

join the  
next live  
yogidetox!

join Cate from  
anywhere.

# yogi's spring day

\*cheat sheet\*

by Cate Stillman... .founder of the **Yogidetox**

## focus

### Detox the Junk in your Trunk

Unglue your gut. Unflannel your channels. After the long winter every cell in your body is begging for you to press the reset button. Spring is the season of burning the fat and turning on the inner a.c. before summer. Don't miss out on nature's season of the reset button ... and you'll look good for those summer short shorts. Join the next [yogidetox](#).

### Move it or Lose it

Spring is the easiest season to up your exercise. It's Kapha season, which means your body is strong and ready for endurance. Turn up your workout. Play your edge. Put some hustle in your bustle.

### Prioritize Prana Pathways

Our nadis (subtle and not so subtle energy channels) get clogged. Drain-o your nadis each morning with deep nasal breathing. If you can't inhale through your nose - try to exhale a "humming" sound. The Humming Exhale breaks up the junk and helps your blood take up oxygen.

### Allergies, Sinus + Spring Cold Relief

If you or your posse have more issues as the grass grows greener do this: Make a hot drink to clear mucus with ginger juice, lemon juice, cayenne, hot water and raw honey.

### Get Out

Get in the habit of having an early dinner and then playing outside. Take a walk. Go for a bike ride. Weed your garden. Just get out. And don't make the mistake of being out and then eating late, or you'll burn out before summer's end.

## food

### Start Sprouting

Sprouts have more protein per pound than lean meat and bucket loads more absorbable and diverse nutrients. Talk about holy cow. Sprouting takes 2 minutes a day. [Buy your seeds](#) and sprouter and get going. Don't waste plastic. Sprout your own. Aim for 1 cup per adult per day.

### Eat Green

Chlorophyll is the color of spring. It's natural for primates, like yourself, to eat green 3 x a day, especially in Spring. Use green smoothies or juices, salads, cooked greens and living soups.

### Drink Your Dandelions

Wild weeds, including our invasive friends like Dandelion + Thistle are superfoods. Both with detox your liver, blood and fat, while replacing long lost minerals from your caffeine addiction. Plus they're free once you stop spraying your yard. Add young dandelions or thistle to make your fruit smoothies green.

### Get Down and Dirt-y

You're at the start of the active food growing season. If you've been eating green you've noticed you spend more on your greens and sprouts than anything else. Grow your own. Upgrade your outside with grow boxes or hoop houses. Getting your hands in the dirt is the quickest way to ground yourself and discharge EMF's. If you're already a gardener start to permaculture your place.

... **VIBRANT HEALTH** in 21 Days.  
[yogidetox.com](#)



Get your FREE  
mini-yogidetox  
guide:

[yogidetox.com](#)