

On-line sources for herbs, oils and foods:

Complete kitchari packets (organic): www.lifespaspa.com

I think it tastes way better when you make it on your own and it's cheaper and super duper easy.

Turmeric Plus: www.lifespaspa.com

Organic split mung bean: www.banyanbotanicals.com*

Organic sesame oil: www.banyanbotanicals.com

Trikatu: www.banyanbotanicals.com*

Triphala: www.banyanbotanicals.com*

Ghee: www.banyanbotanicals.com

There are step-by-step directions for making ghee at www.elizakerr.com on the resources page.

Organic herbs and spices: www.mountainroseherbs.com or www.banyanbotanicals.com

Kitchari spice mix: support@blueoakom.com or www.banyanbotanicals.com

Dashmoola and Guduchi: www.ayurveda.com