

A Simple 5 Day Cleanse

1. Drop dairy, wheat, sugar, alcohol, caffeine, all processed foods and any foods your body does not digest easily.
2. First thing in the morning, after drinking a cup of warm (hot) water, take ghee or flax oil as follows:

day 1 2tsp
day 2 4tsp
day 3 4tsp
day 4 4tsp
day 5 8tsp

3. Sip warm water(hot) every 15 minutes and drink 2 litre room temp water every day.
4. 15 minutes prior to meals, take 1tsp, agni appi (frsh ginger slivers with a pinch of salt and squeeze of lime juice)
5. Eat only fresh cooked foods on Day 1 and Day 5
6. If possible eliminate all oils in/on food on Days 2-4
7. Eat only kichada on Days 2-4
8. Take one tsp triphala at bedtime every day.
9. Depending on body weight, take 2-3 tsp castor oil on evening of Day 5
10. Enjoy a warm oil self massage and hot Epsom salt bath every day

*shared with permission
from Savita Leah Young
Ayurvedic Consultant and Practitioner,
Integrated Bodyworker, YTT 200hr*

Amrit Dhara Ayurveda
Salt Spring Island BC.
leah.savita@gmail.com
250-537-1630

if you are interested in longer, supervised cleanses please contact Savita directly