Cleansing Reset

General guidelines to print and carry with you

Week 1, Preparation Week

1. **Make Space.**
   clear clutter
   clean out refrigerator and cupboards
   create space where you can sit each day
   flowers, candle, notebook/pen…

2. **Meal Planning + Hydration + Step down from these substances 1/3**
   every few days: alcohol, caffeine, sugar, recreational substances, dairy, processed carbohydrates, meat
   substitution suggestions:
   -alcohol: sparkling water with lime or pomegranate spritzer
   -caffeine: dandelion tea or other herbal teas
   -sugar: cooked apples/pears with raisins
   -dairy: nut milk
   Hydration
   cooked water in the morning with salt and lemon for the day
   sipping regularly. Stop by 7 pm
   herbal teas: ccf, tulsi blends, mint

3. **Live in Rhythm**
   regular wake time (with sun)
   regular meal times (largest mid day; supper no later than 7pm)
   vigorous exercise during the daytime; complete by 7pm
   unplug the hour before bed
   regular sleep time (by 10 pm)

Shannon McCall, 2026

4. **Support Agni + Digest Ama**

-Eat 2 - 3 meals/day at regular times without snacking
-Sip CCF tea with and between meals
-Chew 2 Blood Cleanse tablets with warm water before lunch and dinner
-Sauna, Steam or Hot Bath (morning or before bed)
-Daily Walk
-Chew 1 - 2 Triphala tablets with warm water before bed (One tablet if elimination tends to be complete without straining. Two tablets if elimination is sometimes incomplete or you experience constipation).

6. **Calm your Mind and Spirit**

-Sit in silence
-Meditate
-Journal
-Contemplate
-Drink tea
-Be with loved ones.

7. **Breath/Body Practice**

-Asana, walks, resistance training

8. **Sense Organ Care**

-Ear oiling with pinky
-Skin brushing and oiling (abhyanga)
-Eye rinsing with cool water
-Tongue scraping and gargling/swishing
-Neti pot and nasya (or pinky in nostrils)

9. **Plan your inner oleation and purge timing using** this document.

- Begin ghee drinking 6 days before planned purgation day; i.e., If you plan to do your castor purge on Saturday of detox week, you'll begin drinking ghee on Sunday of Week 1.

Week 2, Cleanse

1. **Continue all week 1 practices** except for vigorous exercise.
   - **Don't practice full abhyanga on ghee drinking days.** Instead, at bedtime, apply oil to crown of hear, inner ears and massage into the soles of your feet.

3. Support agni and digest ama

Daily CCF
Ginger pickle or Hot ginger root tea for *erratic* or *slow* digestion
Coriander Water if *hot* digestion
Daily sitting in silence and breath/body practice
Daily sense organ care

4. **Simplify diet**

-Kitchari with ghee and vegetables for 5 - 7 days. *Follow post purge diet on purge day.*

5. **Use elimination support** as needed to keep bowels moving well

6. **Daily abhyanga** with Steam or Sweat.

*No abhyanga on ghee drinking days (see 2. Above) or purge day.

7. **Practice Daily** Yoga Nidrā, 24 minutes savanna

Week 3, Ease Back

1. **Stop taking the Blood Cleanse herbs (put them aside for Spring).**

2. **Follow the post purge diet for first three meals after completion as outlined on your cleansing doc.**

3. **Continue Week 1 practices**
   Daily cooked water
   Daily CCF, Hot ginger root or Mint Tea (other herbal teas as enjoyed)
   Daily sitting in silence and breath/body practice
   Daily sense organ care

3. **When you've completed the post purge diet, add back 1 new cooked food each day using add-in schedule to support you.**

4. **Alternate rest (yin) with activity (yang)**
   Tune into your real energy. Train yourself not to push through, even a 5 minute break is so helpful.
   Bring more vigorous exercise back.

5. **Weekend of Ease Back give yourself a <u>gentle basti (enema).</u>**
   Eat easy to digest, warm foods on basti day