



# a perfect autumn day

*\*quick guide\**

by Cate Stillman... .founder of the [yogidetox.com](http://yogidetox.com)

## focus

### Wake up your inner body

In Autumn you want a vibrant and well lubricated inner body. Get your breath moving for 20 minutes before you eat anything. Everyday. Commit.

### Hydrate to Poop

Drink enough hot water to poop every morning. That might be a quart. Who knows. Add a fresh lemon slice if water isn't appealing.

### Lube

Oil your skin before or after showering. Ditch your lotion. Rub oil in your nostrils, your ears, your gums, even around your anus. Dryness is weakness. You're buffing out your immune system.

### Declutter

Fall is busy... just watch the squirrels. Use this busy energy to declutter your house, your wardrobe, your kitchen, your car. Enter Winter with a simple, clean, easeful living space.

### Walk

Get your bodily rhythms in tune with the Earth. Walk on her. Feel her beneath your feet. Let her set your heart beat. Sensitize and be strengthened.

### Early Evenings

Schedule yourself to be home towards the end of the afternoon for the remainder of the day most evenings. Evaluate what is most important. Put what is most important most important.

## food

### Saucy Apples

\*easy love to your colon\*

Slice 2 medium apples. Cover with water. Sprinkle with cinnamon and cloves. Put the lid on and simmer on low for 20 minutes. Enjoy for breakfast.

### Roasted Roots

\* more easy lube to your g.i. tract\*

Scrub down and slice 3 beets, 1 sweet onion, 1 turnip, 1 jalapeño (Seeded), 1 clove garlic. Use 1 tsp. a high quality oil (olive, coconut) to grease a roasting pan. Add roots and 1/2 inch water. Cover. Roast on 325' for 1 hour. Throw some sweet potatoes in the oven at the same time for another lubricating root meal.

### Savory Greens with a kick

\* If you're raw, massage your greens with oil , salt & red pepper flakes and let sit for hours.

Boil a pot of salted water. Slice 1 bunch collards into ribbons. Boil until soft. Drain. Add a little butter and red pepper flakes.

### Miso Soup

For a light dinner - have a bowl along with your extra sweet potato. Cut nori sheets into ribbons for more salty oomph.

### Dates for Dessert

Eat a few. Stuff with a pecan for decadence.



... **VIBRANT HEALTH** in 21 Days.  
[yogidetox.com](http://yogidetox.com)