

RASAYANA

Rasayana is a sanskrit word referring to building the ‘rasa,’ which is the first tissue our bodies produce from the food we eat. *Rasa* has many meanings including, ‘juice,’ ‘taste,’ ‘lymph,’ and for our purposes, refers to the fluid part of the blood and the lymphatic tissue.

During our cleanse we cleaned the lymph using total body cleanse herbal formula, and by eating a cleansing diet. Now post cleanse, we will eat foods and begin to take herbs to build stronger tissue. You remember the *langhana*—lightening—and *brmhana*—building that we talked about in week 1? We are entering the building phase.

Building foods tend to be heavier and have a predominance of the sweet taste. They include things like meat, dairy, whole grains, dates, avocados, sweet potatoes, nuts, beans and legumes (have both a cleansing and building quality—cleansing because of their high fiber content).

First, simply add some heavier foods to your diet, like some avocado with your kitchari; or a sweet potato with ghee on the side.

After a few days, you can re-introduce some meat soup (chicken is good; fish is good but is heating, so careful if your environment is already hot at this point in the year), a *little* dairy, like 3 oz., a small handful of soaked nuts, you get the idea.

Pay attention to your agni—make sure your **appetite is strong for your meals**, and also **pay attention to quantity**, even if you’ve lost some weight and want to put some back on, you don’t have to do that all at once. Take care not to overwhelm agni by eating too much or too often. **This is the single most important thing to track post cleanse.** You can trust this as a barometer for how you’re doing.

We will go ahead and finish the bottle of TBC herbs and triphala even as we start to add more foods into our diets.

When the TBC is finished, you can add some rasayana herbs.

Here are three rasayanas I recommend. You can enhance their building and brain support by adding a teaspoon of melted ghee to the liquid in which you take them (usually milk, milk substitute or hot water) **Pick just one and take it daily either first thing in the morning, in the late afternoon, or before bed (you can blend any of these into the date shake recipe). Take at the same time each day** (if you forget, it's OK to take at one of the other times).

Rose Gold: good for most, especially those of pitta or vata constitution. Anti inflammatory, building and nourishing.

Cacao Desire Magic good for most, especially those looking for hormonal support. Not recommended for those with estrogen sensitivity (breast cancers, other growths).

Spring Superfoods Blend: Good for most: especially good for those with allergies, inflammation, and for kapha types.

Reach out if you have questions.

You're invited to schedule a 15 min session with me to close your cleanse and talk about next steps. (If the link doesn't work, please copy and paste this one into your browser: <https://www.livingintobalance.com/bookings-checkout/complimentary-15-minute-coaching-session>).

Thanks for being part of the cleanse group this Spring!