

Top Ten Things to Know About the Ayurvedic Spring Cleanse

I'm getting a lot of questions about the spring 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 dates of April 15-20 (Ann Arbor group) and April 17-21 (Boston group) 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, 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 less important in the spring cleanse and 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 can't 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.

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