

Top Ten Things to Know About the Ayurvedic Cleanse

I'm getting a lot of questions about the group cleanse from interested parties and those who are signed up and chomping at the bit. I have drafted this little number to help you get started on a few diet and lifestyle ideas, as well as get a clear idea of what is involved in the spring cleanse, for those who are on the fence.

1. For the 4-7 days you will be following a mono-diet of rice and mung beans OR a simple diet of grains and cooked vegetables. The additional days you see marked off for the "on-line cleanse" implies that you will be eating only whole foods during that time. No white sugar, wheat, alcohol, dairy, coffee.
2. During these dates you will want to **rest** as much as life allows, optimizing your body's ability to clean up house. Avoid extra social activities; plan to stay home a lot.
3. This week will require you to prepare daily a one-pot meal in the AM, which you can enjoy 3 times throughout the day, and bring to work.
4. If you have heard from past cleansers about **ghee** and castor oil, these elements are completely optional. If you don't know what I'm talking about, don't worry about it.
5. If you are addicted to **coffee**, begin reducing your intake by ½ cup every day until you get down to one. You can take tea if necessary instead. You may be able to get down to ½ cup and perhaps only tea before the cleanse starts.
6. If you have activities or **travel** you cant avoid and need to alter the dates, this is possible. I find it most effective if participants join in for the meetings and follow along with the group, although they may be off by a few days. It is important to choose a time where you can enjoy the relaxing program without feeling stressed out. However, for some of us, this ideal may not present itself. Taking time for **self-care** is probably the biggest learning curve of Ayurvedic cleansing. Reflect on this as you decide whether this is the time for you. I have seen participants release perfectionism about the experience and really enjoy "**doing my best**" and taking benefit from even one Ayurvedic routine, even while on the road.
7. This is a great time to learn how to cook a few simple things.
8. There is lots of room to modify, eat a few additional foods if your blood sugar gets low, and make it work for you where you are at.
9. Make it nicer by beginning to **reduce** now: caffeine, sugar, wheat, dairy, meat, and alcohol. No need to go cold turkey, take it slow and don't be an extremist.
10. If you think you need more guidance, I am available for private consultation via Skype or in Boston.