

~ Kitchari Cleanse ~

RESET YOUR DIGESTION

RECHARGE YOUR ENERGY

REJUVENATE YOUR MIND, BODY, SPIRIT



Namaste and Welcome!

Getting warmed up for a weekend totally dedicated to just YOU and your needs?

I am overjoyed you committed to your health and well being, to get a jumpstart on your happiness and not letting another moment delay you from present moment bliss!

Because let's be honest, when we don't feel good, life just doesn't leave that sparkly tracer of joy in our memories or present experience.

What better time let go of everything holding you back and jump full swing into gratitude and vitality. So what are we waiting for... Let's get started!

Kitchari Recipe

BULK INGREDIENTS

**Pick either Paleo, Candida-friendly, or No Starch Issues*

- *Paleo*: 3/4 head Cauliflower + 1 cup raw soaked cashews blended in food processor
- *Candida-friendly*: 2 cups sprouted quinoa or same as Paleo
- *No starch issues*: 2 cups white basmati rice
- 1 cup mung beans/dal (preferably split yellow, but whole green is great too!)
- 6-8 cups water (keep an eye on the moisture level)
- 2-3 Tbs. coconut oil (or sesame oil)
- 2-4 sheets kombu (I use scissors to cut it into little pieces. It usually comes in 6x4 inch sheets)
- 2 handfuls leafy greens of your choice (spinach, chard, arugula, kale, etc.)
- Cilantro and/or lime to garnish

Getting Spicy!

SPICES

- 1 inch fresh ginger peeled & diced
- 1 tsp. cumin seeds
- 1 tsp. black mustard seeds
- 1/2 tsp. turmeric powder
- 1/2 tsp. cardamom powder
- 1/2 tsp. coriander powder

OTHER OPTIONAL SPICES

- 1 pinch of hing (asafoetida)
- 1 tsp. fenugreek seeds
- 1 tsp. fennel seeds (great for digestion)
- Extra cumin powder (cuz I love cumin!)
- 1 tsp. cayenne pepper (not much for pitta types)
- 1 cinnamon stick or 1 tsp. cinnamon (best for fall/winter season)
- Nutritional yeast (topping)

Cooking Directions

1. Soak the mung beans for 6-12 hours. I often do this over night. You should soak the rice and quinoa for at least an hour as well.
2. Rinse mung beans and rice thoroughly in a fine strainer with cold water.
3. On medium-heat, put in a pot the coconut oil adding the fresh ginger and any seeds you've chosen such as the cumin and mustard seed. Once they're popping it's time to quickly add the powder spices.
4. Don't let the powder spices sit for more than 10-15 seconds before adding in the soaked and rinsed mung beans and rice/quinoa/cauliflower blend. Stir everything together.
5. Add all your water and kombu. Once brought to a boil, turn down to a simmer and lid it. Let sit, stirring occasionally for about an hour for rice, 30 minutes for quinoa and cauliflower blend. Cook time will vary if you used whole mung (longer cook time) or split (shorter)
6. Once close to being done, add any leafy greens.
7. Garnish with cilantro, lime, or lemon - Voila! Kitchari!

This portion makes about 1.5 days worth of kitchari. Double this recipe to get your 3 days worth.

This will be your meal for breakfast, lunch, and dinner so there won't be any mystery what your next meal is going to be!

Do not eat the kitchari cold, reheat or let come at least to room temperature before eating. Cold foods are not restoring to the digestive system. Always opt for warm and hot over cold when cleansing!



*Just real quick -
Kitchari is and can be...*

vegan

gluten free

soy free

dairy free

paleo

candida-friendly



What exactly is Kitchari?

Kitchari is what Ayurveda calls a **tridoshic** food that is great for cleansing, fasting, or a simply nutritious meal. It's easy to digest and helps rekindle our **agni**.

It helps build **ojas** and is full of **prana** to help rejuvenate our digestive systems, immunity, reduce inflammation, and so much more! It's considered a **sattvic** food, allowing our body to rest and heal.

You're probably wondering what all those bold words mean. Let's explore a little...



Sanskrit - Ayurveda's Language

tridoshic - meaning kitchari is good for all doshas or body types and can be eaten by vata, pitta, or kapha without digestive aggravation.

agni - agni is what Ayurveda calls the digestive fire. It's the enzymes and bile that allow us to break down nutrients. It doesn't only reside in our digestive system but is how I'm referring to it here.

ojas - this refers to immunity and lymph nodes as well as to our structure and stability. Healthy ojas is a healthy body!

prana - most often known as life force and breath. Prana is everything that moves us energetically, enlivening us with oxygen and spirit!

sattvic - or sattva, is purity and light. Meaning many different things depending on the context, here it refers to kitchari's purifying qualities on the body and mind.

THE MACRONUTRIENTS - CARBS, PROTEIN & FATS

Mung Beans/Dal - Mung beans are not a bean at all, however we call them that for some reason? They're actually a pulse, more similar to a pea or a seed and when soaked and cooked are an awesome, easy to digest source of plant protein!

Rice - Rice has been a staple across the globe for many centuries. It's a complex carbohydrate that has fueled many ancient civilizations. Some rice is better for you than others and I usually recommend White Indian Basmati. Rice is full of magnesium, manganese, iron, folic acid, and much more!

Quinoa - Quinoa is an ancient grain eaten by the Mayans. It is much lighter in quality in comparison to rice and I do recommend it more for Kapha-types. It is not only a complex carb but contains much higher protein than rice. Depending on your body type, it could be a better substitute for rice.

Coconut oil - Coconut oil is a very healthy form of saturated fat. When heated it does not oxidize like many vegetable oils which are linked to cancer causing agents. Coconut oil is an amazing healer, on the inside and the outside of the body! This fat is also used as our carrier for the spices as they find their way into the bloodstream.

THE MICRONUTRIENTS - ENZYMES & MINERALS

Kombu - Kombu is a Japanese sea vegetable filled with trace minerals and enzymes. These enzymes actually coat legumes and beans and make them easier to digest. So even with mung beans, if you add kombu, you should be digesting no problem!

Leafy Greens - Leafy greens such as spinach, kale, arugula, chard, bok choy are all jam packed with beauty enzymes, minerals, and vitamins! Adding that boost of fiber into the gut will also aid with any digestive needs allowing their vitamins and minerals to get soaked up to propel even more optimal cleansing!

Cilantro - Not only is cilantro yummy and delicious, it is also immensely good for cleansing the bloodstream. It has proven to rid the body of mercury and kills off harmful viruses and bacteria that congregate in the organs contaminated by heavy metals. If you're not crazy about cilantro and I know some aren't, try giving parsley a shot instead. It also contains blood cleansing properties along with vital vitamins and minerals.

THE MICRONUTRIENTS - CONTINUED...

Lemon - Lemon is a vitamin-C rich citrus fruit that increases the liver's excretion of enzymes. These are digestive enzymes that will ensure proper break down and nutrient absorption. Lemon not only aids digestion, but helps bring a healthy glow to the skin by hydrating the organs, giving us an extra detoxification boost!

Lime - Lime is also a magical citrus fruit jam packed with vitamin C and detoxification vitamins and enzymes. Lime is a better choice for pitta types because it's less acidic than lemons.

Nutritional Yeast - Don't be deterred by the word 'yeast' just yet. This is a different kind of yeast than what you'd find in breads and baked goods. Nutritional yeast is a perfect combination of amino acids and B vitamins. As a vegan, this is a great source for adding that boost of protein and B vitamins to any salad, stew, or kitchari!

Let's talk about spices...

If there's one major thing I've learned about Ayurvedic cooking in the West is you can't get too heavy handed on the spices!

What do I mean?
If you're from America especially, we're not accustomed to cooking with SO MANY spices and varieties. We salt and pepper everything to death, but if we would just add some different spices we'd find that kick of flavor we're desperately looking for!



I've laid out the spice measurement basics in the ingredients, but I often double sometimes triple those spices depending on the season. Spices are healing and nourishing, let's lighten up on the salt and pepper!

Healing with Herbs & Spices

Civilizations have been healing with the medicinal use of herbs and spices for centuries. Herbs and spices are the original medicine given to us by Mother Nature and where all medicine even now is derived from. However, only components have been extracted from many and you do not get the entirety of the benefits when it cannot work as *whole*. If someone took your arm or your leg, would you still be able to do all the things you can do now? Think of that when you using herbs and spices as medicine in comparison to pharmaceutical prescriptions.

This is in no way to say stop taking those forms of medicine, but just to think about the healing process as a whole, not just a fragment.

Ayurveda uses many spices and herbs in its practice because Ayurveda is a cooking science. When the medical practice of Ayurveda was forced underground from the rule of the British in India, people took it to the kitchen and created healing remedies and medicinal foods and drinks there to keep reaping the benefits of health and vitality that Ayurveda so eloquently provides.

So now we have the beautiful opportunity to see Ayurveda rise again and find its way into our kitchens and lives to help find balance and vitality in our body, mind, and spirit!

The Most Important Part About Health

Digestion

In Ayurveda, digestive health is a crucial cornerstone piece to health and happiness. It takes an immense amount of energy to digest. When it's not going well, not only is our energy depleted but our bodies are taxed. The digestive system is said to be like our second brain and is where all break down, assimilation, and absorption of prana (life force) occurs.

Without optimal digestion our entire well being is sacrificed. We get brain fog and can't think clearly, fatiguing quickly unable to finish our projects, and slowly begin to lose touch with our highest potential.

Serious health risks are involved when our digestion is exhausted. From losing touch with our dreams and reality to disease and cancer, the repercussions are endless. Being the first and most important site of health, we must do everything in our power to keep it running smoothly and efficiently!

If digestion is one of the most important aspects of health, then what is caused by poor digestion AND poor diet?

*I've found the **two major** health culprits that zap our energy, steal our youth, and cause countless diseases and cancer. They are the following...*

Inflammation & High Acidity

Inflamed Body

Inflammation is the first major health culprit. It can cause nutrient deficiency, chronic fatigue, heart problems, endless skin issues, and is a breeding ground for cancer cells. Chronically inflamed tissue can cause DNA damage and increase free radicals elevating our risk for cancer anywhere in the body.


Acidic Body

High acidity is the second major health culprit. The entire body functions off oxygen. Our organs function most optimally in an alkaline environment where they're receiving sufficient oxygen and don't have to stress. When we eat a diet filled with veggies and fruits we create an alkaline environment. When we eat lots of processed foods, dairy, and meats we create an acidic environment where our organs struggle to do their very important jobs.

Mono-fasting or Mono-mealing

When doing many cleanses including this kitchari cleanse, you are doing what is known as mono-fasting or mono-mealing. Essentially eating one, well balanced meal for all three meals for 3-5 days. This does three very important things for your digestive health and really, your overall health!

1. Restore Gut Health - When we eat many different things and our digestive fire has weakened (metabolism) we stop assimilating vital nutrients properly. We do not reap the same benefits from food as we once did because the gut is overwhelmed and unable to break down the complex sequence of food. When we take in only one, healthy, well balanced meal (like kitchari!) for several days our body gets accustomed to breaking just that sequence down. In this process it has the energy to then produce more bile and digestive enzymes to break down and assimilate nutrients properly. Our gut needs a break just like our minds do from work. If we work non-stop we feel fried, often forget, and don't retain information. The same is true for our digestive systems, sometimes they need a break from all the complex foods we stuff in!



2. Reduce Inflammation & Ama - As you know now inflammation is a major health culprit. When we overwhelm the gut with too many of the wrong foods or too many foods in general, we cause irritation that leads to inflammation. Mono-mealing helps by again bringing in simplicity for the digestive system, sending down non-aggravating foods that are fully digested. Gut health and inflammation go hand in hand. When proper break down hasn't happened, inflammation occurs. And with inflammation comes ama which in Ayurveda essentially means toxins. Inflammation and toxic build-up can be reduced by mono-mealing with kitchari because of it's simplicity but also from the healing herbs and spices it contains. Again, Ayurveda is a kitchen science (and much more) designed to heal the digestive track and the spices used in kitchari are meant to bring down inflammation and reduce any toxic build-up.

3. Raise Alkaline Levels - Mono-mealing with a healthy, balanced meal will also help raise alkaline levels. As we increase the metabolism, decrease inflammation and toxic build-up, our bodies are now able to assimilate properly and bring in the nutrients and prana (oxygen/life force) from our food. When the body is acidic due to consumption of too much meat, dairy, and processed foods, the organs slow down. Our bodies and organs flourish in an oxygenated state which we call alkaline and comes from eating vegetables, fruits, and plant based (beans, grains, etc). If we deny them an alkaline environment, they will also deny us energy, youth, and vitality. All our organs have unique functions from producing and balancing our hormones, to detoxifying and filtering out heavy metals and bacteria. To function optimally we need to increase our alkaline levels so they can flourish, which you can easily do on a kitchari cleanse!



Food Pairing

- Starches do mix well with veggies
- Proteins do mix well with veggies
- Proteins and starches do NOT mix well
- Different starches do mix well
- Different proteins do NOT mix well
- Fats do NOT mix well with protein
- Fats do mix well with starches
- Fruit should be eaten on an empty stomach
- Fruit does mix with raw greens (except melon)



Ayurvedic Water Tip!

Always opt for warm or room temperature water, NO ICE! The cold will take precious energy away from metabolizing the food present as well as slow the process down. Water should be drank 30 minutes prior to a meal or an hour after. Too much liquids with a meal will dilute the digestive juices and delay digestion causing toxic build up, gas, and inflammation.

Food pairing is a quick insight into how well certain nutrients are digested when combined. Though not everyone's bodies are sensitive to these combinations, it can be helpful for those who are.

And you might be thinking well it says "*protein doesn't mix well with starch*" and isn't rice a starch and mung beans a protein? Again, this food pairing is based more on heavily different foods such as rice doesn't mix well with meat. And cheese doesn't mix well with pasta. I mean it sounds tasty, but digestively it's destructive...

preparing for your cleanse - DO'S and DON'TS

DO'S:

- Eat foods such as veggies, fruits, grains, legumes, nuts, seeds, unrefined oils
- Slow down and start mentally preparing yourself for a restart
- Use affirmations daily to prepare yourself for deep, self-transformation
- Use affirmation such as "I promise to commit to my health and happiness" or "Today and everyday I choose what is best for me"

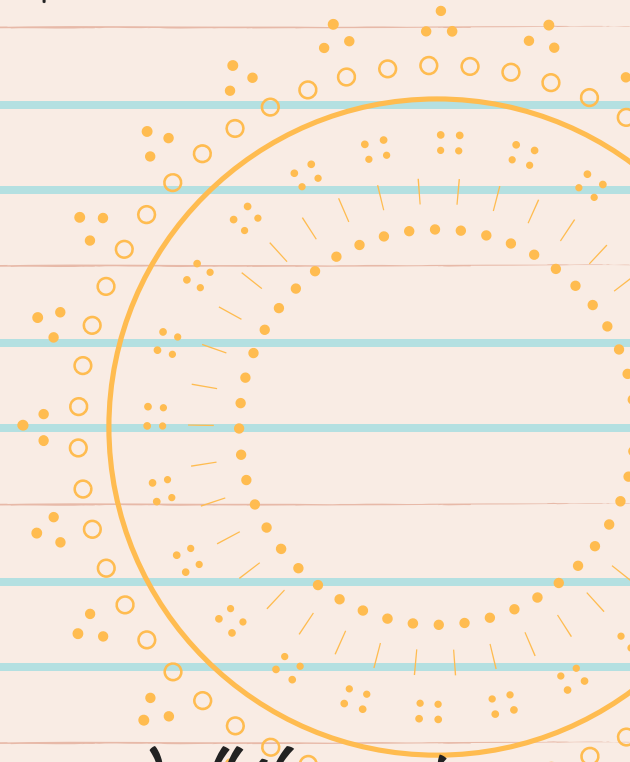
DON'TS:

- Don't drink alcohol or use drugs 1-2 weeks before cleanse
- Avoid dairy, gluten, meat
- Avoid processed foods
- Avoid over-stimulating activities



Shopping list:

- **Quinoa or Rice** - I prefer White Indian Basmati for kitchari which you can find at your local grocery store or you can find a beautifully aromatic, organic one **HERE!**
- **Mung Beans** - Also referred to as mung dal, I prefer split yellow mung dal, but you can go for whole green. Find organic yellow split mung dal **HERE!**
- **Kombu** - Where many Asian foods are found like soy sauce and rice noodles is where you'll find sea vegetables like kombu.
- **Greens** - arugula, spinach, kale, your preference!
- **Cilantro/Parsley**
- **Lemon/Lime**
- **Ginger root**
- **Cumin seeds**
- **Black mustard seeds**
- **Coriander powder**
- **Cardamom powder**
- **Turmeric powder**
- **Organic, Virgin Coconut Oil**



*If you really feel like you're too on the go and all these spices overwhelm you, as to encourage you and not deter, try getting this pre-made **kitchari spice kit** from **Banyan Botanicals** - one of my favorite Ayurvedic brands!*

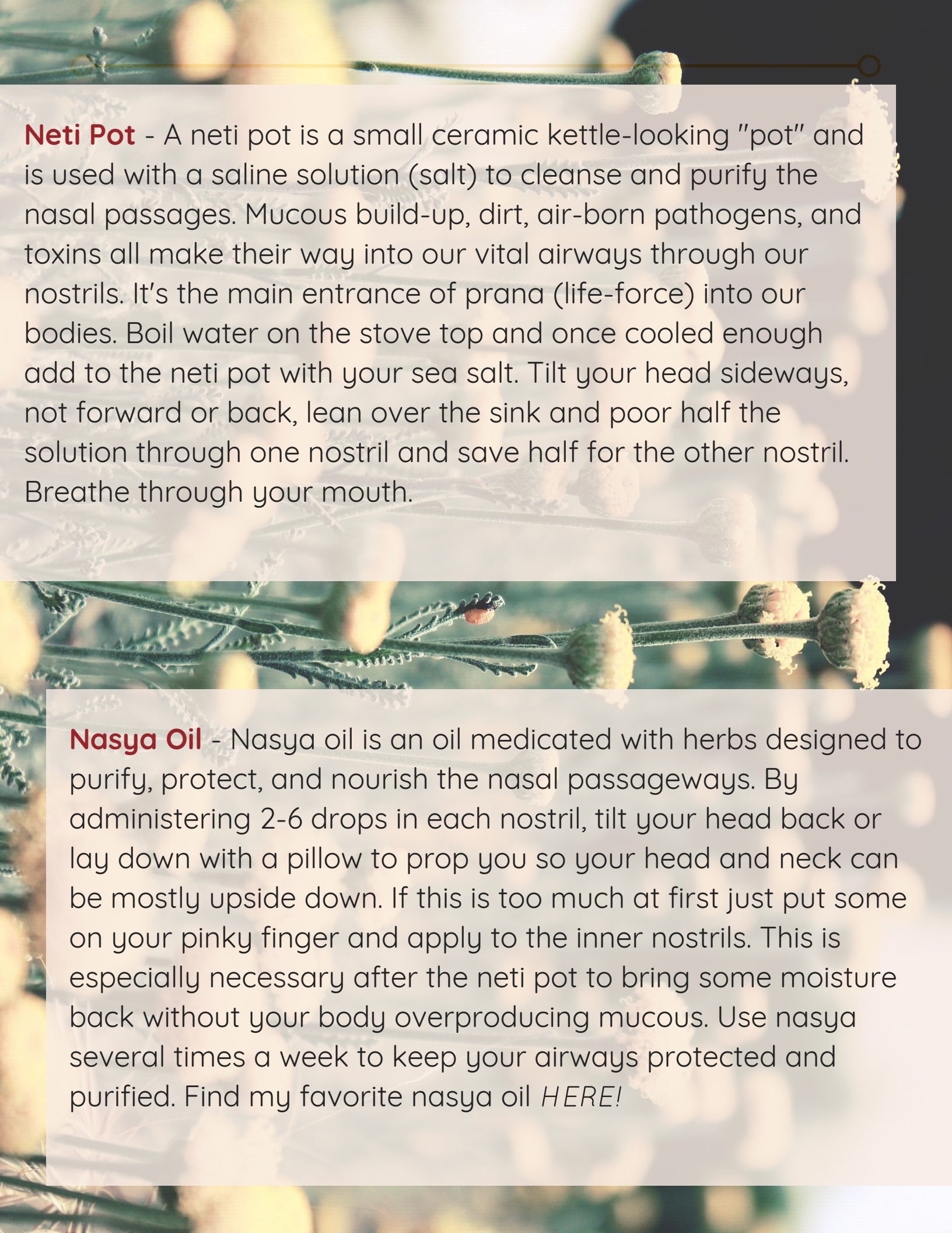
AYURVEDIC ROUTINES TO AMPLIFY YOUR CLEANSE:

Tongue Scraping - Oral health is digestive health. Start the day scraping off built-up toxins that show up on the tongue as a white coating and contribute to bad breath and bad digestion. Buy my favorite one *HERE!*

Oil Pulling - If your Vata or Kapha try using sesame oil and if your Pitta go for coconut oil. Start swishing after tongue scraping first thing in the morning. Start with a couple minutes if it feels difficult and eventually build your way up to 10-20 minutes.


Dry Brushing - Helps oxygenate your skin and help it breathe by brushing off suffocating dead skin cells from the surface, increasing blood flow and cleansing your lymph nodes. Smooth, long strokes should be taken towards the heart center, starting with your hands and arms, moving to chest and stomach, back, then feet and legs.

Abyangha - Abyangha essentially means self-oil massage and is the act of applying nourishing, warm oil to the skin. Use high quality oils, organic and unrefined. Find my favorite *HERE!*



Neti Pot - A neti pot is a small ceramic kettle-looking "pot" and is used with a saline solution (salt) to cleanse and purify the nasal passages. Mucous build-up, dirt, air-born pathogens, and toxins all make their way into our vital airways through our nostrils. It's the main entrance of prana (life-force) into our bodies. Boil water on the stove top and once cooled enough add to the neti pot with your sea salt. Tilt your head sideways, not forward or back, lean over the sink and pour half the solution through one nostril and save half for the other nostril. Breathe through your mouth.

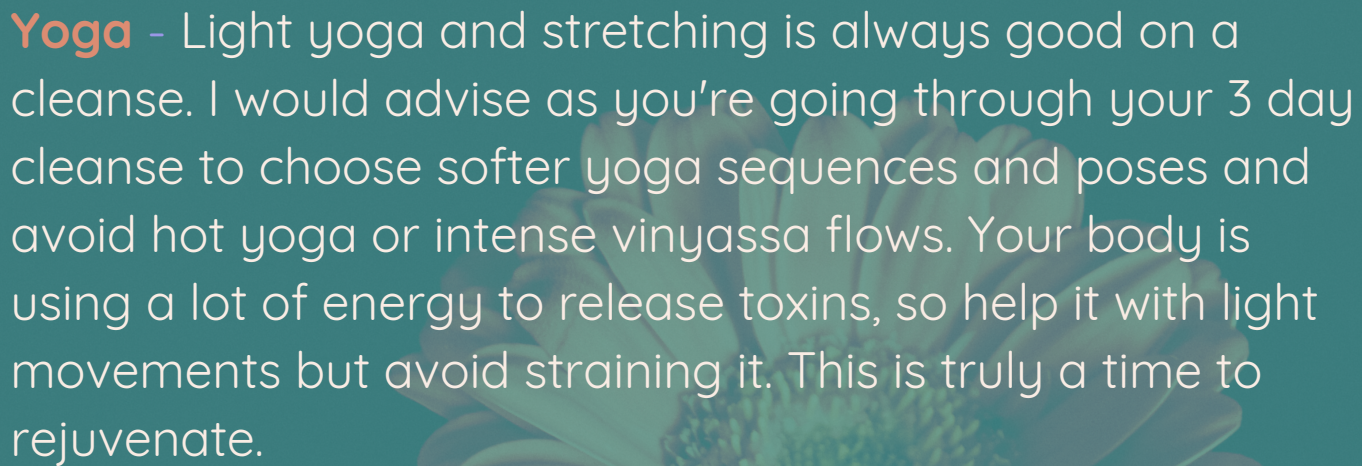
Nasya Oil - Nasya oil is an oil medicated with herbs designed to purify, protect, and nourish the nasal passageways. By administering 2-6 drops in each nostril, tilt your head back or lay down with a pillow to prop you so your head and neck can be mostly upside down. If this is too much at first just put some on your pinky finger and apply to the inner nostrils. This is especially necessary after the neti pot to bring some moisture back without your body overproducing mucous. Use nasya several times a week to keep your airways protected and purified. Find my favorite nasya oil *HERE!*



Essential Oils - Aromatherapy is a very therapeutic way to ground down, relax, and elevate consciousness. Use your favorites in a diffuser or add to your abyangha massage oil for an extra boost of physical and mental cleansing.

Epsom Salt & ACV Baths - If a bath is accessible for you, I highly encourage epsom salts, apple cider vinegar and even a few drops of your favorite essential oils. Epsom salts help extract heavy metals from the body in a detoxifying way while apple cider vinegar helps purify and kill bacteria. Both are incredibly cleansing and a perfect addition to a kitchari cleanse!

Herbal Teas - Take time for tea! As the day transitions from many energies, let tea move you through each. This is not only a time to relax and go inward but healing and medicinal. Vata types might try chamomile and lavender, Pitta types might try rose and tulsi, and kapha types might try ginger and turmeric.



Yoga - Light yoga and stretching is always good on a cleanse. I would advise as you're going through your 3 day cleanse to choose softer yoga sequences and poses and avoid hot yoga or intense vinyassa flows. Your body is using a lot of energy to release toxins, so help it with light movements but avoid straining it. This is truly a time to rejuvenate.

Pranayama - Pranayama is the slowing of breath or controlled breath. There are many forms that of which will help bring balance and calm or invigoration to the body and mind. Pranayama not only cleanses the airways, but purifies the mind as well. For balance, cover one nostril with your pinky and inhale, as you exhale cover the opposite nostril with your thumb. Continue inhaling through right nostril and exhaling through the left for 5-10 breaths, then switch to inhaling on your left, etc.

Meditation - Take time to be in silence with yourself. As you cleanse, taking time to be quiet will help still the mind and let clarity come to consciousness, perhaps answering unanswered questions. Vata types can try using mantra to stay focused, pitta types can try using pranayama to find purpose, and kapha types can try walking meditation to stay awake.



What a Day in the Life Looks Like...

PUTTING IT ALL TOGETHER!

MORNING

- Wake up around 6 AM and express gratitude, say your affirmations and recall your dreams
- Start with some light, organic stretches and movement
- Tongue scrape, brush teeth, & oil pull
- While oil pulling, start boiling water for morning tea
- Quietly drink tea and start with a 5 minute meditation or go longer as you wish
- After meditation, do some light yoga asana (postures/stretches) to get the blood flowing and encouraging a morning bowel movement
- After yoga, warm up a bowl of breakfast kitchari and enjoy slowly
- Take a light 10-15 minute walk after this

AFTERNOON

- Read, create, paint, color, journal or more light yoga asana. Do something relaxing and creative and do avoid watching TV and social media. Remember this is your time to get in touch with yourself, not withdraw
- By noon or 1:00 heat up another bowl of kitchari and enjoy slowly with gratitude
- Take a light 10-15 minute walk after lunch kitchari
- Take some more time to meditate for a mid-day self check-in
- By 2 or 3 PM make another cup of tea as the day transitions

EVENING

- By 5-6 PM eat your third and last bowl of kitchari for the day
- Take a 10-15 minute walk after dinner kitchari
- Let the night hours wind you down and into more self-care practices
- Use the neti pot and nasya oil as you feel comfortable (neti pot isn't as necessary for those who aren't experiencing sinus issues or mucous in the nose, but is still a good once a week cleansing practice for all)
- Dry brush and then do abyangha with a choice of essential oils
- Run an epsom salt/ACV bath to soak in after letting the oil sit on your body for about 10 minutes (or take a relaxing shower)
- After your bath, put your legs up the wall for a few minutes and then continue on with some light seated, forward folds and child's pose
- Perhaps one last cup of tea before bed as you settle down with a good book, coloring book, or journal
- Turning on your essential oil diffuser and/or Himalayan salt lamp is a relaxing night time practice for mental and physical clarity
- Avoid any screen time 1-2 hours before bed and doze off by 10 PM allowing your body a full 8 hours to rest and restore