up in your digestive system. These are not the types of substances or preservatives that you need, and that's why fiber rich whole grains and complex carbohydrates are so vital to your health. They ensure that the digestive system works the way that it is intended to.

So as you move towards complex carbohydrates which are better for digestion, you also want to be sure that you get rid of the simple carbohydrates in the process. The rise and fall of blood sugar is not good for weight loss, and the deposit of preservatives and harmful substances result in toxins that can slow you down and make you sick in the process.

16. Learn to properly manage your stress:

What you know is that stress isn't good for you. What you realize is that to properly take care of yourself and practice a truly healthy lifestyle means to properly manage your stress. What you probably don't realize is that if you let stress get the better of you it can mean that your body is not operating at an optimal level.

You are not releasing good hormones when your body feels stress. As a matter of fact your body may encounter weight gain, illness, and a complete lack of energy when stress is present. You are more prone to make improper health choices and more likely to feel depressed and ultimately to fall sick.

When you feel stress the body is holding onto the harmful toxins and therefore is slowed down. When you learn to manage stress properly you are taking a good measure of naturally cleansing the body. This is not only a great way to take care of yourself, but to ensure that none of the harmful substances take shelter in your body and contribute to severe health problems in the long run.

17. Turn to home remedies for illness rather than antibiotics:

The very medications that are intended to help your illnesses or health conditions may be contributing to toxins in the body. Though antibiotics and other medications are

intended to help you to stay healthy, they also contain harmful substances that can build up in your intestines and digestive tracts over time.

Though some medications may be very necessary, it's always best to try home remedies whenever possible. If you can fight off a common illness using options like ginger, garlic, a smoothie, or other natural herbs or plants, then you have a good chance at achieving better health and performing a cleansing process.

Natural home remedies help to get rid of the illness in the way that your body requires. They fighting off the substances or viruses that are making you sick, you are also getting rid of all other harmful toxins in the body. You feel great as you are fighting off illness through natural means and performing natural cleansing process-and that's good for everything!

18. Adapt to a truly healthy lifestyle and try to eliminate daily medication wherever possible:

The more that you can opt for natural methods for taking care of yourself, the better off you will be in the short and long run. A truly healthy lifestyle consists of eating the right foods, exercising regularly and challenging yourself, getting plenty of rest, learning to manage your stress, getting rid of bad habits, performing a regular cleansing program and adopting a positive and healthy mindset. This is how you achieve good health now and well into the future!

If you have medication that is life saving then that's a must to continue with. If however you take medication that could be replaced with natural and healthy home remedies and methods, then that's another way to for better and healthier living. Getting rid of any substances that can be construed as

toxins by the body, such as regular medications, is always a wise idea.

A truly healthy lifestyle that incorporates all these elements will be instrumental in helping you to be your very best, and you will notice it right away. Cleansing is an important part of this. As you perform all of the other measures you are also helping the body with a natural way of getting harmful substances out through the very best methods as well.

19. Increase circulation by massaging pressure points and skin brushing:

You probably brush your hair and your teeth every day, but more than likely you don't stop to think about brushing your skin. The truth is that brushing with a fine bristle brush gently over all of your skin surfaces can be an excellent way to stimulate circulation. Here's how it works:

- Fine a fine bristle brush that is gentle brushing not harsh and begin at the feet with slow and subtle motions.
- Work your way slowly up from the feet to the legs and up the entire body.
- Take time to really focus on areas that feel tight or that may be prone to circulation issues such as ankles, knees, and even arms.
- Repeat the motion a couple of times each week to get the maximum benefits.
- While this is often looked up to as a method to help to eliminate cellulite, the truth is that this is good at stimulating circulation and ridding the body of toxins that may build up over time.

Many people don't take time to focus on circulatory issues, particularly if they are younger. This is not a problem just for

the older because circulation is important at any stage of your life. Be careful to ensure that you keep the circulation running in the body at all times and focus on areas where the toxins may tend to gather.

Another way to generate and promote good circulation is of course to focus on pressure points. This will help not only to ease tension as with a massage, but also to keep the circulatory system working the way that it should. As you focus on these pressure points such as the temples, the palms, the balls of your feet, and so on, you are releasing tension from the body.

You are also helping to gently and effectively release toxins from the body in the process of doing this as well. When you press gently on these pressure points you can feel it almost instantly with the release of tension.

It helps to stimulate your circulation as well and that means that the toxins are pushed to the surface and then flushed out. Be sure that with massage of any type you are drinking plenty of water to help flush out the toxins naturally. Partnering skin brushing with focus on the pressure points can be quite helpful with pushing the toxins out of the body and releasing any build up tension as well.

20. Promote elimination through proper diet and hydration:

The truth is that most of us don't properly eliminate each and every day. Unless you are very regular with your bowel movements and even your urination, you are holding onto the waste in the body that need not be there. So this is where you must really focus some concerted effort on elimination, and put major emphasis on the diet that you have and how hydrated you are.

Start by taking a long hard look at your diet and then work your way out from there:

- Do you eat enough fiber each day?
- Do you eat the right foods such as fresh fruits and vegetables, lean proteins, beans and legumes, whole grains, good fats, and low fat dairy?
- How much water do you realistically drink in a day?
- Do you find yourself feeling unusually thirsty at any point?
- How often do you urinate throughout the day?
- How often do you have bowel movements?

Believe it or not, these are all important questions for your health and for learning to cleanse yourself naturally and effectively. If you are dehydrated that's not good for your overall health. It also means that you are not getting enough water to flush out your digestive system properly and move the toxins out.

If you aren't eating enough fiber or a mix of the right foods, then you simply aren't evacuating enough. If you don't have enough bowel movements, that waste material can end up being stored in the body and the end result is that it turns into toxins. This is nothing that you may want to think about, but it can contribute to an unhealthy and improperly working system in the body.

Start to look at ways that you can promote proper digestion and elimination. Drinking more water and ensuring that you are never dehydrated is one way to keep flushing out the bad toxins. Eating the right foods with a major focus on fiber is another way, and an important one that ensures that you move the waste material out of the body. Keep track of these things and make the necessary changes to ensure that

urination and evacuation are happening regularly to keep things moving along properly.

21. Opt for a diet rich in whole foods that are free of additives and preservatives:

We've talked about just how important it is to keep a healthy diet and to focus on the right foods. Equally important is to get the wrong foods out of your diet as well, and many people don't recognize this. Though you may be prone to turn to "diet foods", those that are low fat, low calorie, or packaged for your convenience, this may be your demise.

Rather than turning to prepackaged foods, you require to opt for whole foods that come from the earth and are natural. When you turn to packaged foods for convenience, they are normally loaded with additives and preservatives. Though you may be getting fewer calories and fat with these foods, their man-made ingredients are wreaking havoc on your body.

Any type of packaged food, whether it seems healthy or not, is made with additives and preservatives of some type. Just like pesticides, these can and will build up in your intestines as toxins over time. You will feel slowed down and may exhibit other symptoms that make you sick. It's not a good scenario!

Get rid of the obviously unhealthy packaged foods that are loaded with fat, but take it one step further. Just because a food appears to be healthy or "diet ready" it doesn't mean that it's good for you. If it's loaded with additives, preservatives, chemicals, or ingredients that you can't pronounce, that directly translates to toxins in your digestive system. Get rid of them and you begin to really cleanse your system immediately!

22. Learn to meditate and incorporate this into your life each day:

We have seen just how helpful yoga can be for your body and mind, but take it one step further. Just as exercise helps you to get rid of the toxins, so too can meditation. It's good for you mentally and that means exceptional benefits for the entire body as well.

- When you meditate you are slowly and gently detaching from everyday life, and this means that you are letting go of what is troubling you.

- When you can detach in this way, you are letting go of stress and anxiety.

- Over time this stress and anxiety would build up and keep your body from operating at full capacity, so releasing these elements helps you to be in better health.

- When stress takes over your life, you are not in your best health and your body is bogged down with toxins and anxiety that keeps you from being your best.

Learning to incorporate meditation into your everyday life can ensure that you let go of any built up tension, anxiety, and stress. This is good for your mental health of course, but it also translates to an immediate benefit to your physical well being in the process. You will love the direct and indirect benefits of meditation as part of a healthy lifestyle.

23. Eliminate common sources of toxins such as excessive caffeine, alcohol, tobacco, and processed foods:

The very things that you turn to for relief or use to help relax you can be contributing to your inability to cleanse. These substances or abuses translate directly or indirectly to toxins in the body. The end result is that they keep you from being healthy and may actually make you sick.

The most obvious is tobacco in any form, but of course smoking is the most common type. Smoking infuses only harmful substances into your body such as nicotine, which of course can contribute to long term health problems.

You might not realize it, but excessive alcohol or caffeine can act much in the same way. Having a bit of caffeine or alcohol isn't the problem, but when you binge or drink too much of either, it's not a good thing. Over time these can turn into toxins that the body can't process. You will feel the dependence and the health problems will keep mounting.

The same goes for processed foods, fried foods, or others that are made with unnatural ingredients. Anything that doesn't come from the earth or that has chemically enhanced ingredients isn't good for your ability to naturally cleanse or feel healthy and strong.

Giving up bad habits is just as important in a healthy lifestyle as is adapting to the right ones. Just as you want to focus on eating right, exercising, and getting plenty of rest, you also want to be sure to get rid of the bad habits that are holding you back. If you can learn to manage your caffeine and alcohol intake, get rid of processed foods, and kick the smoking habit for good, your body will cleanse and feel the best it has in years!

24. Turn to natural herbs and holistic medicine to give your body what it needs:

There are so many wonderful natural herbs out there that offer unique and amazing benefits. Not only can they enhance and improve your health, but they can also help you to feel better and operate better in the process. You can turn to holistic medicine such as acupuncture and find a whole new world of herbs and natural remedies to help get relief from whatever ails you.

Some herbs are easy enough to incorporate into your daily life as they are readily available. Options like green tea, garlic, basil, and even cilantro have some natural cleansing properties and you can easily add them into your favorite dishes or enjoy them on their own.

If you are not sure about the more holistic herbs then you should ask a professional. Using these natural herbs can offer great help with cleansing the body, but you do have to be sure to choose which ones are right for you and then use them properly.

Some of the herbs that offer great cleansing in the body include:

- *Dandelion
- *Turmeric
- *Milk Thistle
- *Cypress
- *Hydrangea Root
- *Gravel Root

Be sure that you know what to choose and how to use it, but then know that these herbs will help to naturally and effectively cleanse. You may even see some of the results of that happening rather quickly, so don't be alarmed if that happens. When you partner up these herbs with an already healthy lifestyle and other cleansing methods, you will be in the best shape yet.

25. Become a juicing expert and incorporate key nutrients into your day through this process:

There is certainly great merit in juicing for a variety of health reasons, and perhaps that's why this has caught on as such a craze. You do want to be sure that you utilize the right

fruits and vegetables to get the greatest benefits, but suffice it to say that juicing can work wonders for your ability to cleanse.

You want to choose ingredients that will not only help you to cleanse, but that also introduce nutrients into the body. As you evacuate the bad toxins that have built up through this type of natural cleansing, you ideally want to introduce nutrients to replace any that may be lost in the process.

As with anything else, be sure to take your time with this and never go to extremes. Try a new juice 1-2 times a week just to get used to it and to find what works best for you. Then continue to add on until juicing becomes part of your everyday life. A bit of experimenting can ensure that you get some wonderful health benefits and that you learn how to cleanse in the most effective way possible.

Here is a great sample recipe for juicing that can give you great cleansing, health benefits, and actually tastes good in the process.

Apple Fennel Cleansing Juice

1/2 fennel bulb

2 apples

1/2 small red cabbage

Small wedge of lemon or lime

26. Perform a full body cleanse every month to get rid of any toxins that have built up:

Take time to naturally cleanse on a daily basis using some of the most natural and common foods that you probably already have on hand. Items such as grapefruit, basil, garlic, onions, green tea, mustard greens, walnuts, and avocado will help your body to cleanse on a regular basis.

Take it one step further though as you get used to the idea of a full body cleanse and make this a regular habit. Perform a

full body cleansing when you plan to be at home for a day or two and then see the immediate positive impact that this has as the toxins literally come spilling out of the body - don't be alarmed with some of what you see!

There are many different ways to cleanse the body in this manner, but you want to go for the homemade option if possible. While there are many man-made concoctions and "proven" solutions out there, some of the best types come from your creation specifically. Do be sure to go with a trusted source or recipe, and there are some very common ones out there.

One very common recipe is the Lemon, Maple Syrup, Cayenne cleanse, which is as follows:

- * Pour ½ tsp. of cayenne pepper into a 10-ounce glass.
- * Add 4 Tbsp. of freshly squeezed lemon juice.
- * Fill the glass with warm water and stir thoroughly.
- * Add ½ tsp. of organic maple syrup to sweeten the mixture, if desired.
- * Drink on an empty stomach each month to cleanse your colon.
- * Cayenne pepper breaks down mucus in your colon, while lemon juice eliminates toxins.
- * Do take time to experiment with your threshold for cayenne pepper so that you don't hurt your stomach.
- * Be prepared that this can elicit immediate reaction and that it may be unusual for you to experience at first, but it's a great cleans.
- * This is really not intended for weight loss, but rather for a good natural cleanse that your body needs no more than once per month.

Another possible cleansing recipe to try out is the Apple, Ginger, Psyllium Cleanse, and the recipe is:

- * Juice enough apples to fill an 8 oz. glass.
- * If you do not have a juicer, fill the glass with organic apple juice.
- * Add 1 tsp. each ground ginger and ground psyllium husk.
- * Mix thoroughly or blend on low until smooth.
- * Psyllium binds waste materials together, while ginger flushes toxins from the colon so it's a great combination.
- * The nutrients in the apple juice will support your colon during the cleanse.
- * Do be sure to drink plenty of water after this cleansing to keep the digestive system moving.
- * You can enjoy some light eating after you perform this cleansing procedure, but give it time to take effect.

A proper cleansing process using these or other natural methods performed once a week can be the best thing you can do to get rid of toxins and keep things moving the way that they are intended to. Always go for natural products for best effects.

27. Avoid second hand smoke or any other harmful toxins that you may come into contact with:

Quite simply put, if something doesn't smell right to you then avoid it. Even if you don't smoke, avoid second hand smoke or any other toxins that may be coming into the air. Some sources are rather obvious such as second hand smoke, and some may need a bit more investigation.

If you have to work with chemicals or other substances that may be harmful, be sure at least to wear a mask. Avoiding anything that you breathe in or ingest which could hurt you or turn into toxins is always wise. This is particularly important if

you work in an environment that may contain such chemicals like a factory or even dry cleaners.

If at all possible, avoid the harmful chemicals such as second hand smoke - that's the easy part! If you work in an environment or come into contact with harmful chemicals then protect yourself as much as possible. A mask that you wear or even short breaks from time to time can be quite helpful in ensuring you don't breathe in the source of toxins.

28. Learn to truly take care of yourself and listen to your body when something is or is not working:

The bottom line is that when it comes to cleansing and healthy and natural living, it's all about taking care of yourself in the best way possible. You have seen all of the various methods and tools to do that, but sometimes you also have to listen to your body as well.

Learn to be in touch with what your body is telling you and then react accordingly. This will ensure that you not only keep yourself in the best health, but also that you perform cleansing as necessary. Sometimes you can just feel it from a general lack of energy or lethargy which is unusual for you.

Symptoms that we tend to take for granted as everyday ailments can often be indicative of the fact that our bodies are holding onto toxins. This ultimately means that a cleansing procedure gradually is essential and we must learn to pay close attention to these symptoms and indications. We know our body better than anyone else, and if something doesn't seem right then it's best to pay close attention to that.

If you are having frequent headaches, stomach upset, diarrhea, constipation, feel exhausted, experience cramping, difficulty in focusing, lack of energy, or any other symptoms that don't feel right, then always take time to listen to your

body. This will ensure that you know that something is amiss and can likely pinpoint that a cleanse is required.

You will get into these good habits in no time at all. You will learn which methods and tools work best for you to cleanse properly and take the measures to do so. You will also learn to be better at listening to your body and making the best decisions for your overall health. This is a very powerful step, and it comes from awareness and the initiative to act when something doesn't seem right within the body.

Making Cleansing Work For You

As you can see, cleansing can be done in so many different ways. You want to try different methods and then see which ones work best for you. It's also important to recognize regular cleansing as part of a truly healthy lifestyle. You can't be your very best with all of the other elements until you learn to make cleansing happen on a routine and frequent basis.

It's normal that toxins tend to build up in the body over time, but you can most certainly lessen the effects of this with the methods named within here. Though you may not think of some of these as unusual or extreme measures, their effects and related benefits can be far reaching. Try to begin the cleansing process at a time as extreme measures never work in the best possible way.

Learning to really listen to your body, taking inventory of what's working and what's not, getting rid of bad habits, and instill the good ones are all ways to naturally and effectively cleanse. Some of these you may already be doing and simply need to take up a notch. Some of these may be new to you, but you will learn how truly effective they can be.

It's a choice and a transition to take on a truly healthy lifestyle, but it's one that you will be glad that you made. It's imperative to take care of yourself in this way, and a cleansing program or daily habits are the vehicle to get you there. Making these sound health choices are a great way to naturally and effectively cleanse the body, but also to get to the best health possible.

Try not to look at these methods and ideas as a chore, but rather as a way to take care of yourself. We tend to look at cleansing as an extreme measure, when it shouldn't be. Just as we would exercise or eat the right foods, natural cleansing is yet another way to take care of our bodies. As you can see, some of the methods can actually be enjoyable and can also contribute to better mental health as well as physical.

Figure out what works best for you and then try out new methods for naturally cleansing a little bit at a time. Learning to truly take care of yourself in this way is a great step towards better health. You will notice that the symptoms that may plague you on a daily basis tend to go away almost instantly, and the end result is a better version of yourself.

Yes, We Can!

Simple modification of your lifestyle can make you feel more healthy and energetic. It's a common belief that detoxifying is a one-time event, lasting anywhere from 24 hours to several weeks or more. But there's no reason why you can't take steps to detoxify your body on a continual basis. It actually makes sense since you're likely taking in toxins each day, until they build up to the point of causing problems. By attending to toxin clean up on a daily basis you keep your body

feeling good, and you reduce the likelihood that you'll develop bigger problems because of your toxicity level.

Drink Plenty of Water

This is one tip that you're probably sick of hearing again and again, but it's only because it's so important to so many vital organs, and it helps to keep your body well-flushed of toxins. It also helps your body better eliminate feces, which contains plenty of toxins in it. By helping to keep your bowels and digestive system well-lubricated you are effectively helping your body rid itself of plenty of toxins each time you go to the bathroom.

Brush Your Body

Take a dry loafed sponge and brush your body, starting with the extremities and working your way in. Do this in the morning before you shower, as it helps to slough off dead skin cells and reveal a new layer of skin. It also helps your body to release toxins, considering that your skin is the largest organ of your body. You want to keep this avenue open and make sure that it's always able to release what it can.

Daily Detoxifying Tea

There are plenty of teas out there that offer different cleansing benefits, with the most common one being green tea. But if you get bored easily you can always switch it up with different herbal teas that have detoxifying properties. There are different ones available depending on what you're after, like teas that can improve your sleep, teas that can help energize you throughout the day, teas that can help cleanse your liver and kidneys, and also ones that can calm you down and make you feel good. It's worth the time to check them out and see which ones resonate with you. See which teas help with detoxifying.

Exercise Each Day

Before you start grumbling about this keep in mind that you don't have to go to extremes, but you also don't want to let a day pass without getting some form of exercise. Your lymphatic system doesn't have a pump the way your circulatory system does, so it's relying on you to get up and get active each day to keep your lymphatic juices flowing.

Eat a Superfood at Each Meal

You don't have to go Gonzo and switch your meals over to nothing but superfoods, but a good goal is to include a superfood at each meal you have. This means you can start with fruit for breakfast and load up on antioxidants, have a spinach salad at lunch and have your phytonutrients in place, and then add a superspice to flavor up your dinner and rev up your metabolism. You would be surprised at some of these detoxifying foods.

Eat Natural Probiotics

Helping your body digest the food you eat will prevent the food from sticking around, fermenting and creating a toxic environment. There are pills you can take that will add the probiotics and digestive enzymes to your system so that you can better process what you're eating. But another good way to get them is to eat foods that help create them as well. Try starting your meal with a fermented cabbage like Korean kimchi or German-style sauerkraut. They may be acquired tastes for some, but before long you'll be hooked.

Get Deep Sleep

Your body cleanses itself while you sleep, with the liver doing a lot of its dirty work in the early morning hours. Pulling an all night, or even staying up to watch a late night show will

put you in a position to miss out on the deeper sleep cycles that occur before midnight. Be sure to get up early as well, because you don't want to sleep through the hours when your body naturally wants to purge itself of waste. Letting your bowel movement fester, or holding back your urine until later in the morning can lead to it being reabsorbed by the body.

Watch Less TV and News

You might not have observed the connection between watching too much TV and news stories and having an overload of toxins in your body. But if you don't keep your mind in a good spot, you'll be more likely to do and feel things that lead to more toxicity. All of the ads you see between programs are trying to make you feel like you need something in order to be complete, or they will be ads for fast food or other toxic products. News stories generally are about tragedies and bad news across the world. Filling your head with these sounds and images does nothing for your overall sense of well-being, and can contribute to your toxicity level if left unchecked.

Scrape Your Tongue

Dentists have been saying this for years, and it's been a mainstay in some ancient practices like Ayurveda, but it only makes sense to scrape off your tongue as it's pretty effective at being the central hub of germs and other nasties.

Opt for organic food

Organic foods are important not because they contain any more nutrients or vitamins than regular foods, but because they are free from chemicals and man-made synthetic ingredients like High Fructose Corn Syrup. By choosing organic over conventional foods you're closer to eating the kind of food that existed 50 years ago and earlier.

Smoothen It Up

Smoothies are an excellent way to get massive amounts of superfoods into your system without feeling like you're a rabbit. You can blend up a bunch of baby spinach or kale along with some fruits like strawberries or blueberries and have a great tasting and nutritious shake that doesn't feel like you're missing out on anything.

Avoid toxic foods

The one thing you want to avoid is a relapse into the habits that put you in a toxic state to begin with. Avoid refined sugars, fast food, and additives like MSG and stick to eating wholesome foods that further your health and happiness. It's pointless to detox the body if you're going to go right back to retoxifying it the rest of the day. Taking actions like drinking green tea and then going out and having McDonald's won't yield you the same results as drinking green tea and meditating for an hour instead of binging on fast food.

Things You Can Do for Daily Detoxification and other tips for cleansing your body.

Because you're taking a daily approach to detoxify you don't have to beat yourself up too much if you miss a day, or have a setback here and there. The goal is continuous improvement and you're not in a race. Just try to keep making adjustments in your life so that you can be the best ever version of yourself. This may take some unraveling of long-held and deeply ingrained habits and beliefs but over time you'll wear them out and make new neural pathways in your brain and daily detoxification will take place naturally and easily.

6. Three Week Detox Diet

"Health is not valued until sickness comes."

- Thomas Fuller

While changing your lifestyle and eliminating harmful chemicals in your food and products you use is a positive step in body detoxification, this alone does not take care of the entire problem. You may have to introduce special programs or products that will give you the boost you need to complete the body detoxification process. Toxins have built up in your body, likely for years, so you have to undo the damage by using special supplements, fasting, following a special diet and more.

Each person's needs are quite different when it comes to choosing a body detoxification technique so it is important to recognize when to compromise on certain efforts. Pre-existing conditions like diabetes, heart disease or cancer may require modifying or creating your detox plan as per the advice of your physician. Just remember, start small when it comes to body detoxification and then work your way up so that your body can naturally adjust to the positive changes you are adopting.

Foods to include and exclude during your Detoxification Programme.

The Diet is the foundation of the entire 3-WEEK Detoxification plan. It's a set dietary list designed to avoid the major foods that cause allergies, sensitivities, and digestive problems.

Here is a quick snapshot of the major foods you'll eat and not eat on the Clean Detox programme:

EAT

- Whole vegetables, leafy greens
- Brown rice, non-gluten grains
- Stevia
- Beans, lentils
- Green tea, apple cider vinegar
- Whole fruits, berries, nuts, seeds
- Coconut oil
- Plant-based protein powder

DON'T EAT

- Dairy and eggs
- Gluten, wheat
- Processed sugar
- Soy
- Coffee, soda, alcohol
- Beef, pork
- Creamed vegetables, peanuts
- Corn oil
- Whey protein

Two key ideas to keep in mind during your detox

1. Make Sure You Go, Go!

Daily bowel movements are a key to your Detox. If you don't take out the trash at your house, it will pile up, attract pests, and quickly become a problem. During the Clean Detox your body is taking out its "trash" by eliminating toxins through the bowels. Having daily bowel movements will help make sure that toxins aren't re-absorbed into your system.

Sometimes your bowel movements will increase when doing the detoxification. Other times you may be constipated. If you are constipated here are a few ways to resolve it:

Stay hydrated: Drink enough water so that you use the bathroom once every hour. Eat fiber-rich foods: Include leafy green salad, cherries, figs, prunes, pears, aloe juice, warm lemon water, or green vegetable juices.

Move it: Do some movement and exercise. Walking and light yoga work great.

Use Natural Calm: This magnesium citrate supplement helps restore healthy magnesium levels and increases calcium intake to encourage natural stress relief and healthy bowel movements. Purchase it on the Clean Program website or at your local natural food store.

2. The twelve-hour window Deep cleansing takes [a night's] time Imagine your body as a city. Just like a city needs to budget its finances, your body needs to budget its energetic resources. Your daily energy is limited, so your body must constantly prioritize how it gets distributed. Now here's the thing: digestion is one of the most energy consuming functions of the body (remember last Thanksgiving's food coma?). So if your body is constantly tied up with digestion during the detox, it will put deeper cleansing on hold. Our answer to this: the Twelve-Hour Window.

After your evening meal, leave a twelve-hour window before having your morning shake. If you have your evening shake at 7pm, you should have your morning shake at 7am or later. Why? The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean. If you fill up your belly late at night, and eat early again the next day, your body isn't given the opportunity to clean house. The Twelve-Hour Window is difficult to maintain everyday, but committing to it will help you get the most out of your Detoxification process.

Note: It is okay to have water or herbal tea during the Twelve-Hour Window.

Detoxification okay, but why weight loss?

How and when weight-loss occurs varies from person to person. Everyone comes into the detox centre with a different level of toxicity, a different genetic history, and different hormonal patterns. For many, the body will not begin to reduce inflammation and release extra weight until it has found balance through the cleansing process.

Let's take a step back and look at the bigger picture of why we might have excess weight in the first place. It's often a result of consuming foods that do not work for the body, resulting in poor digestion and toxic overload. The Clean Detox helps the body re-balance itself and help repair the damage done by years of poor habits. When you lose weight without doing this important foundational work, the weightloss typically doesn't last. It also doesn't bring about the increased vitality, that in the end is what we really want.

Even if you haven't seen much weight-loss yet, hang in there. You're doing a foundational work, and that's what matters most. Daily bowel movements, sticking to the detox diet, and avoiding emotional snacking will encourage your body to find that sweet spot, totally unique to you.

One of the best things you can do for weight-loss is hide the scale until the end. Don't stress yourself out by stepping on the scale every day. Just remember, how you feel is a more accurate measure of success. Instead of numbers on the scale, focus on your energy level, sleep patterns, digestion, elimination, mood, and clarity of thought.

Emotions and Food

Emotions are a big part of the detox. For most people, food is not just about satisfying our physical hunger, but satisfying our emotional needs as well.

Have you ever found yourself thinking:

Why do I reach for cookies when I'm tired?

Why do I crave for ice cream after a fight with my partner?

Reflecting on these questions and your answers to them, will get you to the heart of the detoxification - the deeper stuff. The stuff that mindless eating attempts to cover up. During the detox people can feel more emotional than usual. This is because cleansing is not just about the body. When you detoxify, you also release emotional toxins like fear, stress and anxiety. This can be scary as hell, but like any challenge, if we spend some time reflecting on it, we usually surprise ourselves with what we discover. When you feel a craving or an emotional release happening, give it space and be gentle with yourself. Don't make it about the food. Go deeper. Ask yourself, "what's really going on here?" The answer is closer than you think.

Emotional Hunger Tips

Hydrate: Drink water or have a cup of tea instead. Hydrating yourself during your Detoxification is important to keep the bowels moving and to help flush out released toxins.

Switch it up: Get up and go for a walk, call a friend or write a letter to a loved one, finish a work project, or simply stay with that feeling and let it rise up and then fall away naturally (which it will inevitably do), without having consumed any food. You may even feel the negative sensation change; to a very pleasant one. The sense of empowerment that comes from this change can be amazing.

True Hunger Tips:

Snack mindfully: Eat in a serene and distraction-free environment in a mindful way. Hummus, guacamole with veggies, raw nut butter on some apple slices, a quick soup, or fresh green juice are great options.

Check in on your daily caloric intake: While we at Clean are not big fans of calorie counting, noticing how many calories you're eating can be useful. Often, people new to a detoxification program will under-eat, and this can cause cravings, anxiety, and poor sleep. The amount of nutrient-dense food a person needs each day depends on their level of activity, but a good benchmark is eating a minimum of 1200 calories and 50-80 grams of protein each day.

Snack Mindfully or Not At All

Before the Clean Detox programme, you may have started innocently snacking on cookies or chips and then realized twenty minutes later that you ate the whole bag. To make matters worse, you weren't even hungry.

We've all been there, many times in fact. Rather than calling on your own personal guilt monster, give this a thought: The repeated desire to snack is really a desire to change how we're feeling in the moment. The more we're not conscious of why we're snacking, the more this habit can numb how we really feel. We understand that for some, snacking is helpful in maintaining good energy levels and mood. But before you start grabbing snacks, even if they are clean, check in with yourself and make sure what you're feeling is true hunger.

Sometimes finding the right amount to eat everyday takes a little personal experimentation. If you find that you are consistently hungry throughout the day, increase the amount of protein and healthy fats in your morning shake and mid-day meal.

Rest More and Exercise Gently

Our basic philosophy is that we recommend that you take it easy. You do not have to work-out during this program, but light movement is okay. The more you exercise, the more you need to recover. When exercise or recovery are occurring, the body moves energy to these areas and away from deeper detoxification. Light movement is acceptable, but not required. During your detox programme light movement can look like 20 minutes of walking, 30 minutes of yoga, or a few sets of body weight exercises like sit-ups and push-ups.

Light movement can add to the detox. Here's how:

- It removes toxins by activating the lymphatic system.
- It boosts the effectiveness of all the elimination channels by stimulating bowel movements (colon), encouraging deeper breathing (lungs), and making us sweat (skin).

Here are some exercise principles to follow while on the detox:

Half it: Reduce your exercise by half if you are an athlete or work out intensely. If you move more, eat more: If you have a day where you are very active, feel free to eat more as long as it's on the Detox Diet. Remember, the Clean Detox is a not a calorie restriction program. We recommend eating a minimum of 1200 calories and 50-80 grams of protein each day.

More Elimination = More Detoxifying

As your body shifts into releasing toxins from cells and tissues, your job is to support the channels of elimination so that these waste products can make their way out. Here are some ways you can do just that: Skin: Sweat toxins out through saunas.

Skin brushing is another great way to eliminate toxins from the skin. Since the skin is our largest organ, what it absorbs can affect our health as much as the foods we eat. During your detox, we encourage you to examine your current collection of personal care and beauty products to see which ones contain unhealthy chemicals. Consider purchasing organic alternatives.

Lungs: Give your lungs a workout by using them fully and deeply. Visualize how each inhale is supplying you with the number one most essential nutrient you need to live-oxygen- and each exhale is an essential way to release waste material.

Lymph: Shake up your lymphatic fluid and boost circulation with movement, massage, rebounding (mini-trampoline), jump-roping, and deep breathing. Laugh each day; it helps alkalize the body and release stress.

Kidneys: Your kidneys are a great channel of elimination. Drink enough water so you use the bathroom once every hour.

For the detox you will be eating a liquid meal such as a shake for breakfast and a solid meal from the Detox Diet for lunch and dinner. The meal plan is just a suggestion. We included lots of different recipes daily to illustrate all the amazing options out there. If you are an ambitious cook, please feel free to follow the meal plan as shown. If it is too overwhelming feel free to substitute simpler meals or make larger batches of things to eat for several days. Have fun and enjoy yourself !

Meal Plan First Week

Day	Breakfast	Lunch	Dinner
1	Lemon+ honey juie	Pongal+avil+ buttermilk	Sweet and sour soup Sweet and sour soup with vegigtg veg
2	Gooseberry juice	Kichidi+raita	Pumkin soup
3	Super hydration juice	Lentil soup+red rice+steamed veg+buttermilk	Tangy beetroot soup
4	Green juice	Spinach kichidi+boiled sprouts	Veg clear
5	Root juice	Dhaliya+veg koorma+buttermilk	Green peas, carrot cauliflower soup
6	Green gram juice	Corn soup+curd rice	Broccoli broth
7	PPL juice	Porridge+steamed veg+buttermilk	Mix veg soup

MEAL PLAN 2ND WEEK

Day	Breakfast	Lunch	Dinner
1	Carrot juice	Lemon rice+steamed veg + buttermilk	Veg clear
2	Cucumber juice	Palak kichidi+raitha	Corn soup with veg
3	Pomegranate juice	Red rice+dal with cooked veg	Carrot soup
4	Wheat grass juice	Pongal+avil+butter milk	Tangy beetroot soup
5	Ragi juice	Veg kichidi+raitha	Sprouted green gram soup
6	Split moong juice	Corn soup+curd rice	Sweet and sour veg soup
7	Plantain pith juice	Veg pulav +raitha	Cucumber+moong soup

MEAL PLAN 3RD WEEK

Day	Breakfast	Lunch	Dinner
1	Orange juice	Bisibele bath+curd	Cauliflower soup
2	Sweet lime juice	Veg pulav +raitha	Cucumber+moong soup
3	Watermelon juice	Ragi porridge + steamedd veg+ buttermilk	Pumpkin soup
4	Sesame juice	Dal kichidi+ avil+ buttermilk	Broccoli broth
5	Banana juice	Dhaliya+steamed veg	Mix veg soup
6	Apple juice	Lentil soup+red rice+steamed veg	Carrot soup
7	Beetroot+ apple+ pineapple juice	Corn soup+curd rice	Veg clear

RECEIPES

Broccoli Broth



Ingredients

1 cup broccoli florets
1 tsp olive oil
1/2 cup thinly sliced onions
1/2 tsp finely chopped garlic (lehsun)
1/2 cup thinly sliced carrots
2 tbsp finely chopped celery (ajmoda)
Salt and freshly ground black pepper (kalimirch) to taste

Preparation:

Heat the olive oil in a deep non-stick pan, add the onions, garlic, carrots and celery and sauté on a medium flame for 2 to 3 minutes.

Add the broccoli, salt and 2½ cups of hot water, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.

Add the pepper and mix well.

Serve hot.

DETOX SOUPS

A detox soup takes many of the healthiest ingredients possible and puts them together in one pot. They usually involve pureeing or blending the vegetables up, or at best chopping them into bite-sized pieces. This makes the soup easy to digest so your body can



absorb and utilize all of the nutrients more easily. The best part about these recipes is that the focus is still on taste, so you're getting a detox dose of vitamins and minerals without having to suffer through it.

Green Peas Carrot Cauliflower Soup



Ingredients

1/2 cup green peas
1/2 cup finely chopped carrots
1/2 cup cauliflower florets
4 cups basic vegetable stock
1 1/2 tsp oil
1/2 cup finely chopped cabbage
2 pinches sugar
1/4 tsp freshly ground black pepper
(kalimirch)
salt to taste
1 tsp soy sauce
1 tbsp cornflour dissolved in 1/2 cup water

For The Garnish

2 tbsp finely chopped coriander (dhania)

Method

Combine the green peas, cauliflower and basic vegetable stock in a deep non-stick pan, cover with a lid and cook on a medium flame for 5 to 7 minutes, till the green peas and cauliflower are tender and crunchy, while stirring occasionally. Keep aside.

Heat the oil in a deep non-stick pan, add the cabbage and carrots and sauté on a medium flame for 1 to 2 minutes. Add the basic vegetable stock with the green peas and cauliflower, sugar, pepper and salt, mix well and cook on a medium flame for 5 to 7 minutes, while stirring occasionally. Add the cornflour-water mixture and soya sauce, mix well and cook on a medium flame for 3 minutes, while stirring continuously.

Spinach-Moong Soup

Warm and creamy, moderately heavy, soothing, and nourishing to our body and mind, fits right in to balance our vata. Let me tell you this soup is quite filling and can be a whole lunch on its own.

Combination of moong beans and spinach makes this dish not only protein rich but a nutritiously dense balanced meal. As per Ayurveda, when we eat according to our body's constitution and in tune with the changing seasons, the natural outcome is detoxification and weight loss.

Spinach-Mung Detox Soup- Ingredients **(serves 2-3 people)**



- 1- 2 tsp unrefined Sesame Oil (or Olive Oil)
- 1 tbsp Date paste
- 1 tsp fresh minced Ginger
- 2 cloves minced Garlic
- 1/2 -1 tsp crushed Black Pepper
- 1 pinch of Red Chilli Flakes (optional)
- 2 tsp Cumin pwd

- 1/4 tsp Cardamom pwd
- 1 tsp Spice Mix (21 day salute or allspice)
- 1-2 tsp Lemon/Lime juice
- 2 tbsp Nut Paste (pumpkin seeds and walnuts)
- Salt to taste
- 1 cup chopped Leeks (or onions)
- 1/2 cup chopped Celery
- 1 cup cooked Yellow Split Mung Beans
- 1/2 cup coarsely chopped Spinach
- 1/2 cup diced Carrots
- 2-4 cups Water (you can also use vegetable stock)

Yes, it looks like a long list of ingredients, but most of these ingredients we generally have in our pantries. Feel free to skip/substitute/add ingredients that you like to have.

Take a stock pot, add the oil and saute and the chopped veggies along with all the seasonings except spinach. Saute for 5-10 mins, your kitchen will be filled with *appetizing* aromas. Now, add the spinach and water to the mixture. Saute for few more minutes. At the end add the mung beans and simmer until everything gets well incorporated.

Blend to a soup like consistency. When ready to serve garnish with parsley, tomatoes. Small cubed avocados go well with this soup.

HOYSALA Detox soup

Ingredients

- 1 cup assorted veggies (string beans, onions, celery, red-yellow peppers)
- 1/2 cup assorted root veggies (carrots, yams/beets, skip if high in kapha)

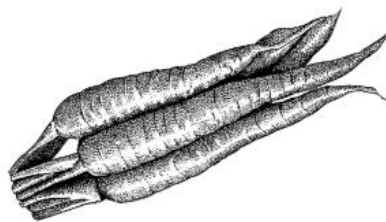
- 1 cup mixed baby greens (spinach, kale, chard)
- 1/2 cup beans optional (red kidney beans)
- 1-2 tsp minced ginger-garlic paste
- 2-4 tsp Ayurvedic spice mix (cumin-coriander-cinnamon-turmeric-black pepper-clove)
- 1-2 cups veggie stock (preferably home-made veggie stock)
- 1 cup water
- salt to taste

Preparation:

First steam cook the root veggies separately so they get well incorporated into the soup. In a big stockpot on a low heat, add the Ayurvedic spice mix and dry roast the mixture until you smell the appetizing aroma. Now add all the assorted chopped veggies to this mixture and sauté for few minutes.

Add 1 cup of veggie stock and simmer with a covered lid for about 15-20 minutes. Once the veggies look translucent and mushy add the chopped greens and extra veggie stock and simmer again for about 10 minutes.

After 10 minutes, add extra water and the cooked root veggies to the soup. Add more water if needed to bring to a nice watery soup consistency and simmer at the end for about 5 more minutes. Cold and moist winter days beg for a hearty steamy soup – Enjoy this pipping hot!



DETOX JUICES

GOOSEBERRY Juice

Ingredients: (for 8 glasses of juice)



Amla (Gooseberry/Nellikka) –
7 or 8 medium to large size
Lemon zest- ½ tspn
Lemon- ½ sliced into thin slices
Mint leaves- 2 sprigs
Cold water- 7 cups
salt- 1 tbsp(or to taste)

Preparation:

1. Discard the seeds of Amla.
2. Dump in the flesh of Amla, lemon zest, salt and water into you mixer or juicer.
3. Strain the juice.
4. Crush the mint leaves between your palms and add the crumbs with lemon pieces to the juice.
5. Serve chilled and get healthy

GREAN CLEANSE



3 green apples
1 lime (peeled)
1 inch ginger root
3 cups fresh organic spinach

INSTRUCTIONS

Run each ingredient through your juicer, mix and enjoy. For a spicier drink simply add more ginger. (I drink it with tons of ginger!)

NUTRITION

Calories: 280

Pomegranate Pineapple Lemon Juice

No Sugar Added

Prep Time 5 minutes

Cooking Time 5 minutes

Serves 2

Ingredients:

1 cup Chopped Pineapple

1/2 cup Pomegranate juice (I used Pom)

1 ½ cup Water

Juice of 1/2 lemon

1 inch piece of Ginger

Preparation:

In a blender combine everything except pomegranate juice and blend together to form a smooth consistency and strain through the strainer and set aside. To Pineapple lemon ginger mixture mix in Pomegranate juice.

Super Hydration Juice

2-3 organic cucumbers, large

2 organic apples

1/4 organic beet or a handful of organic strawberries

(opt)*

Organic mint, to taste

*The beet I added just added a pretty colour – so this is totally optional!

Juice everything together in your juicer. Pour into two glasses with ice. Add a couple of sprigs of mint for a garnish.

ROOT JUICE

High-fiber root vegetables and fruit keep things moving through the digestive tract, while ginger calms your stomach.

Ingredients

2 tablespoons peeled and chopped fresh ginger (1/2 ounce)

1 medium beet (8 ounces), scrubbed and coarsely chopped

4 medium carrots (8 ounces total), scrubbed and sliced

1 medium apple (8 ounces), cored and cubed

1 cup water

Preparation

In a blender, combine ginger, beet, carrots, apple, and water; blend, scraping down sides occasionally, until smooth. Strain juice and, if desired, thin with additional water.

Honey lemon juice

Ingredients

½ lemon juice

2 tablespoons honey

1 pinch of cinnamon

½ cup warm water



Method

1. Squeeze the lemon juice into the warm water...well it should be a little hot but not boiling.
2. Stir in the honey and cinnamon and drink away.

PLANTAIN STEM JUICE**Ingredients:**

Plantain's pith of the stem – 100gm
Buttermilk – 50 ml
Rock salt – 3 gm
Water – 50 ml

**Preparation:**

1. Put the plantain stem in juicer & extract the juice.
2. Add little buttermilk, water & rock salt.
3. Stir well & drink.

Properties:

- Bitter & astringent in taste
- Is a natural diuretic
- Cold in potency
- Reduces cholesterol
- Its astringent quality helps in blood coagulation
- Is an alkalizer

WHEAT GRASS JUICE

“Cow’s eat it– dopes smoke it-but only the enlightened drink it!”

Wheatgrass juice is a powerful, raw food that is got from the wheat plant. The grass of this plant has to be juiced when it is young and rich in chlorophyll. This dark, green liquid is very strong to taste but full of nutrients. Some nutritionist believe that 1 fluid ounce of wheatgrass juice can provide the equivalent health benefits of 2 ½ lbs of fresh vegetables. It is also rich in amino acids, contains 92 minerals, enzymes and vitamins.

You can either get fresh wheatgrass or grow wheatgrass at home and juice it or buy any one of many wheatgrass beverages or instant juice powders available in the market. Make sure you drink only the required quantity since consuming too much can cause diarrhea and nausea. Freshly grown and cut wheatgrass must be consumed immediately for otherwise the potency reduces very quickly. Homegrown wheatgrass also has mold issues that field grown grass does not.

How to juice wheatgrass

When wheatgrass is ready to harvest (4-6 inches in height), the stalks are cut with a sharp scissors above the roots. If you decide to drink fresh wheatgrass juice, then cut the plant just before juicing. Producers of commercial wheatgrass juice use special extractors that resemble meat grinders. These are used to crush and grind wheatgrass and extract juice. After this, the juice is bottled or flash-frozen.

If you prepare wheatgrass juice at home you can use a regular blender or a special wheatgrass juicer. If you are using

a blender, pulverize the grass for at least one minute. Then strain using a fine cloth or filter.

Delicious wheatgrass juice Recipes

Many people are afraid of consuming wheatgrass juice because of the very powerful grassy taste. Apart from mixing with just water, you can create your own recipes to mask the powerful taste.



- If you are just adding water, add more to mask the taste of the juice
- Stevia (sweet herb) and agave (sweet plant syrup) are both natural sweeteners that do not contain glucose or fructose. You can use either, depending on your preference and make a delicious, tasty drink.
- Any citrus juice has a strong flavor and adding some like orange juice to wheatgrass juice can make a delicious drink.

- Fruit smoothies are excellent ways to consume wheatgrass juice.

Note: The best way to enjoy the maximum health benefits from wheatgrass juice is to consume it fresh. Buy or harvest only what is required, juice it and drink immediately, observing all the required precautions. However, for those who do not have the time, there are very good reputable wheatgrass juice brands available.

Some people who develop nausea due to the strong flavor of the juice can blend wheatgrass with fresh fruits and vegetables. Those who have celiac disease, wheat allergies, grass allergies or are pregnant and nursing must avoid consuming wheatgrass juice. If you have gluten intolerance, check the product label to see if it is gluten free.

The Wheatgrass Pioneer

Dr Anne Wigmore is perhaps the most famous pioneer of wheatgrass juice. Her amazing work in nourishing terminally ill patients back to health with the king of green juices at her Hippocrates Health Institute is well documented.

Just a single 1 oz shot of wheatgrass contains 20 amino acids (the building blocks for protein) It has all the B group vitamins; including B12, and even the often illusive vitamin B17 – a vitamin which has been reported to help prevent and fight cancer. Wheatgrass also contains vitamins, B, C, E, K, Folic acid, beta carotene as well as being packed with an multitude of vital minerals including calcium, zinc, selenium, magnesium, phosphorus, potassium, sodium and sulphur. On top of off all this wheatgrass juice is one of if not the richest sources of chlorophyll on earth.

Herbal Tea : *Kashayam*

It is a common practice today that people drink tea and coffee several times a day and feed their body with poisonous stuff. This is supposed to be a part of culture. A healthy alternative for tea or coffee can be prepared to serve as our drink or to offer hospitality to guests: a healthy soft drink called *Kashayam*. It is as refreshing as coffee and tea but is free from any harmful ingredients. It also helps digestion of food. should be a happy form of giving and receiving hospitality. This should be considered to be a part of health culture.

Required ingredients and quantity:

100 gms of coriander seeds

25 grams of Jeera or cumin seeds

should be mixed and fried (without using oil). The following raw items should be added to the above fried mixture

30 grains of black pepper

10 grains of cardamom

10 cloves

1 piece of ginger

The two categories of items should be ground in a mortar or in a mixer and the powder could be stored in a bottle. A tea-spoon full of this powder could be mixed in water and boiled (with jiggery for taste if needed, to be avoided by diabetics). The boiled mixture could be filtered and mixed with a little milk. The potion can be taken twice a day. This is a safe health drink.

GREEN GRAM JUICE

Ingredients

1. Green gram – 1 cup
2. Chopped jaggery – 1 cup (or according to the taste)
3. Cardamom powder – 1 teaspoon
4. White pepper powder – A little

Preparation time - 25 minutes [including roasting of gram]

Serves 2

Preparation

1. Wash green gram and drain water completely. Place a skillet on low flame and dry roast green gram in it for about 15 minutes till you get a pleasant aroma and never get burnt.
2. Peel cardamom and add it to the roasted gram. Chop jaggery as well and keep it aside.
3. Grind roasted green gram from step 1 in the mixer adding water in steps to a fine consistency.
4. Add required quantity of water to bring it to the required consistency and add chopped jaggery from step 1 to it and stir well. Also add a pinch of pepper powder to it. Chill it and serve.

Pomegranate Pineapple Lemon Juice

Ingredients:

- 1 cup Chopped Pineapple
- 1/2 cup Pomegranate juice (I used Pom)
- 1 ½ cup Water
- Juice of 1/2 lemon
- 1 inch piece of Ginger

Prep Time 5 minutes

Cook Time 5 minutes

Serves 2

Preparation:

In a blender combine everything except pomegranate juice and blend together to form a smooth consistency and strain through the strainer and set aside. To Pineapple lemon ginger mixtures mix in Pomegranate juice.

Detox Salads

Light Quinoa Salad

1 cup uncooked quinoa,
rinsed
2 cups water
½ tsp salt
1 cup chopped red cabbage
½ cup red bell pepper, finely
sliced
1 large carrot, grated or finely sliced
½ English cucumber, diced
⅓ cup cilantro leaves, packed
2 green onions, sliced
3 Tbsp chopped roasted peanuts
salt and pepper to taste



Dressing

¼ cup fresh squeezed lime juice
1 Tbsp low-sodium soy sauce
2 Tbsp canola oil
2 Tbsp honey
½ tsp dry mustard powder
¼ tsp red pepper flakes

Preparation:

Add rinsed quinoa, water and ½ tsp salt to a medium saucepan then place over high heat. Bring to a boil then cover and reduce heat to low. Simmer for 18–20 minutes until quinoa is tender. Set aside to cool. Meanwhile, place all remaining salad ingredients in a large bowl then toss to combine.

In a small mixing bowl, whisk together all ingredients for dressing until completely incorporated. Add dressing and cooled quinoa salad. Toss gently until combined. Season with salt and pepper.

Detox Main Course

Vegetable Dalia

Ingredients (measuring cup used, 1 cup = 250 ml.)

1 cup dalia/broken
wheat
1 medium sized onion,
finely chopped
1 inch ginger, chopped
1 medium sized tomato, finely chopped
½ cup chopped carrots
½ cup chopped potatoes
½ cup shelled green peas/fresh or frozen
4 cups water
1 tsp cumin
1 tbsp ricebran oil
salt as required

**Instructions**

1. heat oil or ghee in a pressure cooker.

2. splutter the cumin first in the hot oil.
3. add chopped onions and saute till they become transparent.
4. now add chopped ginger, green chilies and saute for some seconds
5. add tomato and saute for 1 minute.
6. now add all the veggies and saute for 2 minutes.
7. keep stirring
8. rinse the dalia and add to the veggies.
9. stir for 3-4 minutes.
10. add 4 cups water and salt
11. stir and pressure cook for 10-12 whistles till the dalia is cooked well.
12. if the dalia has not cooked completely, then add some more water and pressure cook for a few whistles more or cook without the lid till they are softened and you get a porridge like consistency.
13. garnish vegetable dalia with coriander leaves and serve hot or warm. CALORIC VALUE-250 kcal/serve

Moong Dal Kichdi

Ingredients (measuring cup used, 1 cup = 250 ml)



- ½ cup red rice
- ½ cup moong dal/spilt and dehusked green gram
- 1.5 tbsp ghee or 2 tbsp oil (real flavor comes with the ghee as this khichdi has minimal ingredients)
- ¼ tsp turmeric powder (haldi)
- ¾ to 1 tsp cumin seeds (jeera)

rock salt or regular salt as required

Instructions

1. Rinse both the rice and dal together for a couple of times in water.
2. heat the ghee or oil in a pressure cooker.
3. crackle the cumin first. add the turmeric powder and stir.
4. add the rice and moong dal. saute for a minute.
5. add 4 to 4.5 cups water. season with salt.
6. stir and then pressure cook the khichdi for 5-6 whistles till both the rice and moong dal have reached a mashable consistency like a porridge.
7. when the pressure settles down, open the lid and check the moong dal khichdi.
8. if its too thick, then add some water and stir well.
9. keep on sim or low flame to simmer the khichdi till you get the right consistency.
10. the consistency can be adjusted as per your choice by adding less or more water. some people prefer thick and some thin consistency.
11. serve moong dal khichdi with a plain bowl of yogurt or raita.
12. when serving khichdi you can add a 1 or 2 tsp of ghee in the serving bowls or plates.

CALORIC VALUE-270 PER SERVE

NOTE: this recipe of khichdi has been made in the pressure cooker. If making in a pot, then soak the moong dal and rice for 45 mins to 1 hour. Proceed with the tempering of cumin seeds in the pot. Then add dal and rice. add about 5 to 6 cups water and cover and cook the khichdi till the rice and mung dal are cooked till really soft and of a porridge consistency. Add more water if the khichdi becomes lumpy or too thick. Keep on stirring at regular intervals during the entire cooking process.

Ragi Porridge



Ingredients

1/2 cup Ragi (Finger Millet) Powder
1 cup milk(OR coconut milk) , or as needed(see note)
2 cups water
1/4 tsp cardamom powder (or as per taste)
Sugar to taste

Tips

Note: Variation: To make **salted version** - instead of milk add buttermilk and replace sugar with salt. Skip the cardamom powder in this case. This version is ideal for those suffering from Diabetes.

Preparation:

Slightly roast the powder first in medium flame till aromatic, around 3-5 minutes. Make sure you dont burn the powder. This step is to eliminate any raw smell from the porridge. Set aside.

Alternatively take a saucepan and heat the water till it is lukewarm. You can add the roasted powder without heating the water directly but I personally find that heating the water (even slightly) helps to avoid lumps. Add the powder to the water.

Keep stirring until it gets well mixed. Add the cardamom powder to it.

Bring it to a boil.

Add milk. You can add more or less milk depending on your taste.

Serve hot!

Bisibele bath

Preperation time -15 mintes

Serves - 2

Calories-199

Ingredients

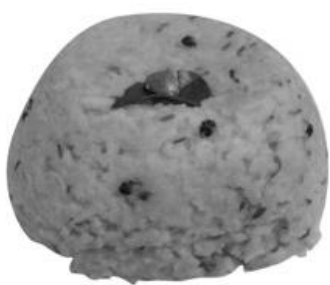
- 1 cup long-grained rice
- 1 cup toor daal[split pigeon peas]
- 2 cups mixed frozen/fresh chopped vegetables (carrots, beans, potatoes, peas)
- 1 cup tamarind juice (soak golf ball-sized lump of tamarind in 1 cup water for 15 minutes. Squeeze out juice.)
- 1/2 cup dessicated coconut
- 1 tsp coriander seeds
- 1 tsp cumin seed
- 1 tsp aniseed/fennel seeds
- 1" stick cinnamon
- 4 cardamom
- 6 cloves
- 8 peppercorns
- 1/2 tsp turmeric powder
- 1 tsp garlic paste
- 1 tsp ginger paste
- 2 tbsps vegetable/canola/sunflower cooking oil
- 6 curry leaves
- 1 tsp mustard seeds
- 2 onions sliced thin
- Salt to taste
- Coriander leaves to garnish

Preparation

- Wash the toor daal and add 1 1/2 cups of water to it. Half cook it in a pressure cooker. Keep aside.
- Roast all spices, mix with coconut, turmeric powder, ginger and garlic and grind into a thick paste using a little water at a time. Keep this masala mixture aside.
- Heat oil in a pan and add the mustard seeds and curry leaves. When they stop spluttering add the onions and fry till soft.
- Add the tamarind juice and 1 cup of water to this and bring to a boil. Add the rice, vegetables, toor daal, masala mixture and salt to taste and cook till all ingredients are done.
- Garnish with coriander leaves and serve hot.

Pongal

Ingredients needed



Raw rice - 1/2 cup
Split yellow moong dal (pasi paruppu) -
1/4 cup
Cashew nuts -6-7
Salt needed

For the seasoning

Oil - 1 1/2 tbsp
Ghee/Ricebran Oil - 1 tbsp
Ginger finely chopped - 1 tsp
Cumin/ Jeera seeds - 1 tsp
Whole black pepper - 1 tsp
Curry leaves – few

Preparation time-15minutes

Calories-256 Serves-2

Preparation

Dry roast moong dal and rice separately until it is hot to touch. Do not over fry it.

Fry cashew nuts in a tsp of ghee and keep it aside.

Mix both rice and dal, pressure cook adding salt, 2 1/2 - 3 cups of water for 4-5 whistles.(I used old rice, so added 3 cups of water).The rice has to be cooked in such a way that it should be mushy.

Open the cooker once the pressure subsides and mash the contents well when it is hot. (You can cook rice directly in the cooker also or as I have done).

Heat oil/ghee, add finely chopped ginger, saute for 2-3 seconds, then add pepper, jeera seeds (you can pound pepper and jeera slightly for more flavor), curry leaves and pour it over the rice + dal mix.

Add fried cashew nuts and mix everything well. Alternatively you can add rice+dal mix to the seasoning as I have done and mix well on low flame for 2 minutes. Switch off and serve hot with sambar or gothsu or coconut chutney.

Curd Rice

Ingredients

3 tbsps vegetable/canola/sunflower cooking oil

1 cup rice

2 1/2 cups water

Salt to taste

1 cup sour yogurt

5-6 curry leaves
1 or 2 red chillies
1 tsp mustard seeds
Coriander leaves to garnish

Preparation time 15minutes

Serving-2

Calories-286

Preparation

Wash the rice well and put in a pressure cooker with the water. Cook till done - cook first on a big flame till you hear the first whistle, then simmer and allow 1 more whistle. Keep aside for an hour or two.

Mix the yogurt in the rice and add salt to taste.

Heat the oil in a small pan and add the mustard seeds, curry leaves and dry red chillies. Cook till the chillies are almost black.

Add this mix to the rice and stir well.

Serve at room temperature

Lemon Rice



Ingredients

2 cups of cooked rice
2 tbsps vegetable/ canola/ sunflower
cooking oil
1 tsp coriander seeds
1 tsp mustard seeds
3-4 curry leaves

1 green chilly slit lengthwise

1" piece of ginger grated

1/2 cup peanuts (roasted and unsalted)

1 tsp turmeric powder
Juice of 2 lemons
Salt to taste

Preparation time -10 minutes

Serving-2

Calories-147

Preparation

Gently roast and then coarsely powder the coriander seeds. Keep aside.

Heat the oil in a pan and add the mustard seeds, curry leaves and green chilly. Fry till the spluttering stops and add the ginger and peanuts. Fry for another minute. Add the turmeric powder and turn off the fire.

Add the lemon juice and mix well.

Add the rice, roasted coriander powder and salt to taste and mix thoroughly.

Serve with a vegetable salad and Papad

Veg pulav [vegetable rice]

Ingredients

1 cup of Red rice
1 1/2 cup water
3 tbsps vegetable/ canola/
sunflower cooking oil
1 large onion sliced thin
1 tsp cumin seeds
1 large bay leaf [A bay leaf is a fragrant leaf from a laurel tree that is used as an herb. Bay leaves can be used fresh or dry, but dried ones tend to have a stronger flavor]broken into smaller bits
5 cloves
3-4 cardamom pods split



1"piece of cinnamon
8-10 black peppercorns
Salt to taste

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Servings-2

Calories-220

PREPARATION

Wash the red rice well and keep aside to soak for 10 minutes.

Heat the oil in a deep heavy-bottomed pan and add the cumin seeds. Cook till they stop spluttering. Add all the other whole spices and fry for a minute.

Add the onion and fry till soft.

Drain and add the rice and mix well. Add 1 1/2 cups of water and salt to taste. Mix well and bring to a boil.

Reduce the flame to a simmer, cover partially and cook till the rice is done.

Coconut water : Nature's Super Drink



Coconut water has many health benefits including electrolyte replenishment and weight loss. This 'nut' is packed with anti-aging properties and has the right number of calories to keep you going.

The water inside green coconuts is a **hydrating super liquid**. One cup has around ten times less calories than coconut milk. It has fewer calories, less sodium, and more potassium than a sports drink. Ounce per ounce,

most unflavored coconut water contains 5.45 calories, 1.3 grams sugar, 61 milligrams (mg) of potassium, and 5.45 mg of sodium compared to Gatorade, which has 6.25 calories, 1.75 grams of sugar, 3.75 mg of potassium, and 13.75 mg of sodium.

"It is unctuous, sweet, increasing semen, promoting digestion and clearing the urinary path," says Ayurveda on tender coconut water (TWC)

Health benefits of coconut water

- Coconut water is a very refreshing and detoxing drink to beat the tropical summer thirst. Its liquid is packed with simple sugars, electrolytes, and minerals to replenish dehydration within the human body.
- Research studies suggest that **cytokinins** (e.g., kinetin and trans-zeatin) in coconut water found to have significant anti-ageing, anti-carcinogenic, and anti-thrombotic (anti-clot formation) effects.

Coconut water is composed of many naturally occurring **bioactive enzymes** such as *acid phosphatase, catalase, dehydrogenase, diastase, peroxidase, RNA-polymerases* etc. In effect, these enzymes help in digestion and metabolism.

- Despite being very light in consistency, its water has proportionately better composition of minerals like calcium, iron, manganese, magnesium, and zinc than some of the fruit juices like oranges. (Compare the mineral composition of oranges).
- Its liquid is also a very good source of B-complex vitamins such as riboflavin, niacin, thiamin, pyridoxine, and folates. These vitamins are essential in the sense that the human body requires them from external sources to replenish.

- Coconut water contains very good amount of electrolyte **potassium**. 100 ml of water has 250 mg of potassium and 105 mg of sodium. Together, these electrolytes help replenish electrolyte deficiency in the body due to diarrhea (loose stools).
- Further, fresh coconut water has a small amount of vitamin-C (Ascorbic acid); It provides about 2.4 mg or 4% of RDA. Vitamin C is a water-soluble antioxidant.

7. Holistic 'Detox' Therapies

Natural Therapies

Fasting Therapy

One-day (24-hour) water fasts have become a popular way to maintain health and vigor. Fasting uses the self-healing properties of the human body. Health improvements happen when the digestive system is given rest and the organs get ample time to repair and heal themselves.

A regular practice of a fasting can improve digestive efficiency, increase mental clarity, increase physical and mental vigor, remove toxins, improve vision and give a general feeling of well being. A 24-hour fast, once a week, is a common religious practice in many communities.

How to prepare for a One day fast?

Those who are experienced in fasting do not need any external advice, as they have studied the reactions of their own body during the fasting period. A one-day fast is pretty simple for them. But for beginners, a little more care is required.

Beginners should choose a day that is stress-free, with relatively few activities planned. Do not plan for any heavy work or excessive travel during that day. Light activities, like reading, slow yoga movements, working on your computer, walking in the woods, meditation, watching television, driving short distances, etc., are acceptable. But avoid stressful activities, like heavy exercises, going to the gym, lifting heavy weights, running long distances, etc., as these consume a lot of calories and will make you unnecessarily hungry.

A normal human body can go for weeks without food. Hence, a one-day fast is relatively easy to do. Once one starts doing it, one will experience great health benefits. Those with serious medical conditions can also fast under the supervision of an expert. If one has a serious illness, it's important to consult a physician first before attempting to fast.

How to do a One-day (24-hour) Fast?

In a one-day fast, one must drink only water for 24 hours. No solid food or other liquids that contain nutrition (like fruit juice, milk, etc.) are allowed. Simple pure mineral water is the best. One can also use boiled and cooled water. Do not add anything in the water during boiling. One may drink about 1 ½ liters to 3 liters of plain water in one full day, according to one's capacity. There is no harm in drinking even more, if need be.

The best time to start the fast is during early morning. After getting up from bed and brushing the teeth, drink about two glasses of water. This will also help with bowel movements. The rest of the day, one can drink water any time. There is no restriction on the quantity of water to drink each time or the number of times to consume water. Continue this for a whole day, till the next day morning.

Body reactions during a One-day (24-Hour) fast

During the one day fast, one will notice a few reactions in the body, which is considered normal. As a habit, the body is used to consuming food many times a day. When there is sudden lack of food intake, one may feel weakness, dizziness, nausea, etc. There may be also a drop in blood pressure and slight headaches. One need not get frightened by these reactions. These are quite normal during a one-day fast. Those who fast regularly won't even feel these symptoms. But

beginners should just take rest or lie down whenever these symptoms become intense.

One may even feel a sudden bout of hunger. Just take one or two glasses of water to dilute the gastric secretions. Then lie down and take rest. The hunger should go away in a short time.

How to break a One-day (24-Hour)fast?

Learning how to break a fast is very important. During the fasting period, there is hardly any digestive activity. One should be gentle on the stomach when breaking the fast. Do not overload the stomach. The best way to break a fast is with lime juice or orange juice. Half a spoon of honey may also be added to the juice. If needed, even fruits can be taken, as they are easy to digest. Boiled vegetables are also fine. Use little or no spice with vegetables as it can irritate the linings of the stomach. The second meal of the day can be normal.

Benefits of a One-day (24-Hour) fast

1. A one-day fast (once every week) will give tremendous health benefits. Our digestive system works without any rest, day and night. A fast will give the much needed rest to the entire digestive system to repair and heal itself. The human body has self healing abilities. Even animals instinctively take to fasting when they are sick. Animals are guided by their natural instincts, while as humans we tend to ignore them, and thus aggravate our sickness.
2. It gives improved energy and vigor.
3. It removes many mental blocks and gives clarity of mind.
4. It eliminates toxins from the body and can go a long way to prevent future illnesses.

5. It can give slight improvements in the eye sight, though this effect is seen more during long term fasts.
6. Fasting can improve immunity and has anti-aging benefits.
7. It gives an overall sense of well-being.
8. Fasting is the easiest way to lose weight. Those who do intermittent one day water fasts can benefit more by integrating yoga into their lifestyle. See articles.
9. One-day fasts have been followed, for thousands of years, for their spiritual benefits. Hindus follow the fast on 'Pradosham' days, which come on the 13th day of the lunar cycle ('Triyodashi'). It is said to remove sins or bad karma, which limits our life energies. 'Ekadashi' fasting (on the 11th day of lunar cycle) is done by worshippers of Vishnu. Some fast on Saturdays to alleviate the problems due to Saturn in their planetary chart, while some fast on Tuesdays to remove problems caused by the position of Mars. Fasting is an ancient spiritual practice known to Christianity, Judaism, Islam, Buddhism, Sikhism and almost all known religious faiths throughout the world. Fasting gives inner strength and confidence. It makes one feel that one is the spirit and is not limited to the body alone.

Note : If you are suffering from chronic conditions such as hypertension and diabetes, this detox fast is not for you. If you are not sure about your health status, check with your medical doctor before embarking on the fast. Secondly, if you experience headaches, nausea and vomiting, stop immediately. To prevent these during the detox, consume fluid at regular periods. Consume as much as one gallon of water per day.

Mudbath:

Mud is an important element of nature. It contains important minerals which have positive effects on human health. Mud can absorb toxins from human body; therefore it is very useful in preventing many diseases. It is also known for its healing properties. It also helps in cooling and relaxing the body as it can hold moisture for a long time.

This involves application of a special kind of mud rich in natural salts and minerals over the entire body (except head). Dark cotton soil having some greasiness is suitable for mud therapy as it is rich in minerals and also retains water for long time. It should always be free from any kind of contamination or pollution.

First the mud is prepared by soaking it in water. The mud is then applied on the whole body either in sitting or lying down position. Mud is kept for 45 to 60 minutes and ideally one should be exposed to sun light, at least intermittently. Remember that the head should always be covered when exposing the body to sunlight. Afterwards, the person should be thoroughly washed with cold or luke warm water. Dry the person quickly and transfer to a warm bed. A mud bath helps in increasing the blood circulation and energizing the skin tissues. It thus helps in cleansing and improving the skin condition generally. Regular mud baths may be considered as a natural beauty treatment procedure as it also helps in improving skin complexion and reducing spots and patches.

Benefits of Mud therapy are:

- It relaxes muscles and improves blood circulation. It maintains metabolism exercising a positive impact on digestion.

- It is useful in conditions of inflammation/ swelling and relieves pain.
- It is a good hair conditioner and is good for skin.
- It is useful in condition of stiff joints.

Mudpack for Abdomen: The size of a mud pack for abdomen is generally 10 in X 6 in X 1 in for adults. The mud pack should be applied for 20-30 minutes. The body and the mud pack should be covered with a blanket, if applied during the cold weather. An abdomen mud pack helps in all kinds of indigestion. It is very helpful in decreasing intestinal heat and stimulates peristalsis.

Mudpack for Eyes: Mud soaked in water is spread to make a half inch thick layer. The pack is typically 9 in X 6 in, enough to cover eyes completely. It is placed on the eyes for 20 to 30 minutes. An eye mud pack helps in relaxing the eyes; especially good for those who require to sit in front of a computer for long hours.

Therapeutically, it reduces irritation, itching or other allergic conditions such as conjunctivitis and hemorrhage of the eye ball. It also helps in correcting refractive errors like short/long sight. It is effective in Glaucoma, where it works to reduce the eye ball tension.

Detox Bath

A detox bath is one of the easiest healing therapies that can be done to facilitate and enhance our body's natural detoxification process. Typically, a detox bath is made with Epsom salt also known as magnesium sulfate, which not only draws out toxins, but has health benefits of its own:

- Eases stress and improves sleep and concentration

- Helps muscles and nerves function properly
- Regulates activity of 325+ enzymes
- Helps prevent artery hardening and blood clots
- Makes insulin more effective
- Reduces inflammation to relieve pain and muscle cramps
- Improves oxygen use
- Flushes toxins
- Improves absorption of nutrients
- Helps form joint proteins, brain tissues and muscle proteins
- Helps prevent or ease migraine headaches

How to take a Detox Bath

1. Add 5-10 drops essential oil (I love lavender) to 2 cups Epsom salt, then add to a standard tub full of water.
2. Ideally, you want the water quite hot as we are looking for good sweating.
3. If your bath water is not filtered, add 1 cup of baking soda as this helps neutralize the chemicals, primarily chlorine, as well as increases mineral absorption.
4. Immerse yourself in the water, all the way up to your neck. You want as much of your body underwater as you can. Close your eyes, do some breathing exercises and soak for at least 20 minutes.
5. Once you are done with the soaking, rise out of the tub very slowly and cautiously. You may feel a little dizzy and light-headed, this will go away as you shower off quickly in cool water.

6. It is important not to use harsh soaps or shampoos as your pores are open and will just absorb the chemicals found in those products.

7. Once dry you can apply a natural moisturizer like body butter or coconut oil but again no lotions with perfumes, dyes or chemicals.

8. Do not eat immediately before or after taking a detox bath.

9. Instead hydrate yourself with filtered water before and after.

10. Allow time after your bath to rest and rejuvenate.

Colon hydrotherapy

When considering a cleanse of the colon for the first time, most people want to know the way in which a colon irrigation works. Cleansing of the colon is something that many people use on a regular basis, and has actually been around for centuries. Natural methods, such as water alone has been used to flush impurities from the bowels. Discovering the varieties of ways in which the colon can be cleaned may help you decide which one will offer you the most benefits.

Colon hydrotherapy is a gentle, natural method of washing acquired wastes from the entire colon. When completed, the body no longer has to deal with waste accumulated during a lifetime, which prevents the body from healing itself and fighting disease. Virtually everyone has these built-up wastes in their colon, especially from eating processed foods.

The main thing you need to know about colon hydrotherapy is that the clear out is performed using hoses inserted in the body. In this way, the treatment is like an intense enema, and it works the same way, but on a higher level. The process also can remove debris and any bacteria that may be in existence from

the body. By taking care of the bowels using a colonic irrigation, you can be in the best shape of your life.

How to prepare

Drinking as much water as you can comfortably is important- do NOT over-compensate by guzzling a gallon of water. Eat healthy and nourishing foods the day of your session unless you are fasting or on a specific Detox Program. Eating a meal two to four hours before your colonic is ideal, but no food or beverage should be consumed in the two hours before your appointment. You are in the process of taking very good care of yourself so allow for the time and space you need to be in a calm state of mind. Your body responds best to treatment when it is relaxed.

A day or two before your appointment drinking 16 to 32 ounces of raw vegetable juice daily is helpful in cleansing for those who are not in detox programme. Raw veggie juice goes to work to help scrub your cells squeaky clean like soap does for us externally. A colonic rinses the released toxins out of the body and away from our internal lining. Drinking the raw veggie juice prior to your colonic helps loosen wastes in the body and starts the cleansing process in advance.

Note : *Try to avoid dairy products, red meats, shell fish, processed carbohydrates (white rice, pasta, etc.), fried foods, sugar, carbonated beverages for as long as you can leading up to your appointment.*

Include lots of the following in your diet:

- Raw fruits
- Lightly steamed, low starch vegetables
- Organic raw nuts and seeds

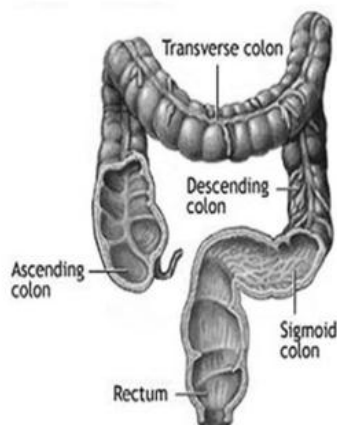
- Plenty of omega 3, 6, 9, coconut oils, avocados and cold pressed plant oils like olive and sesame oil
- Whole grains – NOT whole wheat
- Organic chicken and fresh water clean fish, even organic bison

After Your Session

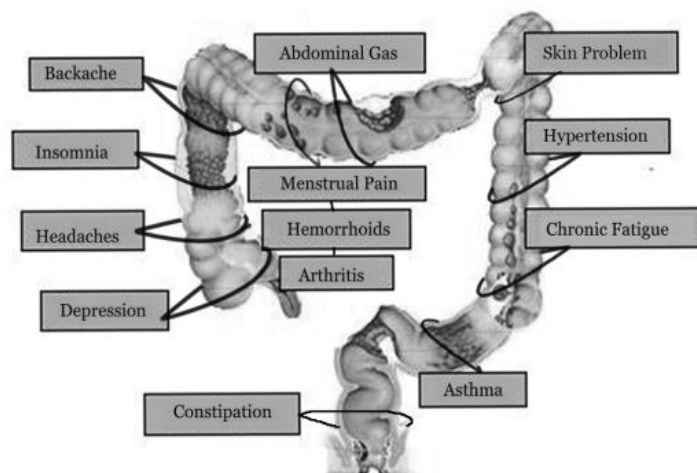
You are more than welcome to sit and relax after your session. Eat very light, pure and easy to digest foods the remainder of the day, no nuts, nothing spicy and only steamed veggies or soothing recipes for the day of your session. Try to stay away from raw, overly rich, heavy foods. You have just cleansed your system so well, we want you to allow your body to rest and relax so it can go to work to heal you, rather than to work digesting huge, rich meals. We suggest fresh veggie juice, steamed vegetables, a non cream-based soup and soft whole grains. Please try to stay away from alcohol it may cause a stomach ache because it is just too strong for your freshly cleansed system.

Why colon cleansing

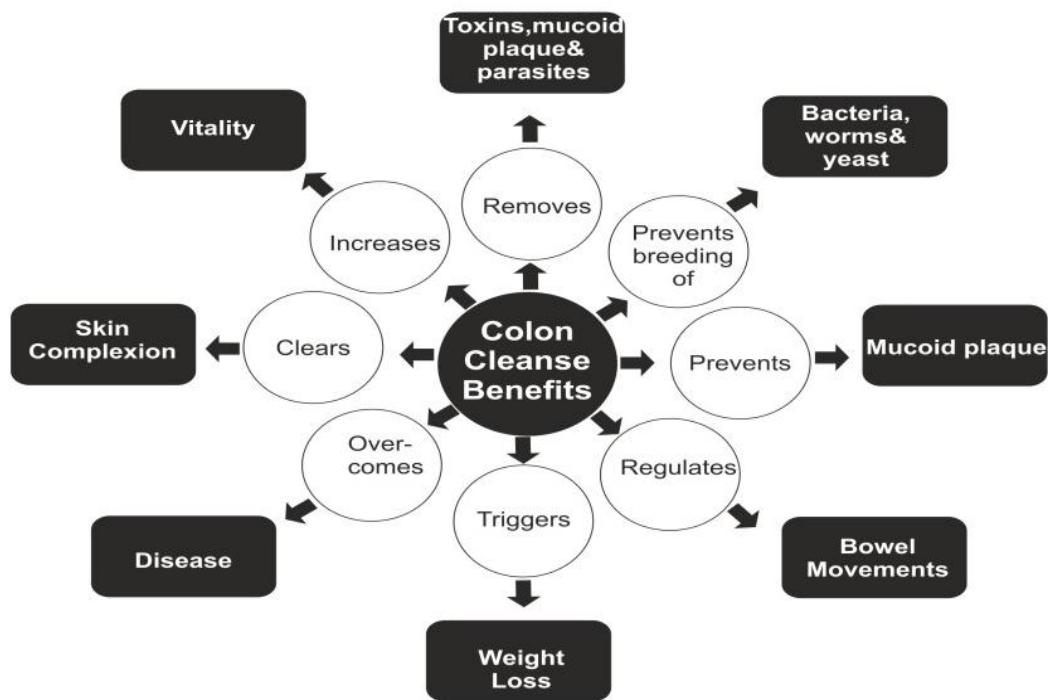
HEALTHY COLON



SICK COLLAPSED COLON



A toxic bowel is the source of many health problems. By cleansing the old, toxic mucus lining of the bowel, one can feel better. In addition, the bowel is open to a more efficient means of waste elimination and nutrient absorption, both of which can be helpful to any healing process.



The toxins in the fecal matter are absorbed by the colon wall and re-circulate through the blood stream; this process is called 'autointoxication'. As these toxins circulate the body, the lymphatic, circulatory systems, liver, lungs and kidneys become overburdened and when these systems are unable to cope with this toxic overload your body becomes at risk for serious health problems.

Correcting the causes of improper elimination:

The purpose of colon hydrotherapy is to clean and flush away-unwanted toxins, however; it will not fully correct its underlying causes. Colon hydrotherapy only serves as the first step to healing. Cleansing paired with nutritional support may

help the colon return to its normal bowel functions. Restoring power to the colon requires the body's digestive wastes to be eliminated daily.

Sunlight Therapy

Sunlight therapy has been known to mankind for centuries. Benefits of Sunlight therapy were initially recognized in Ancient texts (Vedas). Modern science later confirmed the benefits of sunlight on human health and proved its disease fighting properties. One can easily obtain sunlight through any of the following **techniques of Sunbath**:

1. Cover your head with a wet towel, take off clothes and let sunlight fall on all your body parts by either lying down or sitting in the sun. It is advisable to expose your body to mild and not harsh sunlight as harsh sunlight could damage the skin. Enjoy sunbath for fifteen to twenty minutes. Once you start sweating, bathe in cold water and thereafter take rest.
2. With no clothes on, cover your entire body with a dry towel and enjoy sunbath for 15-20 minutes.
3. With no clothes on, let sun rays fall on your body. During the sunbath, keep applying water on your body parts using a brush.
4. Enjoy oil massage while taking sunbath.
5. Lie down in sun and cover your entire body with banana leaves. This is the best method of sunbathing.
6. Wrap a wet towel on your naked body and lie down in the sun.

7. Cover your entire body with mud pack and lie down in the sun for 15-20 minutes.

Please note that last two methods i.e. wrapping wet towel and applying mudpack on body are used in case of special conditions. Ozone layer which lies 20-25 miles above the earth surface filters harmful part of sun rays to protect us. Thickness of Ozone layer is maximum before 8am and after 5pm. Therefore, it is advisable to take sunbath during these hours.

Precautions during sunbath:

1. It is important to stay hydrated during sunbath. One should drink at least one glassful of water during sunbath.
2. It is important to cover your head with a wet towel during sunbathing.
3. After taking sunbath one should bathe with water.

Benefits of Sunbathing:

1. Sunbathing improves blood circulation.
2. Sunbathing helps in eliminating *toxins* from the body.
3. Sun rays help in synthesis of vitamin D in the presence of ergosterol calcium found under the skin. Therefore sunbathing everyday in mild sunlight (between 6am and 8am) helps infants strengthen their soft bones. Also, Calcium and Phosphorus are useful to the body only in presence of vitamin D. Research studies suggest that UVB rays promote synthesis of vitamin D₃ in human body, deficiency of which affects calcium

metabolism, which further leads to increase in blood pressure.

4. Sunbathing improves conditions such as Osteoporosis, Paralysis, Gout, Tuberculosis and other skin ailments.
5. Scientific experiments in winter season on 34 sad, disinterested, lonely, Irritated, and lazy people have revealed that sunbathing for 3 hours a day helped 30 of them normalize.

Science behind Sunlight Therapy

The Pineal gland of our brain secretes a hormone called Melatonin. This hormone plays an important role in helping us fall asleep. However, overproduction of this hormone leads to laziness. Production of Melatonin increases during dark/night and falls during daytime. Melatonin production is affected by intensity of sunlight; while Blue/Green rays hinder Melatonin production, Violet/Red rays improve it. Therefore, Sunbathing acts at hormonal level to keep disorders at bay. Scientists at Massachusetts Institute of Technology (MIT) have conducted various experiments on Melatonin and concluded that intensity of Sunlight, spectrum and time affect health. Those who do not get exposed to sunlight may develop physical and psychological disorders.

Please note that excessive sunbathing may lead to skin cancer, skin irritation, wrinkles, glaucoma and complete blindness. Therefore, it is advisable to sunbathe in moderation.

Infra Red Sauna



All saunas are beneficial. The most comfortable and safest sauna is a far-infrared sauna. The heat from an infrared sauna penetrates 2-3 inches deep into the body to increase circulation, nourish damaged tissue and pull chemicals from fat storage directly into our sweat.

With the infrared sauna, a sweat volume 2-3 times higher than that of a regular sauna is achieved at a lower temperature.

Eliminates toxins: Toxins such as alcohol, nicotine, environmental pollutants and heavy metals accumulate in the body during daily living. The body can eliminate toxins through sweating and research has shown that the body burden of chemicals, heavy metals, carcinogens and other pollutants can be significantly diminished through infrared sauna treatments.

Massage

Varieties of massages designed specifically at various wellness centres for those wishing to cleanse their body and purge the muscles of toxins.(Ex.Sweedish,Thai,Balinese,Deep Tissue etc.) It is ideal for use in conjunction with a detox plan or as a start to a diet regime; or simply if you've been burning the candle at both ends.

A deep tissue massage incorporates specific lymphatic drainage strokes to stimulate and aid the drainage of toxins. The technique utilises a specific blend of aromatherapy oils or Herbal oils - citrus lemon, rosemarinus officinalis, daucus carota and helichrysium augustifolium. All of these oils are well known for their detoxifying effects on the body.

Yogic Way: *Shat Kriyas (Six Purification Processes)*

According to the ancient science of ayurveda, all the body functions are controlled by three humors: kapha (mucus or phelgm), vata (gas or wind) and pitta (acid or bile). The first step to balancing the pranas is regulation of the humors. When we cleanse the body internally from time to time, we remove the excesses of these three metabolic products, thereby regulating their formation and balancing the proportion of each. However, in order to cleanse the body of these excesses, we have also to cleanse the nadis or the energy pathways.

Hatha yoga traditionally prescribes the shatkarmas or six ways of purifying the body: *neti*, *dhauti*, *basti*, *nauli*, *kapalbhati* and *trataka*. These are not mutually exclusive, but are practised in different combinations to suit the specific nature of disorder and individual need. The very fact that so many methods and techniques of cleansing the body have been developed, and are being practised, shows the great importance which hatha yoga attaches to the health of the body.

Neti is a process of cleansing the nasal passages of all impurities, including engrained dry mucus which can remain inside. On another level, the practice of neti has a subtle influence on the various nerves which end in the nasal passages, such as the olfactory bulb and other adjacent nerves, which enervate the eyes, ears, nose and throat. This has a soothing influence on the brain, and can help to relieve such stress-related ailments as migraine, asthma, depression, tension headaches, insomnia and tiredness.

We know how *alternate nostril breathing* has a balancing influence on the two hemispheres of the brain. The practice of neti has a similar effect, and induces harmony and balance

throughout the central nervous system, as well as the systems that govern the respiratory, circulatory and excretory functions. Neti also enhances the efficiency of the frontal lobes of the cerebrum, which is responsible for the higher mental faculties.

Dhauti consists of several stomach washing techniques. Kunjal is the technique of cleansing the stomach by voluntary vomiting after drinking six glasses of warm salt water. Kunjal helps to remove acidity, gas and excess mucus from the stomach, and tones up and stimulates all the abdominal organs. It removes the symptoms of stress and tension by stimulating the vagus nerve which triggers the parasympathetic nervous system and thereby, the relaxation response.

On the psychic level, kunjal strengthens the solar plexus or manipura chakra. The vomiting reflex pulls the prana up from the mooladhara chakra to the throat, and stimulates vishuddhi chakra. The upward movement of prana activates all the chakras within the vertebral column, and the surrounding nadis. Nerve impulses rush up from the base of the spine to the medulla oblongata and ajna chakra.

Nauli - Turning of the Abdominal Muscles

There is a rule in Yoga that each muscle should move at least once a day. This brings our energy back into flow and releases blockages. Energy is like water. Water that stands still becomes impure and putrid. On the other hand, flowing water always remains pure. This is the reason why we should also move the muscles of our abdomen and intestines daily. Nauli very effectively supports digestion and the elimination process

Basti

In earlier times Basti was performed in the river whilst sitting in a squatting position. With the assistance of Nauli

water was sucked up into the intestines and then eliminated again into the river. Today this technique is applied as an Enema in order to cleanse the lower segment of the intestine.

Shankhaprakshalana is another widely used Basti technique. Shank means 'conch' and prakshalana means 'to wash completely'. This practice helps to wash the conch shaped intestines. It is a systematic and gentle method of completely washing the entire alimentary canal from the mouth to the anus. How does shankhaprakshalana help to remove stress? Toxic build-up in the digestive system produces a digestive stress, eventually resulting in different types of digestive disorders. These toxins are also circulated to other parts of the body where they again become a cause of stress and imbalance. By cleaning the entire digestive tract, we eliminate one of the major causes of physical stress, imbalance and disease, and thereby promote the health of the entire body.

Kapalbhati removes impurities from the frontal region of the brain and makes the mind calm. The most outstanding benefit of this practice is the reversal of nerve reflexes. Normal breathing is characterised by active contraction of only the inspiratory muscles, such as the diaphragm and the external intercostal; expiration occurs passively on the cessation of this contraction of the internal intercostal. Kapalbhati reverses this process: exhalation is active and inhalation is passive. This induces a reversal in the flow of the nerve impulses to and from the brain, bringing about stimulation and awakening of the brain centres.

Trataka. We have seen earlier (in Brain, the Controller), how mental concentration has a strong influence on the pineal gland and the sympathetic nervous system (since the eye is directly connected to the pineal gland via the sympathetic nervous

system), and the hypothalamus and, through the hypothalamus, the wakefulness in an individual. When these centres are stimulated during the practice of trataka, the mind becomes steady and still, while all disturbing or stressful thoughts are blocked.

Panchakarma

The Ayurvedic Science of Detoxification and Rejuvenation

"Pancha Karma is the main Ayurvedic method for physical purification. It is useful for physical problems caused by excesses of the three doshas. Yet it can also be helpful for psychological problems caused by internal factors, emotions and karma."

Dr David Frawley, Renowned Vedic Scholar

Ayurveda, which literally means the knowledge of life, is the traditional healing science of India. Viewing disease as the natural end result of living out of harmony with our environment, Ayurveda emphasizes reestablishing harmony and balance as the means of recreating a state of optimal health in our bodies and minds. While Ayurvedic methods utilize many therapies including herbs, diet, aromatherapy, color therapy, mantras, yoga, meditation and general lifestyle counseling, the most profound of all treatments is Pancha Karma.

Pancha Karma is the traditional form of detoxification of the body and mind that facilitates rejuvenation. It has been followed for thousands of years as a method of staying healthy, young and vital.



Pancha Karma is unlike any other detoxification program because it is fundamentally designed to remove a different form of toxin. While many toxins exist in our environment which accumulate and harm our bodies, Ayurvedic Pancha Karma addresses a special toxin called ama which is formed within our own bodies.

What is Ama?

Ama is the by-product of inadequate digestion. It has the properties of stickiness and heaviness. In our bodies it clogs our systems and damages our tissues. It is among the most damaging of forces in our bodies and contributes to disease. Here is an analogy to help you understand how ama is formed. Imagine that there is a fire inside your stomach. Think of a campfire. If the fire is weak, it cannot burn up the wood put on it. Instead, the wood smolders and begins to smoke. In the end,

charred bits are left and the wood is not efficiently turned into ash. Poor digestive fire, or digestive strength, leads to food being improperly digested. This results in gas, bloating, burning indigestion, or constipation. In addition, a residue of this poorly digested food accumulates in your digestive tract and overflows into your bodily systems. This residue is called ama.

Ayurveda links the occurrence of ama in the body and a weak digestive system to the cause of such chronic conditions such as candida, chronic fatigue syndrome, migraine headaches, chronic respiratory disease and many other conditions. The process of Pancha Karma removes ama and clears the way for the body to re-establish an internal state of balance and harmony.

Ama may be present in the body if there is a coating on the tongue. A normal tongue appears pink throughout, but as ama accumulates in the digestive system, the tongue may appear with a white, yellow, green or gray film on it. In addition, in some cases the body and breath develop a strong odor and the stool becomes dense and sinks to the bottom of the toilet. (According to Ayurveda, the normal stool should float). If you have any of these signs, Panchakarma treatment may be indicated.

The *Ama* Elimination Process

Before you undertake the process of Panchakarma, you should visit an Ayurveda expert who will determine your body constitution and current state of *doshas*. After identifying the cause of *ama* production in your body, he will be able to pinpoint the tissues, channels and organs that need to be addressed through Panchakarma and accordingly devise the right detox program specific to your needs.

An ideal Panchakarma detox program consists of three phases – Purvakarma, Pradhankarma and Paschatkarma – which are described below.

- **Purvakarma-** Snehana, Abhyanga and Swedana: These pre-treatment techniques serve to prepare the body for the ama elimination process.
- *Snehana* (oleation) is the first step of Purvakarma and it consists of saturating the body with medicated oils in order to loosenama and move it from deeper tissues into the gastrointestinal tract, from where it can be more easily cleansed. External oleation is called Abhyanga, which means complete body massage with medicated oils. Once the massage is completed, *Swedana* (steaming) is performed in order to dilate the channels and foster easy removal of *ama*.
- **Pradhankarma** – Vamana, Virechana, Basti, etc. After Purvakarma, the *ama* moves into the gastrointestinal tract. Here, some main Panchakarma therapies such as *Vaman* (emesis), *Nasya* (nose cleaning), Virechana (purgation), and *Basti* (enema) can be used to remove *ama* through the body's normal channels of elimination.

- **Paschatkarma – Rejuvenation**

With the body clear of toxins and ama, it is much like a clean slate. Now the internal energy of the body can be rebuilt. The rebuilding process strengthens the digestive system and the immune system and entails taking special additional foods and herbs. These herbs are designed to enhance the strength of immune system and are known for the property of extending the span of life. The end result of Pancha Karma is an optimally functioning

digestive system and renewed internal energy. After receiving Pancha Karma the mind is light and clear, the body is pure and the energy is high. For many it is a life-changing experience.

When the stools and urine have been expelled, the mind is pure, the humours are functioning normally, when a clean wind has arisen from the stomach, when keen hunger is felt, and the vital airs are cooperative, when the digestive energy is at its height, the whole body is at its lightest, and the senses are clear and efficient, then one should eat the food ordained by the hygiene. This is the rule as to the time of eating.

- Ayurveda

After Detox...

Having spent time on a restricted, detoxifying dietary program, it is important that you transition to a normal diet in a safe way. Gradually working your body back into regular foods will prevent any post detox problems. Your body becomes very sensitive during a detox, and if you start to consume strong stimulants or heavy toxic foods immediately afterwards, you may lodge toxins deeper into your tissues. Some common side effects of incorrect detox transitioning are abdominal bloating, gas, yeast infections and colon cramps.



After you detox your body, you should seize the opportunity to embark on a lifestyle with regular exercise and diet discipline to keep the organs of elimination functional and to remove toxins from the body. You should also reduce the amount of animal fats as well as frying in the diet and increase consumption of fresh fruit and vegetables. Focus, also, on using whole grains rather than those which are processed. Ensure that you get adequate sleep to recharge and rejuvenate the body, as sleep itself is a fast and necessary for the body to organize toxin elimination.



The book gives the reader step by step method to get back in shape. The common adage that 'Prevention is better than cure' is true to a certain extent. I, therefore, recommend this book strongly to those who are interested to know how to keep themselves fit in this highly polluted world.

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CLEAROUT is not only a compendium on Detox, but covers a wide range of Preventive Health Care by simple means for Aam Aadmi-the common man. Well placed emphasis on Home remedies and ancient wisdom adds to its value. It is a good reference book for Naturopathy and Ayurvedic practitioners.

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This book presents a comprehensive and a vital practical guide to detoxification and enhancing good health and wellbeing.

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Zen Holistic Publications
