

cleansse **FULL MOON**

move with the full moon
rhythms & energy to
recharge your
entire being





About ME

My name is Ariel Wright & will introduce myself as a woman of many trades > constantly on the pursuit of self-healing! I am an Ayurvedic Healer, Vegan Foodie, Light Coach, Astrologer, Self-Awareness Junkie, Astanga Yogini, and New Paradigm Seeker.

I am so glad you're here & can't wait to get started on this journey with you to recharge your batteries with some aid of that glorious full moon! We honor her & she honors us when we sync up with her rhythms and unite our energies for higher purposes.

Cleansing is definitely a part of your higher purpose & Higher Self! Your body works hard day in & day out for you making sure you are as healthy as you can be & when we recognize that, we move into a higher frequency & higher state of conscious awareness.



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Ariel Wright



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What's this ALL ABOUT?



Okay, let's jump into the intention of this cleanse & an overview of what to expect in the week to come! This cleanse is focused on taking in as little toxins as possible, aiding in their removal with high vibratory foods, & resetting digestion by preparing to mono-meal for the last day.

Your body will get used to eating almost nothing but fruits & vegetables for 6 days as it prepares to mono-meal on the 7th day. There's a reason for this besides the obvious that fruits & veggies are super healthy! Our bodies are designed to recognize certain gene sequences as they enter the body & their memory of each tells the body what to do with it. Well, in the world of processed foods, harmful chemicals, & beyond our bodies have been under a ton of stress! The gene sequence of fruits & vegetables is an ancient one that our bodies are very familiar with & take to with ease. They know exactly how to break them down & what to use their nutrients for as they've known this since primitive times. When we come back to this original state we further align ourselves with Gaia, the moon, & our most natural, radiant body!



This cleanse is a week long & can be done anytime, as many times as you'd like! It is not invasive, harsh, or intense & is designed to ease the body into a higher frequency while detoxing at a moderate pace. The absolute last thing we want to do is shock the body into an unfamiliar state & tax the adrenals & liver anymore than they already are. We want them to feel at ease so they can perform their very important functions of removing toxicity from the body & oxygenating all your blood & organs effectively. This we will do & I will show you how :)

Why

THE FULL MOON?



The full moon is highly charged with energy & when we align with that energy we can reap the benefits just as if we were being helped by a friend. I'm sure you've noticed, heard about, or even felt it yourself > when there's a full moon, people get "wild, crazy, have so much energy!" It's like they don't know what to do with themselves!

Well when we set intentions along side this energy we can actually tap into it & harness it for the better and not feel the need to go do something "crazy". People & women especially have been in rhythm with the moon since the dawn of time. As woman, our cycles sync up with hers, as farmers the harvest syncs up with her, & important events are even aligned with her. The power is there & the connection to our body is very real.

So during this time our bodies collect & retain more fluid everywhere. We don't flush out toxicity as easily & it can make us feel quite heavy & burdened. So during the full moon the focus will be on eating very clean, resetting, taking good care of oneself, & being sure as little toxicity is being taken in so that the body may feel rejuvenated during the time of the full moon, instead of all backed up with toxins that it naturally is struggling to release.



AYURVEDA & YOUR BODY TYPE

Now jumping into some big reasons why I made this cleanse the way I did! As you move forward you'll notice this isn't just following the full moon, but actually follows the seasons or climate.

Depending on your Ayurvedic body constitution or your dosha, different types of food will benefit you more than others. I've created this cleanse to accommodate cooler & cold weather along with warmer & hot weather as some dosha types do best with hot foods in the cold months & cold foods in the hot months, MOST people's bodies will generally follow that guideline, but some people run warmer & do just fine with cold foods in the cold months.

That however, is not me! I am the coldest & rarest dosha combination there is. I would say that seems cool that I am 'rare' but it's rare because I am comprised of 2 dosha that are completely opposite one another & thus make it challenging to find balance! So I created this cleanse with duality in mind. Also you'll learn later that cleansing with the seasons is another powerful opportunity to rejuvenate our bodies! So let's get an idea of what you are ... >

Take the quiz

Here I have laid out a brief quiz that will get you closer to knowing your Ayurvedic body type. Through a series of quick questions & observations, do your best to answer honestly & check the circle that is most fitting.



young dosha

try to circle just one

V A T A

P I T T A

K A P H A

APPETITE

ariable

strong

low

DIGESTION

gas/bloating

uneventful/heartburn

feels heavy

BODY TEMP.

cold

hot

cool

SKIN

dry/thin

oily/red

clammy/thick

SLEEP

light/restless

light/consistent

heavy/deep

V A T A

P I T T A

K A P H A

FACE

oblong

angular

round

HAIR

thin/dry

fine/oily

thick/course

NAILS

thin/fragile

medium/strong

thick/strong

BUILD

ectomorph

mesomorph

endomorph

V A T A

P I T T A

K A P H A

NATURE	independent	leader	supporter
FOCUS	scattered	determined	sustained
DECISIONS	indecisive	quick/assured	slow/assured
SPEECH	quick	clear/convincing	slow
STRESS & EMOTIONS	anxiety/worry	anger/intensity	melancholic/sad

Okay, so now go ahead & tally up how many you have in each column > the one with the most is your Primary dosha, second is Secondary & third is Tertiary. You maybe have check marks only in one column or scattered all over! You might have equal in two dosha which many are dual dosha. For instance, I am a Kapha-Vata almost in equal parts.

So have fun with it & maybe let it drive you to do a little more research on Ayurveda! Some great places to go are to Sahara Rose, she's an amazing young author who has made Ayurveda very accessible to the Western world. Check out her books 'Idiot's Guide to Ayurveda' & 'Eat Feel Fresh'. If you want a deeper analysis of your dosha & even where you're imbalanced, head back to my website & get a quick consultation with me when you click tab 'Ayurveda'. See you there!



Ayurveda

& DIGESTION



In Ayurveda, digestive health is a crucial cornerstone piece to health & 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 & is where all break down, assimilation & absorption of prana (life force) occurs.

Without optimal digestion our entire well being is sacrificed. We get brain fog & can't think clearly, fatiguing quickly unable to finish our projects & 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 & reality to disease & cancer > the repercussions are endless. Being the first & most important site of health, we must do everything in our power to keep it running smoothly and efficiently! And that's why you're here!

The 2 Major Causes of Disease

1. INFLAMMATION

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 & increase free radicals elevating our risk for cancer anywhere in the body

2. HIGH ACIDITY



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 & don't have to stress. When we eat a diet filled with veggies & 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.



“

*love is the cure to all
disease, so love yourself*

”



HOW CLEANSING & MONO-MEALING CAN HELP!

RESTORE GUT HEALTH

When we eat many different things & 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 & unable to break down the complex sequence of food. When we take in only one, healthy, well balanced meal for even a day our body gets accustomed to breaking just that sequence down. In this process it has the energy to then produce more bile & digestive enzymes to break down & 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 & don't retain information. The same is true for our digestive systems, sometimes they need a break from all the complexity & busyness!

REDUCE INFLAMMATION & AMA

As you know, 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 & cleansing helps by bringing in simplicity for the digestive system, sending down non-aggravating foods that can be fully digested. Gut health & 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 & toxic build-up can be reduced by mono-mealing or eating just fruits & veggies because of its simplicity. Ayurveda is a kitchen science (& much more) designed to heal the digestive track, bring down inflammation & to reduce any toxic build-up.

RAISE ALKALINE LEVELS

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

BEST TIMES TO CLEANSE



Some of the BEST times to cleanse the body is at the new or the full moon as you know, and at the change of every season.

The full moon is to help minimize toxicity coming in due to high fluid retention in the body & to harness the energy to recharge with her moonlight.

The body releases the most fluid during the new moon & is a great time to go deeper & more intense with cleansing (as you will see in my new moon cleanse) taking in more fluids to really flush out any waste build-up that's causing sluggishness.

The other best time is 10 days before or 10 days after a change of the season - winter to > spring to > summer to > fall to > winter & the cycle repeats. Our bodies go through major physiological changes during these times & our immune systems definitely need an extra boost to keep us healthy & strong!

PREPARING FOR A CLEANSE



DO'S >

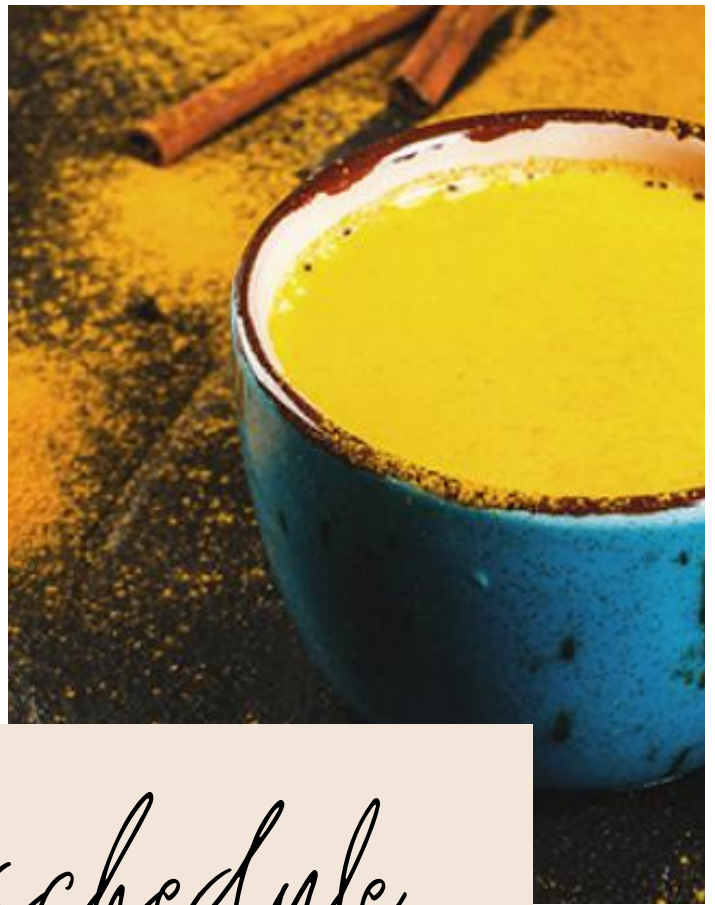
- >> Eat foods such as veggies, fruits, grains, legumes, nuts, seeds, unrefined oils
- >> Slow down & start mentally preparing yourself for a restart
- >> Use affirmations daily to prepare yourself for deep, self-transformation
- >> Use affirmation such as "I promise to commit to my health & happiness"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

DONT'S >

- >> Avoid alcohol or drug use 1-2 weeks before cleanse
- >> Avoid dairy, gluten, & meat
- >> Avoid processed foods
- >> Avoid over-stimulating activities

Okay, ready to dive in?! Below is the beginning of your full moon journey into your health, happiness, & radiance! This will be a low consumption of fat & dense proteins in order to help your liver & digestive system find ease during the cleansing process. Fats & protein are incredibly taxing on the liver & often leave us feeling heavy because of it. They are AMAZING for you, but this week we just want to give our organs a little break so they can recoup & catch up on other 'cleaning' duties by pushing toxins through & out!

Eat as much or as little of what is listed as you need to feel satisfied & do avoid any overeating. That will tax your system almost as much as eating junk foods. So stay present as you eat & stay tuned after the calendar for Ayurvedic therapies, helpful supplements, & more! You will see there is how to cleanse during warm or cool weather.



cleanser schedule



> FIRST 3 DAYS [am] <

	WARM WEATHER	COOL WEATHER
MORNING	<p>Hydrate – drink 16 oz of your choice of:</p> <ul style="list-style-type: none"> – *lemon or lime water (cooling) – CCF or ginger tea (warming) – Hibiscus or lemon balm tea (neutral) 	<p>Hydrate – drink 16 oz of your choice of:</p> <ul style="list-style-type: none"> – lemon or lime water (cooling) – *CCF or ginger tea (warming) – Hibiscus or lemon balm tea (neutral)

	WARM WEATHER	COOL WEATHER
BREAKFAST	<p>Wildly tropical smoothie *see recipe in cookbook &/or Fresh pressed juice</p>	<p>Wild blueberry oatmeal OR Veggie spiced oatmeal *see recipe in cookbook</p>

> NO FATS UNTIL LUNCH [after 12pm]

	WARM WEATHER	COOL WEATHER
LUNCH	<p>Salad w/ avocado + choice of starch: quinoa, rice, potatoes, sweet potato, or summer squash</p>	<p>Cooked vegetables of choice w/ side of potato, sweet potato, or winter squash</p>

> FIRST 3 DAYS [pm] <

SNACKS

WARM WEATHER

Fresh fruit especially citrus
& apples

COOL WEATHER

Banana or dates

DINNER

WARM WEATHER

Your Choice

COOL WEATHER

Your Choice

EVENING

WARM WEATHER

Hydrate – drink 16 oz of your
choice of:

- *lemon or lime water (cooling)
- CCF or ginger tea (warming)
- Hibiscus or lemon balm tea
(neutral)

COOL WEATHER

Hydrate – drink 16 oz of your
choice of:

- lemon or lime water (cooling)
- *CCF or ginger tea (warming)
- Hibiscus or lemon balm tea
(neutral)

> NEXT 3 DAYS [am] <

MORNING

WARM WEATHER

Hydrate – drink 16 oz of your choice of:

- *lemon or lime water (cooling)
- CCF or ginger tea (warming)
- Hibiscus or lemon balm tea (neutral)

COOL WEATHER

Hydrate – drink 16 oz of your choice of:

- lemon or lime water (cooling)
- *CCF or ginger tea (warming)
- Hibiscus or lemon balm tea (neutral)

BREAKFAST

WARM WEATHER

Fresh pressed juice of celery, cucumber & apple
+ 1 or 2 pieces of fresh fruit

COOL WEATHER

Fresh pressed juice of ginger, carrot, apple
+ a banana &/or 1-2 dates

LUNCH

WARM WEATHER

Steamed vegetables (asparagus, Brussels sprouts, broccoli, carrots, peas) + an apple

COOL WEATHER

Steamed vegetables (asparagus, Brussels sprouts, broccoli, carrots, peas) + 2 dates

> NEXT 3 DAYS [pm] <

SNACKS

WARM WEATHER

Fresh fruit especially citrus
& apples or fresh pressed
juice

COOL WEATHER

Banana or dates or fresh
pressed juice

> NO FATS UNTIL DINNER [after 5pm]

DINNER

WARM WEATHER

Kitchari (w/veggies)
*see recipe at the end

COOL WEATHER

Kitchari (w/veggies)
*see recipe at the end

EVENING

WARM WEATHER

Hydrate – drink 16 oz of your
choice of:

- *lemon or lime water (cooling)
- CCF or ginger tea (warming)
- Hibiscus or lemon balm tea
(neutral)

COOL WEATHER

Hydrate – drink 16 oz of your
choice of:

- lemon or lime water (cooling)
- *CCF or ginger tea (warming)
- Hibiscus or lemon balm tea
(neutral)



> LAST DAY [am] <

MORNING

WARM WEATHER

Hydrate – drink 16 oz of your choice of:

- *lemon or lime water (cooling)
- CCF or ginger tea (warming)
- Hibiscus or lemon balm tea (neutral)

COOL WEATHER

Hydrate – drink 16 oz of your choice of:

- lemon or lime water (cooling)
- *CCF or ginger tea (warming)
- Hibiscus or lemon balm tea (neutral)

> NO FATS AT ALL THIS DAY

BREAKFAST

WARM WEATHER

Green goddess smoothie
*see cookbook for recipe

COOL WEATHER

Steamed vegetables + acorn squash

LUNCH

WARM WEATHER

Green goddess smoothie

COOL WEATHER

Steamed vegetables + acorn squash

> LAST DAY [pm] <



SNACKS

WARM WEATHER

Fresh pressed juice

COOL WEATHER

Fresh pressed juice *room temp.

DINNER

WARM WEATHER

Green goddess smoothie

COOL WEATHER

Steamed vegetables + acorn squash

EVENING

WARM WEATHER

Hydrate – drink 16 oz of your choice of:

- *lemon or lime water (cooling)
- CCF or ginger tea (warming)
- Hibiscus or lemon balm tea (neutral)

COOL WEATHER

Hydrate – drink 16 oz of your choice of:

- lemon or lime water (cooling)
- *CCF or ginger tea (warming)
- Hibiscus or lemon balm tea (neutral)

food pairing

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 > like me!! :)

- Starches do mix well with veggies
- Proteins do mix well with veggies
- Proteins & 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)

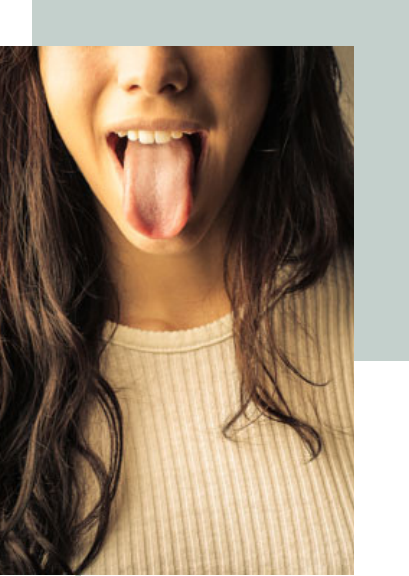


AYURVEDIC WATER TIP

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 & delay digestion causing toxic build up, gas, & inflammation.

Ayurvedic Routines

TO AMPLIFY YOUR CLEANSING
POWER



Some of these are known as part of the Shat Karmas of Ayurvedic text & are designed deeply purify the body

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 & bad digestion. Check out Banyan Botanicals!



OIL PULLING > If your Vata or Kapha try using sesame oil & 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 & eventually build your way up to 10 - 20 min.

ABYANGHA > Abyangha essentially means self-oil massage & is the act of applying nourishing, warm oil to the skin. Use high quality oils, organic and unrefined. Oil in Ayurveda actually means love <3

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



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 & 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 & once cooled enough add to the neti pot with your sea salt. Tilt your head sideways > not forward or back > lean over the sink & pour half the solution through one nostril & save half for the other nostril. Breathe through your mouth.



NASYA OIL > Nasya oil is an oil medicated with herbs designed to purify, protect & 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 & neck can be mostly upside down. If this is too much at first just put some on your pinky finger & 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 & purified.



ESSENTIAL OILS > Aromatherapy is a very therapeutic way to ground down, relax & elevate consciousness. Use your favorites in a diffuser or add to your abhyanga massage oil for an extra boost of physical & mental cleansing.

EPSOM SALTS & ACV BATHS > If a bath is accessible for you, I highly encourage epsom salts, apple cider vinegar & 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 & kill bacteria. Both are incredibly cleansing & a perfect addition to a full moon 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 & go inward but healing & medicinal. Vata types might try chamomile & lavender, Pitta types might try rose & Tulsi, and kapha types might try ginger & turmeric.



ASANA > Light asana (yoga) and stretching is always good on a cleanse. I would advise as you're going through your cleanse to choose softer yoga sequences & poses rather than intense vinyasa flows. Heated asana is fine but keep it gentle & calm. 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.



MEDITATION > Take time to be in silence with yourself. As you cleanse, taking time to be quiet will help still the mind & 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.

PRANAYAMA > Pranayama is the slowing of breath or controlled breath. There are many forms that of which will help bring balance & calm or invigoration to the body & mind. Pranayama not only cleanses the airways, but purifies the mind as well. For balance, cover one nostril with your pinky & 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 > repeat.





THE POWER OF BREATH & MEDITATION

The breath is a powerful healing tool as it accesses all the untouched space in our bodies. It not only goes into our lungs, but oxygenates our blood which flows through our entire body. It is powerful to practice techniques that bring in more oxygen & expansion as it brings healing & health to the mind > body > soul!

Here I wish to introduce to you the 8 Kriyas > simple versions of Yogic breath anyone can do at anytime <3

KRIYA 1

Inhale through nose (into upper chest, only) > pause > exhale through nose > pause > repeat 3-8 times.

KRIYA 2

Inhale through nose (into upper chest only) > pause > exhale through mouth (with lips slightly parted) > pause > repeat 3-8 times.

KRIYA 3

Inhale fully into lungs through mouth (with lips slightly parted), by expanding the abdomen outward > pause > exhale fully through nose (by contracting the abdomen inward) > pause > repeat 3-8 times.

KRIYA 4

Close right nostril with thumb & inhale fully into lungs through left nostril (expanding the abdomen outward) > pause > close left nostril w/ ring & little finger > move thumb aside & exhale fully through right nostril (contracting the abdomen inward) > pause > repeat this with Kriya five 4-8 times.

KRIYA 5

Close left nostril with ring & little finger & inhale fully into lungs through right nostril (expanding the abdomen outward) > pause > close right nostril w/ thumb > move ring & little finger aside & exhale fully through left nostril (contracting the abdomen inward) > pause > repeat this with Kriya four 4-8 times.

KRIYA 6

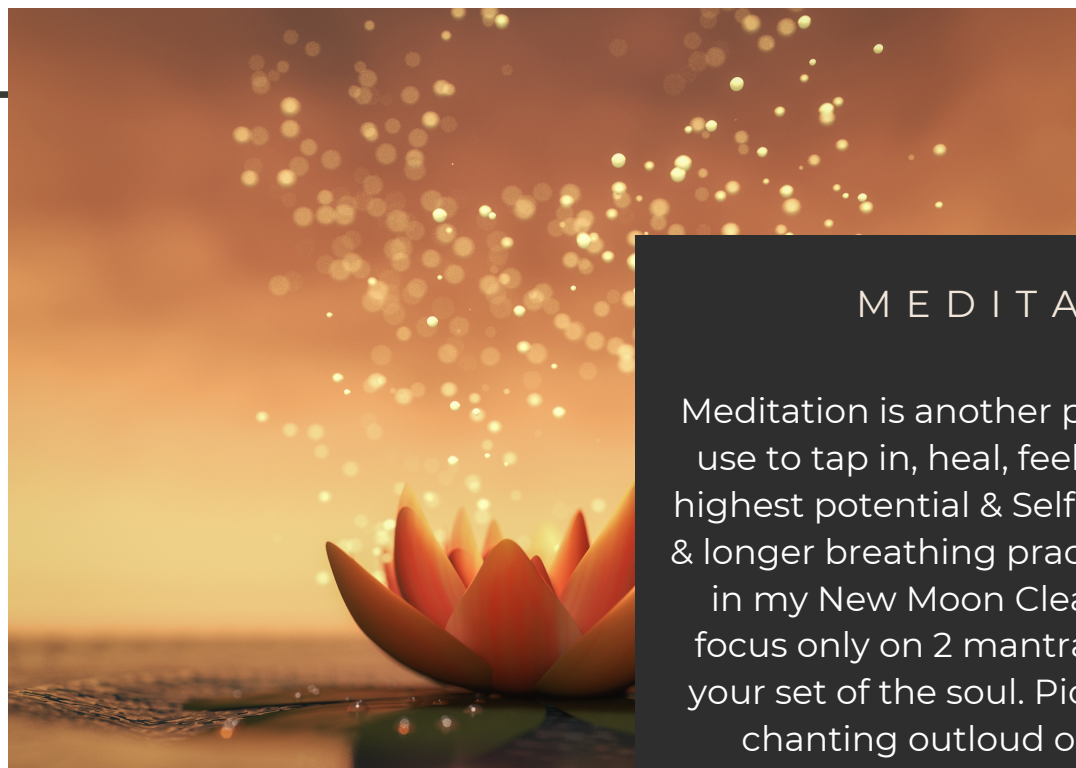
These are “ordinary” (nasal only) breaths, with no specific depth, rate or pause-ratio. Begin by first exhaling through your nose, completely emptying the lungs > Then passively allow an inhale as you simply observe your body’s natural, reflexive response to its impulse-urge to breathe > repeat 4-8 times.

KRIYA 7

Inhale & exhale fully through mouth (with slightly parted lips) > expanding abdomen on inhales & contracting abdomen on exhales > pause at top & bottom of each breath > repeat 3-8 times.

KRIYA 8

Inhale fully into lungs (expanding abdomen) by taking 8 equal “sips” of breath through nose > pause > exhale fully & smoothly through mouth (slightly parted lips) contracting abdomen > pause > repeat 3-8 times.



MEDITATION

Meditation is another powerful tool you can use to tap in, heal, feel & awaken to your highest potential & Self! With more deeper & longer breathing practices & meditations in my New Moon Cleanse, here we will focus only on 2 mantras to settle you into your set of the soul. Pick one or use both, chanting outloud or in your head >

“

Hari Om Tat Sat

*The manifest & unmanifest are
One as the ultimate reality*

Om Mani Padme Hum

*I rest in the flowering of the
lotus of my heart*

”

WHAT A DAY IN THE LIFE LOOKS LIKE

MORNING

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

AFTERNOON

- >> Read, create, paint, color, journal or more light yoga asana. Do something relaxing & creative & do avoid watching TV & social media. Remember this is your time to get in touch with yourself, not withdraw
- >> By noon or 1:00 have some lunch & enjoy slowly with gratitude
- >> Take a light 10-15 minute walk after lunch
- >> 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 & have a snack if need be
- >> If it is the day of the full moon or you are on your cycle, take extra time out for yourself to do whatever you need to feel replenished & thank the moon for all her energetic blessings <3

EVENING

- >> By 5-6 PM eat your third & last meal of the day
- >> Take a 10-15 minute walk after dinner
- >> Let the night hours wind you down & into more self-care practices
- >> Use the neti pot & nasya oil as you feel comfortable (neti pot shouldn't be used all the time if there isn't lots of mucous in the nose, but is a great way to clear impurities from the airways)
- >> Dry brush & 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 & then continue on with some light seated, forward folds & 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 settle in for some light pranayama & meditation before bed
- >> Avoid any screen time 1-2 hours before bed & doze off by 10 PM allowing your body a full 8 hours to rest & restore

***Depending on your work life & daily routines, know this to just be a guideline & let your days be organically whatever they need to be to suit your lifestyle. Just remember to keep your cleansing intentions & know this week you are focusing on caring for yourself & your body <3**



helpful supplements



AMPLIFY YOUR CLEANSE

You certainly don't have to take supplements for this cleanse to be effective, but these are the one's I've observed to be helpful & often many we are deficient in. I actually take most of these daily, regardless of cleansing or not so that is up to you what you decide to incorporate into your life.

I have categorized them in to a few groups & you will find more groups & helpful supplements in my New Moon Cleanse :)

Our gut is home to 100 trillion microorganisms often called our gut flora. This microbiome is a delicate ecosystem that enables hormonal balance, digestion, immunity, & pretty much every function imaginable! After all, digestive health is critical to our entire well being! We can feed a healthy microbiome by consuming foods that have prebiotics & probiotics.

GUT SUPPORT



- Triphala
- Prebiotics > chicory root, asparagus, Jerusalem artichoke, unripe banana, dandelion greens, leeks, jicama
- Probiotics > apple cider vinegar, coconut kefir, brine cured olives, kimchi, kombucha, sauerkraut, tempeh, miso
- Digestive Enzymes (when needed)

IMMUNE SUPPORT

- Vitamin C
- Spirulina
- Barley Grass Juice Powder
- Turmeric + black pepper

STRESS & CORTISOL MANAGEMENT

- Ashwagandha
- Shatavari
- Lavender
- Magnolia

ESSENTIAL VITAMINS & MINERAL

- B Complex vitamins
- Vitamin C
- Vitamin D3
- Vitamin B12
- Liquid ionic magnesium
- Selenium
- Iodoral
- Zinc



CLOSING MOON PRAYER

Let this time you've taken to expand your radiance
& glow with the full moon
trickle into the rest of your week, month, year &
hopefully the rest of your life!

The routines laid out in this cleanse are not meant
to just do every once in awhile, but everyday to
move you into a space of clarity &
peace, enabling you to feel all the
joy life has to offer you!

This cleanse is merely the
beginning of choosing daily what is healthy &
nourishing for you & your unique Self.

Let the light guide you &
only acknowledge the shadows as they pass.

Peace & joy is always available to us, we
just have to choose it <3

~ Om shanti ~

Kitchagi

RECIPE



CHOOSE 1 OF THE FOLLOWING:

- > 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

...now proceed with the following ingredients:

- > 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 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, kale, etc.)
- > Zucchini, carrots, peas, your choice of veggies!
- > Basil, Parsley or Cilantro &/or lime to garnish

ESSENTIAL 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

OPTIONAL/ADDITIONAL 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)

essential spices



COOKING DIRECTIONS

1. Soak the mung beans for 6-12 hours. I often do this over night. You should soak the rice & quinoa for at least an hour as well.
2. Rinse mung beans & rice thoroughly in a fine strainer with cold water.
3. On medium-heat, put in a pot the coconut oil adding the fresh ginger & any seeds you've chosen such as the cumin & 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 & rinsed mung beans and rice/quinoa/cauliflower blend (whichever you chose). Stir everything together.
5. Add all your water and kombu. Once brought to a boil, turn down to a simmer & lid it. Let sit > stirring occasionally for about an hour for rice & 30 minutes for quinoa & cauliflower blend. Cook time will vary if you used whole mung (longer cook time) or split (shorter cook time) Add veggies when there's about 30 minutes left of cook time.
6. Once close to being done, add any leafy greens.
7. Garnish with basil, parsley cilantro, lime, or lemon - Voila! Kitchari!!

