



# Pre-Cleanse Workbook

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## Introduction

### Welcome to the Cleanse!

For those who know me, you know the cleanse changes with me as I learn and observe what is evolving in the world of yogis, food, and ayurvedic principles as they relate to the detoxification process.

This course is going to move us into a deep, inner knowing of the vibrations of food. Some of you have years of experience in this, and others are new to the conversation. We learn from each other.

In this cleanse we're exploring the intersection between Ayurvedic Cleansing and Living Foods Cleansing. My intentions with this cross section are:

1. To embed our cells with a more authentic experience of life force energy.
2. To create a stronger matrix of integration within our organism.
3. To create a culture of mutual support and curiosity around our health-as-evolution project for the benefit of ourselves, others, and the wellness of the planet.
4. To guide us through the process from start until finish.

*Living foods* is an accurate name for foods in which the enzymes and plant intelligence is intact, and not destroyed by the heat of traditional cooking methods or modern processing methods. We will explore what this energy and intelligence feels like in the deeper tissues of our body. We will experience what it feels like, through opening the channels of our body and mind.

You will be given four different cleanse options. Beginners may choose to modify a more traditional ayurvedic cleanse with the addition of some living foods. There are options available for various interests, body types and levels.

This packet is a reference book for the cleanse and does not attempt to answer all questions. Simply let the packet invite you into the conversation. Our course will unfold through our classes together.

## Your Cleanse Tool Kit

You will be guided and supported throughout your cleanse. Your cleanse package includes the following:

- Three information packets – one for the pre-cleanse phase, one for the deep cleanse, and one to help you emerge from the cleanse. All contain valuable information, recipes, and worksheets for reflection.
- Audios from the live cleanse workshops.
- Recordings of five yoga classes taught by Cate during the deep-cleanse phase.
- A copper tongue scraper.

Optional Add-ons to your cleanse can include:

- one-on-one counseling with Cate (with Cleanse, \$75 for 1/2 hour session)
- email support ( 3 emails to answer your questions, \$75)
- Overhaul Project (3 1 hour sessions & email support for \$375)
- email: [Cate@yogahealer.com](mailto:Cate@yogahealer.com) for more assistance.

## Pre-cleanse Guidelines

The guidelines are to help you prepare for your cleanse. Incorporate what you can immediately.

### 1. Eat or Juice 2 or 3 times a day.

- o Eat fresh satisfying meals & avoid snacking, sit to eat vs. eating on the go, chew your food well, finish eating before sunset.
- o A strict whole foods diet, using recipes from the packet or variations. Increase the percentage of alkaline vs. acidic foods moving towards 80+% alkaline (basically eating more fresh vegetables and fruits, soaked nuts, sprouted grains and legumes). Eat recipes from the packet. If you'd rather cook the soups, that is a great place to start!

### 2. Begin to eliminate toxins:

- o Caffeine, alcohol, chocolate, stimulants & other drugs: reduce your normal intake by half each day. *Give yourself time to rest, as your body will naturally be fatigued and need recovery as you reduce these habits.* If you get a caffeine headache, take skullcap tincture (30 drops) 3 times a day, or skullcap capsules (3 caps 3xday). Drink peppermint tea. You can also switch to green tea initially.
- o All processed foods.
  - o Use raw fruit, sweet vegetables (sweet potatoes, carrots), and raw fresh juices to satisfy sweet cravings. In a pinch, dried fruit (raisins, apricots, dates mango, etc.) or 1 tsp. **raw** honey after meals.

### 3. Prepare

- o Schedule your cleanse and make your recipe chart.
- o Schedule bodywork, or time for self massage
- o Make your grocery list and stock up. Include any herbal supplements, oil massage, and bathing supplies (Epsom salts, baking soda, essential oils)
- o Begin to eat what you'll be eating/drinking during the cleanse.
- o Go to <http://doshaquiz.chopra.com/> or [www.whatsyourdosha.com](http://www.whatsyourdosha.com) to take the online quiz about body types. (Uncheck the boxes if you don't want to receive newsletters).  
Read about your dosha and appropriate foods.
- o Do a salt water flush the morning you start the cleanse or fast to clear your digestive tract. Combine 2 tsp-1 T. salt in 1 quart of water. Drink first thing in the morning. Stay very hydrated throughout the day.

- o Self-Massage Body oils and bulk oils can be found at your local health food store- Spectrum cold pressed oils are good. If you want specialty oils: [www.banyanbotanicals.com](http://www.banyanbotanicals.com). They also have Tongue scrapers and triphala tablets (\$18-\$45)
- o Juicier: Cheap option: the Breville Juice Fountain Elite (\$150). For an extensive comparison go to : <http://www.living-foods.com/marketplace/bestjuicer.html>
- o Blenders for the Living Foods – Blendtec or Vitamix are the best ones. Borrow one to see if you like it \$300. Personally, I find there is no going back.
- o Options for Enemas – available at health food stores
  - \_\_\_ Liquid chlorophyll
  - \_\_\_ Liquid bentonite
  - \_\_\_ Liquid acidophilus
  - \_\_\_ Slippery elm powder

**Pre-cleanse Ghee Regimen** **OPTIONAL** Recommended for Traditional Ayurvedic Kitchari Cleanse.

Oleation & Taking the Before Breakfast Ghee:

The process of taking ghee or oils before a cleanse provides internal lubrication, which enables the ama or toxins begin to come back from the deep tissue to the gastrointestinal tract of elimination. This is completely optional, and very helpful for creating deep inner lubrication against the dryness of fall, and aids in eliminating excess heat stored from summer. However, if this is your first cleanse, and it sounds too weird, you can skip this part. ***If you have high cholesterol, use flax seed oil instead of the ghee. If you only want to cleanse for 5 days, you can take the ghee the first 4 days of the cleanse.***

**Taking Ghee**

**The easiest way to take ghee is to soak a small handful of raisins in water over night. Drain in the morning, and blenderize them with the ghee, a small amount of hot water, a pinch of cinnamon and or ½ tsp. fresh grated gingerroot . Then drink. Many people enjoy the ghee this way. Wait until a strong appetite returns before eating breakfast. Your appetite is likely to be weaker on these days. The best foods to eat are vegetables and kitchari (rice & mung beans). You'll notice you'll start to refine your food choices naturally as a result of taking the ghee.**

Precleanse	Day 1	Day 2	Day 3	Day 4
<b>Before Breakfast</b>	Take 2 teaspoons Ghee (*Follow the Oleation recipe in the pre-cleanse guidelines)	Take 4 teaspoons Ghee	Take 6 tsp. ghee	Take 8 tsp. ghee

<b>Breakfast, Lunch &amp; Dinner</b>	<b>Strictly adhere to a NO FAT Diet</b> , rich in whole foods. Good choices are root vegetables, green vegetables, rice & other whole grains, beans, flat breads, hot cereals, crackers. Be careful not to include foods with added fats, and greatly reduce processed foods. Try making kitchari. If you're a more serious cleanser, monodiet kitchari on these days with vegetables.
<b>Beverages</b>	No caffeinated or alcoholic beverages. Begin to drink hot water throughout the day. If you're addicted to caffeine, substitute a weak green tea when necessary. Herbal teas and Rooibos Chai are fine. Do not add milk to tea.
<b>Before bed</b>	<ul style="list-style-type: none"> <li>• If you don't have a complete bowel movement before breakfast, take 1-2 teaspoons of Colon Cleanse or triphala powder.</li> <li>• Begin soaking rice &amp; beans for the next day's menu!</li> </ul>
<b>Optional therapies</b>	<ul style="list-style-type: none"> <li>• Begin taking Liver Cleanse 2 times a day <i>if you tend to get fall allergies, headaches, or winter viruses &amp; infections</i></li> <li>• Begin daily self-massage &amp; meditation</li> </ul>



## The Big 6 Daily Practices

1. **Sip hot water:** Pour 1 liter of boiled water in a thermos. Sip throughout the day; every 15 minutes is optimal.
2. **Poop or do enemas daily.** Enemas are a great way to move toxins out of your body during cleansing. Whenever you feel constipated, emotional, a headache or skin breakout: stop, drop and enema. Using enemas in the morning is best, because they tend to be stimulating. Before bed is not as recommended, but is okay if this is the only time available, or if you feel constipated. If you do enemas for a few days, take some acidophilus to replenish bacteria, or mix 1 tbsp. of yogurt, ½ c. water, a pinch of salt and cumin powder. Drink with meals once (once your done juice fasting). Oil enemas are recommended for those with chronic bowel issues. See the enema instructions at the end of the packet. Enemas can be done daily during the cleanse, and twice a week after the cleanse for a month.
3. **Scrape your tongue** each morning with a stainless steel tongue scraper, or a spoon to remove any ama & help stimulate your digestive tract. Notice what is on the tongue scraper. Only scrape your tongue in the morning. Tongue scrapers are available through me or at [www.banyanbotanicals.com](http://www.banyanbotanicals.com)
4. **Self-Massage and Bathe daily.** Use either almond, sunflower, or sesame oil (available in quart size at health food store) or dry brush if you have oily skin. During the deep cleanse, try to take a bath daily after your massage before bed. Make the bath as hot, and steep yourself for 20 minutes, then get in bed. For a detox bath, add the following to each bath: *2 cups Epsom salts, one cup baking soda, 10 drops lavender or eucalyptus essential oil.*
5. **Breathe/ exercise/walk** Exercise for a minimum of 20 minutes each morning before ingesting nutrients . Sun salutations, walking, or pranayama. Stored emotions bubbled up to the surface during cleansing. For this reason, please go for a walk or meditate if you are overwhelmed by emotions. Move out of the realm of thoughts and allow your awareness to simply keep letting go of whatever is arising.
6. **Meditate.** Begin and end your day with Meditation. Allowing yourself the opportunity to meditation for 20 minutes at the beginning and end of the day will greatly enhance your cleansing experience. Spend as much time during the cleanse in silence.



## Big 6 Worksheet

o Which of these practices is where my evolving edge is?

- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_

o What do I need to do to make sure the practice happens daily?

- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_

**Pre--Cleanse Kitchen Exercise:**

- o Set aside 1-3 hours (not necessarily in one chunk) to overhaul your kitchen.
- o Listen to "The Simple Kitchen" free audio from:

<http://www.yogahealer.com/audio-files/> while you clean.

- o What is the rhythm and vibe (vibration) of your kitchen?

\_\_\_\_\_

- o What is the rhythm and vibe of the foods you've been eating?

\_\_\_\_\_

\_\_\_\_\_

- o What is the rhythm and vibe of your body/mind/emotions/behavior lately (past 3 months)?

\_\_\_\_\_

\_\_\_\_\_

- o What is the new rhythm and vibe of your kitchen? Describe it.

\_\_\_\_\_

\_\_\_\_\_

- o What qualities do you want to experience for the next 3 months?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- o What are 3 intentions for your cleanse?

1. \_\_\_\_\_ ?

2. \_\_\_\_\_ ?

3. \_\_\_\_\_ ?

## The Doshas, Cleansing & Living Foods

### **Vata types** (light bodyweight, easily excitable mind)

A day of hot water fasting is fine. You may be drawn to begin your cleanse with juice cleansing and move from there into soups. As you move into and out of deeper cleansing, eat heavier, oily foods such as avocados, soaked nuts and seeds, and add spice like ginger and cayenne. Use mostly soups during your cleanse, warmed and moderately spiced, or warm your juices up. Combine dark leafy greens with avocados or soaked nuts.

### **Pitta types:** (medium bodyweight, intense mind)

A day of hot water fasting is fine. You may be drawn towards a deeply purifying juice cleanse or all living foods. In general, steer towards a mild, more bland diet with plenty of roots and greens, sweet fruits, mild spices, sprouted grains, coconuts and avocados, and plenty of fresh sprouts. After a deep cleanse, protein may be desired through soaked almonds, sunflower seeds, chia seeds, and spirulina.

### **Kapha types:** (heavy bodyweight, fluid mind)

You may be drawn strongly towards 1-3 of hot water fasting, and from there moving into some spicy juices and spicy light soups. As you move into and out of deeper cleansing, eat something bitter first in the meal. Keep nuts and seeds minimal. Spice foods well, minimize salt, soak and sprout nuts and seeds. Enjoy apples and pears, lemon, ginger and parsley.



### Creating your Food Cleanse

o **How do I feel right now?**

o \_\_\_\_\_

o **How do I want to feel in one month?**

o \_\_\_\_\_

o **Do I want to lose weight during the  
cleanse?**

o If so, juice for at least 3 days.

o If not, use more soaked/sprouted seeds and nuts

o \_\_\_\_\_

o **Am I interested in a day or two of water fasting? If so, which days?**

o \_\_\_\_\_

o **How many days do I want to be in a deep cleanse (5--14)?**

o \_\_\_\_\_

o **During the deep cleanse would I rather have soups or juices or both?**

o \_\_\_\_\_

o **What % of Living Foods/Juices and what % of Cooked foods do I want to eat  
during:**

o **Pre--cleanse** \_\_\_\_\_

o **Deep--cleanse** \_\_\_\_\_

o **Post--cleanse** \_\_\_\_\_

o **Which are the best foods for my body this month?**

o \_\_\_\_\_

o \_\_\_\_\_

o \_\_\_\_\_

## **Food Effects on Body, Mind, And Spirit** **An Essay from *Conscious Eating* by Gabriel Cousens**

*Ayurvedic physicians and yogis have been aware for thousands of years that a dietary pattern specifically affects the state of a person's mind. They divided the types of foods and the states of mind into three categories (gunas): sattvic, rajasic, and tamasic.*

- o A sattvic state of mind is clear, peaceful, harmonious, and interested in spiritual life. Sattvic foods help to create this state.*
- o A rajasic state of mind is active, restless, worldly, and aggressive. Rajasic foods create this mental state.*
- o A tamasic mental state is lethargic, impulsive, cruel, violent, and morally and physically degenerate. Tamasic foods help to create this state of mind.*

*Consciously or unconsciously, people tend to choose the diet that reinforces and reflects their own mental and spiritual state of awareness. A sattvic diet is made of pure foods that keep the body-mind complex clear, balanced, harmonious, peaceful, and strong. Sattvic foods are easy to digest and result in a minimal accumulation of toxins in the system. In the Ayurvedic system of medicine these sattvic foods include all fruits, vegetables, edible greens, grasses, beans, raw milk, honey, and small quantities of rice or bread preparations. It is basically a vegetarian diet with approximately 80% raw and 20% cooked foods. It's a diet with an abundance of different sprouts of legumes, grains, seeds, baby greens, and grasses; fresh fruits and vegetables; soaked nuts and seeds; grains, legumes, and honey.*

*Rajasic foods are more stimulating to the nervous system. They include coffee, green or black teas, tobacco, fresh meats, and large amounts of stimulating spices, such as garlic and peppers. The unbalanced stimulating effects on activity level may propel the eater of primarily rajasic foods into a state of agitation, restlessness, an eventual burnout as these foods push the mind and body beyond their natural limits. Coffee addiction and hypoglycemia are typical imbalances that may result from a rajasic diet. Rajasic foods include flesh foods and spicy cooked foods with rich oily sauces. It is a diet that includes butter, cheese, eggs, sugar, and oily, fried foods. The taste-stimulating effects of these foods tend to distract one from inner, somatic messages and propel one outward into stimulating physical, emotional, and mental activities, but often in an unbalanced way.*

*Tamasic foods are stale, decayed, decomposed, spoiled, overcooked, leftover, heavily processed, and fast foods. They basically include what one might call synthetic foods. These foods are chemically treated with preservatives, pesticides, fungicides, artificial and processed sweeteners, artificial colors, sulfites, and nitrates, etc. Alcohol, marijuana, cocaine, and other drugs of today's addicted society fall into the category of tamasic foods. Cocaine and amphetamines are initially rajasic in their stimulating effect, but the end result of long-term use is often an exhausted tamasic mental and physical state. Any flesh foods that have not been freshly killed are tamasic foods because within a short time they begin putrefying. This includes almost all meats found in the supermarket. These foods have almost no positive energetic life force left in them. These foods do, however, supply us with the toxic chemical breakdown products that adversely affect the functioning of our mind and irritate our nervous system. These foods accelerate premature aging and chronic degenerative disease. They tend to bring out the worst psychological characteristics because of the irritable, negative, lethargic state they create in us.*

*The link between a tamasic-type diet and social violence has been supported by consistent research findings on teenage offenders. When teenagers' diets were changed from their typical high white sugar, fast food, tamasic-type diet, a marked decrease in the teens' acting-out, violent behavior occurred.*

*A tamasic diet of fast and junk convenience foods can cause vitamin deficiencies, which can disrupt the proper working of the brain, not to mention create a disharmonious lifestyle. Our bodies may shift into an unbalanced state, in large part due to vitamin deficiencies, especially of vitamins B1, B3, B6, and B12. A deficiency of these vitamins has been shown to create a number of mental and nervous system imbalances.*

*Allergies are often a key symptom suggesting a general breakdown of the body's functioning. Today there is a tendency for people living a high-stress life to compensate for imbalances by mega doses of B vitamins. Used in this way, vitamins become like accepted drug stimulants, helping us cover up the essential rajasic disharmony that is creating the imbalance. These stimulants aid us in the destructive process of self-exploitation. Some people lead lifestyles and eat diets that increase exposure to toxic chemicals and heavy metals. Toxins and heavy metals have been associated with hyperactivity, mental retardation, and other forms of nervous system degeneration. Eating organic foods can significantly improve the situation.*



## Four Cleanse Options:

- o **Juice Fast**
- o **Living Foods Cleanse**
- o **Alkaline Diet**
- o **Kitchari Cleanse**

**The Juice Fast** is designed for those who have experience cleansing seasonally, and have the discipline and the desire for a deep cleanse. Helpful for weight loss, fall allergies, colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use enemas while juice fasting.

- ***\*\*\*You can use the juicing recipes for smoothies if you don't have a juicer! Cut recipes in half. Be creative. The major difference between juicing and smoothies is fiber. Your system works a little harder with the vegetable smoothies, but it's still a deep cleanse. You can strain some of the vegetable fiber as desired. If you do smoothies, don't do the salt water flush, but you can use a laxative tea or the Yogahealer Colon Cleanse. You can also do enemas.***

**The Living Foods Cleanse** is designed for everyone who is interested in evolving the prana (life force energy) in his or her bodily tissue and isn't interested in juice fasting. Learn how to shift your kitchen's energy so it becomes more in tune with the impulse to evolve your health.

- o The Living Foods cleanse involves more time in the kitchen chopping, blending, juicing, and sprouting.
- o Helpful kitchen equipment to beg, borrow or steal. Not essential, but very helpful.
  - o High powered blender (vitamix or k-tec blender)
  - o Vegetable juicer

**Alkaline Diet** is for those who are curious about all of this, but want to take it slowly. The idea here is simply to eat more fresh vegetables and sprouts through juicing and soups. There is less emphasis on the "raw" vs. "cooked". If you don't have a juicer or high tec blender and aren't interested, than this is where you may find your center in the cleanse. This is best for those who want to take it slow from a highly processed foods diet. Here is a chart of Acid/Alkaline foods:

<http://www.essense-of-life.com/moreinfo/foodcharts.htm>

**Kitchari Cleanse** has more calories and sustenance, and is a good choice for those working outdoors or doing intense exercise. It is more comfortable for those looking for a gentle cleanse. This is the traditional ayurvedic cleansing food, but many find it constipating. This cleanse is referred to as a *monodiet*. You eat only kitchari ( 3 meals a day), either the "living" or cooked versions.

## RECIPES

### **Juicing Cleanse Recipes**

#### **Green Lemonade**

**(PK--)**

1 large apple  
½ bunch kale or collards or romaine  
½ bunch celery  
1 inch ginger  
½ lemon (rind included)

#### **Radish Carrot Beet Ginger Juice (pungent!)**

**(K--)**

1 large carrot, topped, tailed, and peeled if not organic  
10 radishes, (with their greens for more bitter taste and chlorophyll)  
1 apple, quartered  
1 beet, topped and tailed  
½ bunch parsley  
1 inch gingerroot  
½ lemon  
juice add water if desired.

#### **Carrot Cucumber Beet Lemon Cleansing Detox Juicer Recipe**

**(VK--)**

4 carrots  
1/2 medium size cucumber  
1/2 medium beet with greens  
1/4 lemon

Process the carrots, cucumber, beet and lemon together through your juicer. Carrots, beets and cucumbers are great for detoxing the liver, gallbladder and kidneys. This is a very healthy cleansing juice cocktail. Enjoy!

#### **Cucumber Apple Mint Ginger Juicer Detox Recipe**

**(P--)**

1 cucumber  
2 large sweet apples  
2 sprigs fresh mint leaves  
1/2 inch ginger root



**Sweet Elimination Juice**

**(K-)**

1 apple  
6 stalks celery  
2 beets  
1 inch ginger  
½ cucumber  
1/2 c. parsley

**Very Orange Vegetable Juice**

**(V-)**

3 carrots  
1 large orange  
1/3 lime  
1 inch ginger  
mint leaves  
(adapted from *Eat, Taste, Heal*)

## Living Foods Cleanse Recipes

These recipes are designed to be blended in a high powered blender. Some involve having a juicer as well. If you have neither and you want to eat them “raw” you can simply blend them in your regular blender and warm them to about 110’ (not boiling). If you want to go “alkaline” and not “living foods” then cook the soups with a Rapunzel veggie broth cube. Add sprouts after they are cooked and omit avocados in cooked soups. **Soups (and even juices) can be heated until warm (finger touch), which is about 115’ and the enzymes are still intact. Many of these recipes are adapted from Conscious Eating by Gabriel Cousens.**

### **Apple--Kale Soup**                      Balances V, P, K

1 cup kale, chopped  
1 cup fresh carrot juice  
1 cup sprouts  
½ apple  
½ carrot  
½ avocado  
1 tsp nutmeg  
Blend and serve.

### **Green Goddess Soup**                      Balances V, slightly unbalances P and K

3 cups sunflower seeds, soaked  
½ cup parsley  
½ cup cilantro  
2 tbsp dill weed  
Juice of 3 lemons  
Celtic salt to taste  
Blend and serve.

**Carrot--Celery Soup** Balances V and K, slightly unbalances P

4 parts carrot juice

1 part celery juice

Zucchini, shredded

Rutabaga, shredded

Parsley, chopped

1 tbsp cumin seed

1 tbsp ginger powder

Celtic salt to taste

Fill bowl  $\frac{3}{4}$  full with carrot-celery juice mixture. Add vegetables and spices, mix well, and serve.

**Carrot--Sprout Soup** Balances V and K, slightly unbalances P

1 cup fresh carrot juice

1 avocado

1 handful mixed sunflower, alfalfa, and clover sprouts

1 tsp masala of choice

Blend the avocado with the carrot juice until smooth. Mix in masala or try adding sea vegetables for a different taste. Garnish with sprouts and serve.

**Japanese Sweet Potato Soup** Balances V, slightly unbalances P, unbalances K

2 small to medium sweet potatoes, grated

1 carrots, grated

1/2 cup wakame, soaked

1 tbsp miso

1 tbsp ginger powder

1/2 tsp cinnamon

1/2 tsp cumin

pinch of stevia

Blend all ingredients. Garnish with soaked wakame. Serve.

**Sea Veggie Miso Soup** Balances V, neutral for K, unbalances P

1 handful dulse, alaria, kelp, or nori (or a mixture), soaked

1 tsp fresh ginger

1/2 tsp mellow miso

1 1/2 cups water, heated to 115 degrees

Dissolve the miso in a quarter-cup of the heated water and mix back in. Stir in the sea veggies and ginger. Serve

(Excellent for building digestive fire.)

**Herb Dressing** Balances V, increases K, slightly unbalances P

1/2 cucumber

1/8 cup basil

1/8 cup oregano

1/8 cup cilantro

1/8 cup parsley

3 tsp virgin olive oil

1 tsp paprika

1/4 tsp hing

Juice of one lemon

Celtic salt to taste

Blend all ingredients and savor these flavors atop your salad creation.

### **Beet Slaw**

1 cup beets, grated  
1 cup kale, shredded  
½ cup apple, grated  
3 tbsp lemon juice  
2 dates, pitted  
Pepper to taste

Blend the lemon juice and the dates, adding a small amount of water if necessary. Toss the vegetables in this dressing. Serve.

### **Mixed Greens and Sprout Salad**

4 leaves Romaine lettuce  
4 leaves butter lettuce  
4 leaves red leaf lettuce  
4 leaves arugula  
1 tomato, chopped  
1 avocado, sliced  
1 cup sprouts, mixed: alfalfa, sunflower, buckwheat, and clover  
½ cup parsley, chopped  
1/3 cup seed dressing of your choice

Tear the lettuce into bite-sized pieces. Add the vegetables, except the avocado, and toss with the dressing. Garnish with the sliced avocado and a sprig of parsley.

Remarks: Parsley is a slightly warming diuretic and balances K, unbalances P, and is tolerated by V in small amounts. The avocado and seed dressing help to balance V and P. For fall and winter, choose a heating seed dressing to further help calm V.

### **Daikon--Ginger Salad**

1 daikon, grated  
1/3 cup lemon juice  
¼ cup ginger, finely grated  
¼ tsp cayenne

Let the grated ginger marinate in lemon-cayenne juice for several hours. Pour the marinade over the daikon and serve.

(Daikon is unbalancing for P in large amounts.)

### **Apple Chutney**

2 apples, diced

3 dates, pitted

1 tsp ginger

1 tsp cinnamon

½ cup water

Blend all ingredients except apples. Pour over apples. Serve.

### **Zen Kale Salad**

2 cups green kale

¼ cup sesame seeds

2 tbsp sesame oil

1 tsp lemon juice

½ tsp celtic salt

Combine kale and salt in a mixing bowl. Massage the salt into the kale. Let sit for 10 minutes. Add remaining ingredients and mix well.

**Raw Barley Kitchari** Balances V, P, K  
(this is intense for anyone just starting on a living foods diet. Go with the soups first!)

2 cups barley soaked overnight or sprouted

1 tsp. coriander

1 tsp. cumin seed

1 tsp. grated gingerroot

1/2 tsp. turmeric

1 tsp. soaked mustard seeds

1 tsp. ghee or sunflower oil

1/4 tsp. salt

pinch of hing

3/4 c. warm water

black pepper to taste

Blend everything. Top with:

1/4 c. chopped parsley or dill

1/4 c. chopped cilantro

**Living Kitchari** Balances V, P, K

(this is intense for anyone just starting on a living foods diet. Go with the soups first!)

2 cups buckwheat, sprouted

2 cups buckwheat, dehydrated

1/4 cup parsley, chopped

1/4 cup cilantro, chopped

2 tbsp sesame oil

1 tbsp coriander

1 tbsp cumin

1 tbsp turmeric

1 tbsp mustard seed

1/2 tbsp celtic salt

1/4 tsp ginger powder

1 1/2 cups warm water

Blend 1 cup sprouted buckwheat with sesame oil, coriander, cumin, turmeric, celtic salt, ginger powder, and water until smooth. Stir in 1 cup sprouted buckwheat, 2 cups dehydrated buckwheat, parsley, cilantro, and mustard seed. Serve.

## **Cooked Foods Recipes**

### **Wellness Broth**

4 cups water  
1 celery stick  
3 stalks kale or collards  
1 cup fresh parsley  
1 cup green beans  
1" piece of fresh ginger  
lemon

Bring the water to a boil in a medium---sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

### **Flax seed Tea**

During juice fasting, if you are very hungry, you can make this "tea", which is really more of a gruel. It's helpful for constipation and for omega 3 nutrients.

1---2 tbsp. ground flax seeds (grind fresh in a coffee grinder)  
1/4 tsp. of cinnamon or garam masala  
1 c. hot water  
1/2 tsp. raw honey. Stir and drink, or eat if it's thick! Flax seeds promote bowel movements and work as a bulk fiber, pulling toxins off the walls of the g.i. tract.



### Kitchari Recipe From Dr. John Douillard

This recipe makes enough to last you for 3 or 4 meals. You can play with the mixture of spices. Many people prefer this recipe when the spices are doubled (or even tripled).

1 c Split Yellow mung Beans\* (see for 'weak digestion below')  
¼ --- ½ c White Basmati Rice  
1 Tbs Fresh Ginger Root  
1 tsp each Black Mustard Seeds, and Cumin and Turmeric powder  
½ tsp each Coriander powder, and fennel and fenugreek seeds  
1 pinch Hing --- also called asafetida (optional)}  
3 Cloves  
3 Bay Leaves  
7---10 c Water  
½ tsp Salt (rock salt is best) or Bragg's Liquid Aminos.  
1 small handful Fresh Chopped Cilantro Leaves

It's important to use split mung beans because they are easy to digest and due to their cleansing qualities, they pull toxins from the body. They are available at health food stores, & Asian or Indian grocery. Different spellings include "moong" and/or "dahl." Please note that you do not want the whole moong dal beans, which are green, or yellow split peas.

Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on medium heat and then add all the spices (except the bay leaves) and dry roast for a few minutes. This dry---roasting will enhance the flavor. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 10 minutes. Turn heat to low, cover pot and continue to cook until dal and rice become soft (about 30---40 minutes). The cilantro leaves can be added just before serving. Add salt or Bragg's to taste.

\* For weak digestion, gas or bloating: Before starting to prepare the kitchari, first par boil the split moong dal (cover with water and bring to boil), drain, and rinse. Repeat 2---3 times. OR, soak beans overnight and then drain. Cook as directed.



## Vegetable Stock

(If you don't have time to make stock, dissolve 1 organic vegetable stock cube in 4 cups boiling water (or follow the manufacturer's instructions).

8 cups water

4 inches of leek, cut in half lengthwise and thoroughly rinsed

5 carrots, coarsely chopped

4 stalks kale, coarsely chopped, *or other greens*

2 fennel bulbs with stalks, coarsely chopped, *or other root vegetables*

2 zucchini or green beans, coarsely chopped|

1 sweet potato, peeled and coarsely chopped

Optional: fresh rosemary, thyme, parsley sprigs, tied together in a bundle with string

Put all the ingredients in a large saucepan. Bring to a boil over high heat and simmer on low for 40 minutes, covered. Place a sieve over a large heatproof mixing bowl. Pour the stock through the strainer, discarding the solids. Let cool to room temperature, then refrigerate for up to 3 days in an airtight glass or plastic container with a lid. \* Use a crock pot if you have a time issue – you can cook the stock overnight.

## Cleansing Soup

1 large leek, chopped small

3 bay leaves

1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small

5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)

1" piece of ginger, minced

1 zucchini, chopped small

2 cups minced kale

a large handful of spinach, coarsely

chopped juice of 1 lemon

fresh chopped parsley, flax oil and fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves and ginger and simmer for 10 minutes. Add zucchini and kale and cook over medium---low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.

## Journaling

Journal every day of your cleanse. You will likely go through a wide range of feelings, physically, emotionally and spiritually in each stage of the cleanse. Writing down these feelings gives you clarity and understanding. Cleansing is a complex experience on many levels. Journaling is a powerful way to reflect. You may find yourself coming back and reading your journal entries for months (or years!) to come.

Here are some topics, about which you may want to write, while you are in the pre-cleanse phase:

- What is my potential for this process?
- Why do I want to cleanse?
- How do I want to/expect to evolve during the cleanse?
- What do I need to clarify?
- What are my apprehensions?
- How can I prepare my family that I am doing something different this week?
- How do I want to feel as I emerge from the cleanse?

## Frequently Asked Questions

### ***What will the cost for food/supplies be for the two weeks?***

The costs vary. You will probably spend somewhere between \$30 - \$150. If you choose to purchase supplements, the cost will be higher. Most people save money by not eating out.

### ***Do I need a juicer in order to participate?***

You don't have to have a juicer, but juicing is a great option. If you don't want to buy one but want to try it, borrow one from a friend and see what you think.

### ***What computer skills or software do I need?***

All you need is an internet connection and the ability to download an mp3 file. If you are unfamiliar with downloading mp3s, send Cate an e-mail and we will help you.

### ***What foods does the cleanse focus on or eliminate?***

The cleanse unique to each individual. It is designed to eliminate that which is no longer serving you or keeping you stuck in old patterns. Frequently, connections are made between mental patterns, emotional patterns and cravings. The cleanse attunes you to seasonal eating so as you emerge, you crave that which is seasonal, local, and good for your constitution. You peel the layers (physical, mental, emotional) away and emerge conscious of being spirit in a body. The desire to keep your channels (srotas) clear and open is natural, when the innate intelligence has been awakened.

### ***How long is the cleanse?***

Beginners will do a pre-cleanse for a few days, eliminating addictive substances, then cleanse for about 5 days, and have a few days to emerge. More advanced cleansers may cleanse for all 3 weeks. Any amount of time in between is also an option.

### ***Can I continue my regular exercise program during the cleanse?***

Some people have more energy and exercise more than normal during the cleanse. This is typical of Kapha Prakuti types. Vata types generally find they are drawn to more nourishing activities like walking and yoga. Pittas may go either way, though in general their drive keeps them quite active. I generally find that cleansing initiates a more reflective quality of the mind and the desire to train hard is replaced by a desire to simply be. Most people who have a race after a cleanse find themselves strong and ready despite having trained less during the cleanse. This would be due to having less ama in their body and mind, and being more in the zone and more deeply nourished for the task at hand.

### ***Will I need to stay near the bathroom all day?***

In general, I teach cleansing as a longer term process of releasing old patterns. Some students may be advised to use laxative and even purgative herbs during certain phases of the cleanse. Purgative herbs are what people are referring to when they inquire about needing to stay near a toilet all day. For those who don't have that luxury and are advised to purge once during the cleanse, I'll have you do it in the evening. You may wake up once or twice throughout the night to go to the bathroom.

### ***How will I know which version of the cleanse is right for me?***

Use the pre-cleanse period to really feel into which cleanse is right for you. After you listen to the pre-cleanse workshop, you may have a better idea. Many people find that they are intuitively drawn to one cleanse or another. You also have the option of combining elements of more than one version, and use the process of cleansing to discover more about your constitution and how you detox.