

Goals:

Short-term

Become more spiritual attuned.

Assist the detoxification process

Lose a little weight

Long-term

Learn and assimilate diet that is appropriate for you

Daily Practice

Pranayama (breathing exercises): 10 rounds of *Nadi Shodhana* or alternate nostril breathing followed by

Meditation: Awareness on the natural breath as it travels up and down the central channel in your body, followed by

Yoga: 5 sun salutation, with your primary attention being on the breath traveling up and down the central channel**

Twice a week:

Abhyanga or warm oil massage, either given by self.

Warm the oil over the stove or in hot water. Apply 7-8 oz. of warmed organic sesame oil to your body from head to toe, rubbing it in well. Vigorous, long strokes on limbs; circular strokes on joints. Offer special attention to head and feet.

Massage it into your skin from 15-20 mins. Start with your extremities working inward, against the hair follicles. After you complete your massage, rest for 5-10 mins., sitting on a towel in a warm bathroom. Keep your body warm by wrapping yourself in a towel. Then take a hot bath or shower, without soap.

Diet:

Enjoy a mono-diet of kitchari, prepared fresh at least once a day. Eat no more than $\frac{3}{4}$ full. Chew slowly and take a conscious pause before eating.

Cumin, coriander, fennel is you drink of choice. Sip warm liquid all day to assist in lymphatic drainage.

Herbal support:

Take 1000mg of Manjistha and 1000mg of Turmeric Plus twice per day after meals. This is only for the spring. Discontinue in the summer.

Every night take $\frac{1}{2}$ tsp. of triphala mixed with a little warm water before bed.

· Manjistha: Manjistha is one of the most powerful blood purifiers and lymphatic destagnators available. Manjistha supports the natural function of the lymphatic system, optimizing the delivery of nutrients and the removal of wastes from our cells.

Sample Custom Spring Cleanse

www.elizakerr.com (209) 365-3281

• Turmeric Plus: In this formula, turmeric is combined with medicinal doses of Pippili to make it more effective. Turmeric Plus is an antioxidant that supports the body's natural response to inflammation, repairs tissue and supports the liver, skin and immune system. It builds rakta (blood) and de-inflames rasa (lymph).

• Triphala is a combination of three fruits: haritaki, bibhitaki and amalaki. It is a bulk laxative and tonifying to the colon. It is grounding and restorative. It is non-habit forming.

Lifestyle:

Be in harmony with natural rhythms. Try to get to bed by 10pm and awake by sunrise to enjoy your spiritual practice.

Follow-up:

If you would like to schedule a consultation we can look at foods and lifestyle that will improve your state of physical, mental and spiritual well-being.

Supply list:

Kitchari ingredients

Ghee

Sesame-based massage oil

Trikatu

Turmeric Plus

Manjista

Triphala

Fresh ginger

Fresh cilantro

Shredded coconut

Fresh lime

ON-LINE SOURCES FOR HERBS, OILS AND FOODS:

Complete kitchari packets (organic): www.lifспа.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.lifспа.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.

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

Kitchari spice mix: support@blueoakom.com

*If you prefer capsules, you can buy these through www.lifspa.com I use the powder because it is more effective and cheaper, but it tastes kinda nasty, so if it keeping you from taking the herbs, go for the caps.

**There is a diagram of the sun salutation on my website. Here is the link:
http://elizakerr.com/uploads/Ashtanga_Primary_A.pdf