LIVING INTO BALANCE

YOGA + AYURVEDA

FALL DIGESTIVE RESET





Introduction

Āyurveda, the traditional medicine of India, originated 2500 - 5000 years ago. It's a complete medical system addressing the body-mind-spirit wholeness of each individual. **It describes those things which lead to health and wellbeing and those things which lead to disease and suffering.** It's purpose is to support each one of us in building health so that we can each live a long life, and fulfill our dharma, our unique destiny.

Today, research into longevity and what supports it shows that Āyurveda got a lot of this right. Health and disease creation are multifactorial. It's not one thing that will cure or cause disease, but all the things, including healthy relationships, diet, sleep, stress management, wise supplementation when needed, and an understanding of one's genetic weak links and how to support them.

Sleep, Diet and Energy Management are the 3 pillars of health according to Āyurveda. The one who is healthy is called *svastha*--seated within herSelf. In our modern lives, so much pulls us out of ourselves and away from svastha. Our five senses and our minds are often wildly overstimulated or wrongly stimulated, and this exhausts and depletes us, interferes with sleep and digestion, and is a root cause of disease.



Alignment with Natural rhythms, Meditation, conscious breathing and movement, prayer, contemplation, time in good company, in Nature, and with Wise teachers and texts, are some of the resources that help us get grounded in our bodies, remember ourselves, and begin to heal.

The digestive reset is part of a seasonal rhythm of returning to and refining a healing daily diet and routine (*dinacharya)*, while supporting the body in ridding the excess of the previous season and flowing into the next one with more ease and stability. It's the daily rhythms we live each day that create the soil in which good health can take root and flower.

During the digestive reset we'll be returning to rhythmic living, balancing our digestive fire (*agni*), clearing some of what remains undigested (*ama*) and starting fresh. We'll be taking more intentional time to unwind and process all that's going on within us as a mind, body, consciousness organism. We'll address both the subtle and physical layers of our Being in this Reset.

According to Āyurveda, Everything we take in, whether food, liquid, or life experience has to be digested. On a physical level, good digestion = good quality tissue. On a psycho-emotional level, well digested life experience = wisdom and understanding (while undigested experience may keep us stuck and disconnected from our body and deeper Self).



Much of our focus in the Reset will be on a deeper understanding of our digestive fire (agni), and how the relationship between the fire in the gut and the fire in our minds. We'll reduce toxicity, *ama,* and deepen our understanding of how to eat and live in a way that creates vibrant health and wellbeing. **This is a beautiful study!**

As agni grows stronger and more balanced (not too hot, not too cold; but stable and bright), we'll experience how this flame relates to our deeper feelings of inspiration, illumination and faith.
Are you ready?

I'm so glad you're here!



Phase I

PREPARATION

WEEK 1

The preparation phase--*purvakarma = "before action"*--is a time of getting our body-mind-consciousness ready for gentle purification. We'll do this by making space inside and out, refining our daily routines, reducing those things which are toxic to the body, mind and consciousness and by following the healthier eating guidelines. We'll enjoy a whole food's diet, increase hydration, schedule time for breath-body practices and prioritize time outdoors and in good company.

Research into circadian rhythms shows that aligning with the daily solar cycle; i.e., waking with the sun, sleeping at night, eating more during the day, and less after sundown, supports better sleep, energy, mood, digestion and elimination. This living in rhythm with the sun is a central focus of our Reset.

On the following pages I'll lay out the basic principles we'll follow to support diet, sleep and energy management/exercise.

Here we go!

WEEK 1

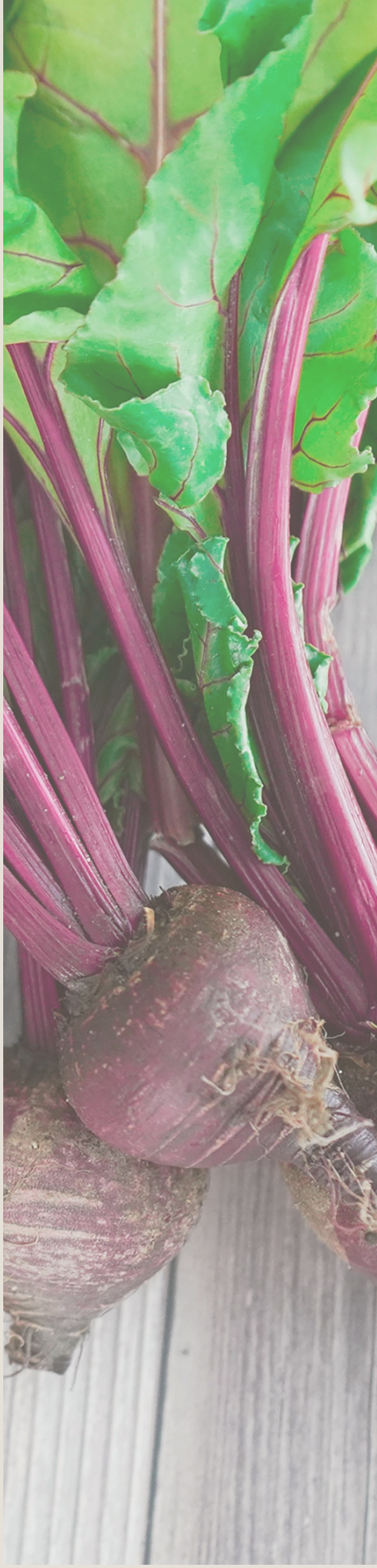
HEALTHIER EATING GUIDELINES

- Read and follow the Art of Healthy Eating.
- **Eat 2 - 3 meals/day at regular times**, with your largest meal mid-day. You can use the recipe booklet or your own recipes, vegan, vegetarian or carnivore.
- Enjoy sips of warm- hot water every 15 minutes or so, completing by 7pm. No cold water.
- Wait *at least* 3 hours after a meal, before having your next meal.
- Avoid snacking on anything besides some cooked fruit.
- **Cut back by ⅓ every few days on** caffeine, sugar, alcohol, tobacco, recreational substances, media and phone use. By next week we'll want to eliminate (or limit) these things.

EXAMPLES OF WHOLE FOODS

:

- Whole grains: basmati rice, quinoa, amaranth, millet steel cut oats.
- Beans and legumes
- Organic meat or dairy
- Organic Oils
- Fresh seasonal fruits and veggies like
    - Avocados
    - Apples and Pears
    - Berries
    - All Green Leafy Vegetables,
    - Dandelion greens
    - Beets and their Greens
    - Burdock root
    - Carrots
    - Daikon Radish
    - Red/Purple potatoes
    - Sweet potatoes
    - Squash



WEEK 1

HYDRATION AND HERBS

- Start the day drinking a cup of cooked water. Boil 6.4 oz of purified water. After boiling add ½ tsp. mineral or sea salt and 1 T lime (more cooling) or lemon juice (more heating). Shake or stir well. Cover and consume that water throughout the day. If you like hot water, pour some in a thermos after boiling. If you like room temp water, drink once it's cool. Go Deeper: put some of your water into a glass container with a lid and charge it by leaving it in the sun or moon for 8 - 12 hours.

- Hydrate Regularly throughout the day. Try to take a few sips (1 - 2 oz) of water or herbal tea every 15 minutes throughout the day. Stop drinking by 7pm to minimize waking to urinate.

- Sip CCF te with meals: great for balancing digestive function.

- Take 1 or 2 Triphala tablets (½2 - 1 tsp powder) with warm water before bed (Take 1 if your elimination is adequate and easy to pass already; Take 2 if your elimination tends to be hard, dry or incomplete.



DAILY ROUTINE

WEEK 1
MORNING RITUALS

- Read about and incorporate an Ayurvedic Morning Routine.
    - If your time is short in the morning, pick just one or two practices to practice each day.

- If you're dealing with congestion or seasonal allergies, add neti to your morning daily.
    - If you don't have a lot of congestion, add neti once or twice a week to support clear nasal passages. Later lubricate your nostrils with some of your nasya oil.

.



DAILY ROUTINE

WEEK 1

- Connect to your deepest intentions when you practice. Self care is not about self-improvement, it's about increasing awareness of what it is to have a body, mind, consciousness, and how to care for ourselves. If you're a perfectionist by nature, or feel undeserving of your time and attention, try to notice when these self-images take over. Take a breath, tune in more deeply, and instead of trying to squeeze it all in, or rushing through, practice your daily rituals with presence and love.
    - When we practice in a hurry, checking one more thing off our to-do list, we trigger adrenaline and cortisol, stress hormones, which dry us out. Love, triggers oxytocin, the bonding/feel good hormone, supporting us in letting down and nourishing all of our tissues with more softness and juiciness. Your routine can be an expression or self-love.



WEEK 1
EVENING RITUALS

- **Eat supper early, no later than 7 pm, and then close the kitchen.**
    - Eating early allows you to digest your dinner before sleep, which supports sound sleep, lower blood sugar in the morning and waking with a lighter body-mind. Go for 10 -12 hours between supper and breakfast.

- **Have a hard stop to your workday; ideally no later than 7pm.**
    - Let evenings be about unwinding and connecting with family, friends, pets, yourself. Stroll outdoors, complete simple household chores, play a game or read/watch something up-lifting.
    - Notice the first pull towards sleep and train yourself to go with that.

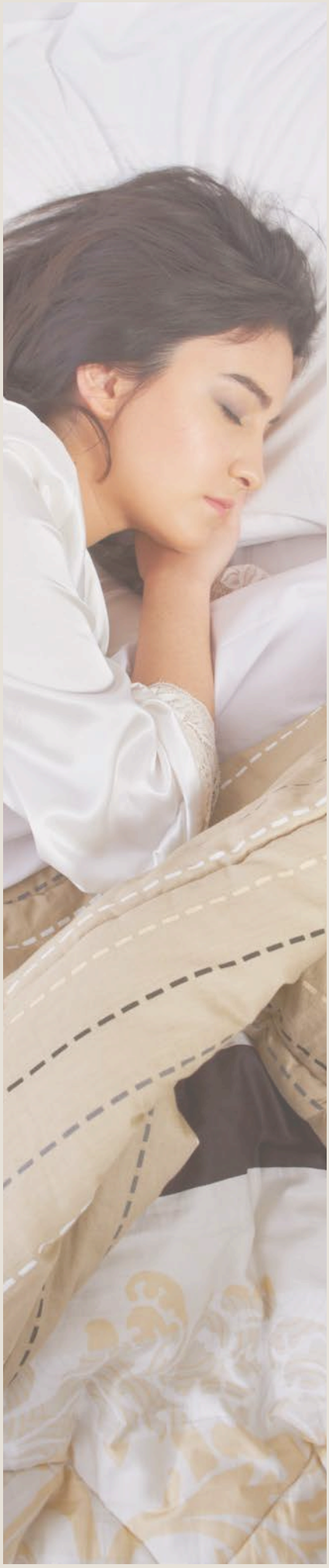
- **Keep lights low after sunset and unplug an hour before bed.**
    - Overhead lights mimic daylight. Blue light from electronics is stimulating and interferes with melatonin secretion. Melatonin is the hormone that triggers sleep. Give your brain time to power down.
    - At bedtime, turn wifi off in your house, or put your devices into airplane mode.



EVENING RITUALS

- **Go to bed by 10 pm (or earlier).**
  - Humans are diurnal creatures. The body-mind functions best when we live in alignment with the solar cycle. Early to bed, early to rise....
  - Āyurveda's daily clock aligns the fire element and pitta dosha with 10 - 2 am/pm. This corresponds with the peak of Solar energy during the day, the time when digestion is strongest, and we can have our main meal. At night, that same metabolic energy supports liver detoxification and other repair in the gut. Stay up past 10pm +- and even if you're tired, you'll likely have a harder time falling asleep when the fire element increases within.
  - **If you're a night owl**, train yourself by going to bed 15 minutes earlier each night, and set your alarm for 15 minutes earlier the following morning, Continue to shift down every week until you've adjusted to an earlier bed time. Enjoy more "me time" in the early morning when you're fresh.

- **Go to bed and wake up at the same time daily.** The regularity will support your ability to sleep and wake with more ease. **Even regular irregularity is helpful if you have some earlier mornings or later nights because of life responsibilities.**



WEEK 1

CLEAR SPACE IN YOUR HOME

Macrocosm/microcosm. Clear your outer space to reflect the clearing of your inner space. Let your home reflect your care.

- **Clean out your refrigerator and kitchen cupboards.** Discard or donate anything that doesn't support your cleanse.
- **Marie Kondo your closet:** clear, sort, donate, take to good will.
- **Delete old emails** and unsubscribe from lists you don't want to be on.
- **Create Beauty in your space.**



ASK FOR SUPPORT FROM YOUR PARTNER/KIDS/HOUSEMATE/FRIENDS

- **Have clarifying conversations with those with whom you share space and a kitchen.** Let them know what you're up to and what they can do to support you. Negotiate for what you need. Make requests. Be proactive.

WEEK 1
JOURNAL PROMPTS

- **Your What and Why:** spend some time journaling about what you want from the reset and why you want it. How do you want to feel a month from now? body? mind? energy? spirit? Why is that important to you? Keep asking, "Why" until you get underneath your surface desires to what really matters to you right now. **Go Deeper: Share** your what and why on the Community forum).

- **Daily:** write a few sentences about how you're feeling and what you're noticing. **Go Deeper**: morning pages--write 3 full pages--or for 10 minutes without stopping (set a timer)--emptying your sub conscious mind onto the page. No editing. Just keep writing. You can change topic mid sentence, stop mid word, no problem.





PHASE II

CLEANSE AND LET GO

WEEK 2

This week, we shift into cleanse mode. We'll eat a very simple, easy to digest diet which will provide just enough nourishment, while giving our digestive tracts a bit of a rest.

We'll continue with our hydration and herbal protocols from preparation week.

Our emphasis now is on listening to our *real energy* as much as possible. **Rest, digest, release and let go.** Schedule in as much couch time as you can to support this process. Meditate, be outdoors if the weather allows, journal, practice yoga nidrā, be. Enjoy gentle and restorative yoga and walks outdoors. **Hold off on strong exercise this week. You'll be able to pick it back up post cleanse.**

CLEANSE AND LET GO
WEEK 2
DIET

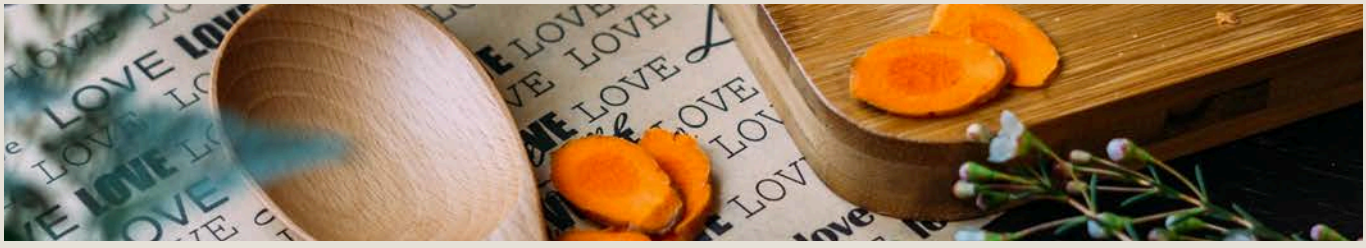
- This week we'll simplify our meals following the Cleansing Diet. Our main food will be kitchari with vegetables. Kitchari is made of mung beans, rice and spices, and has enough protein to keep you grounded, but is lighter to digest than many foods, and mildly detoxifying.

- Have your largest serving mid day, between 11 am and 2 pm.

- There are no calorie restrictions, so if you're hungry, have an extra helping of kitchari.

- Some of you with lighter body types may choose to end your kitchari diet after 5 days. If you feel heavier, the 7 day kitchari fast will be great for you.

- Continue to emphasize the art of healthy eating guidelines.



WEEK 2
HYDRATION AND HERBS

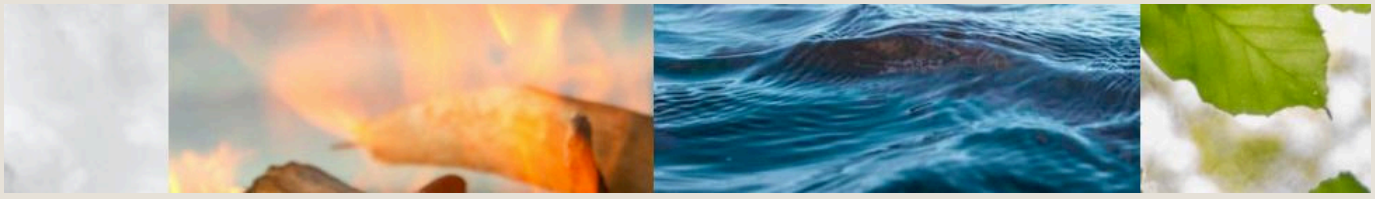
- Continue to start your day with a cup of hot cooked water.

- Sip CCF tea with and/or between meals. Avoid fizzy water and juices.

- To strengthen digestion that feels slow or variable, add a ginger pickle: thin slice of ginger with a squeeze of lemon and a dash of salt. Eat this 20 min. before your meal.

- To cool digestion that tends to be too hot or acidic, enjoy some coriander water before your meal. Soak 1 T coriander seeds to 3 Cups of cool water and let sit overnight or in the moonlight. Drink ½ - 1 Cup 20 min before meals.

- Continue taking triphala before bed. If elimination is sluggish, double the dose. and incorporate these recommendations into your routine.



WEEK 2
DAILY ROUTINE AND EVENING RITUALS

- Continue your daily morning and evening rituals from week 1.

- This week we'll add Abhyanga Massage. Here's how
  - In a warm room give yourself a light body scrub with a loofah or dry washcloth, followed by an abhyanga massage before you bathe.
  - Use your dosha specific oil mixed 1/2 and 1/2 with sesame oil. Leave the oil on your skin for 20 minutes before bathing. Sit in a sauna or steam with the oil on if possible. Follow with a hot shower or bath. Practice abhyanga in the morning or evening.
  - If you are oilier by nature, you might prefer to do more body scrubbing, and use just a small amt. of oil OR, use the oil just on the crown of your head (scalp not hair so much), ear canals, and massage it into your feet before bed.
  - Those on the cleansing track will skip abhyanga on the 3 ghee drinking days--and only massage oil onto the crown of your head, your ear canals and the soles of your feet.



JOURNAL PROMPTS FOR WEEK 2

- **Write a few sentences or more on any of these:**
  - How does it feel to take this much time for yourself?
  - What comes up for you around resting and taking down time?
  - What do you notice about, digestion, sleep, waking?
  - Which daily rituals feel the best to you?
  - What shifts are you being called to in your life?

- **Use any of these prompts for 10 minutes or 3 pages of "free writing,"** writing without stopping, stream of consciousness style, without editing-- just getting it all out on the page.
  - I'm grateful for...
  - I feel...
  - I want...
  - I don't want...



CONGRATULATIONS ON COMPLETING CLEANSE WEEK!





PHASE III

EASE BACK AND REJUVENATE

WEEK 3

This week, we'll ease back from the cleansing diet, and start adding in more foods. **This transition is arguably the most important part of the process.** After giving our digestive tract a break, introduce new foods back slowly. giving your body a chance to adapt.

This week, pick one or two foods to introduce each day, eating your largest meal during the day. Continue with your daily rituals, and the relaxation with which you do them. Less is more. Bepresent for what you do to enhance the benefits.. Listen to your body, your true hunger, your real energy, and respond appropriately to enhance the good effects of your cleanse week!

EASE BACK
WEEK 3

DIET

- Continue to follow the Art of Healthy Eating Guidelines.
- Eat 2 or 3 meals a day at regular times, with your largest meal mid day.
- Supplement the cleansing diet with freshly prepared, warm soups, baked root vegetables with ghee or olive oil, whole grains and cooked vegetables. Use these Ease back guidelines to support your body intuition.
- Continue to sip CCF tea with meals.
- Avoid raw and cold foods like salads this week.
- Avoid refined sugar and carbohydrates, alcohol and recreational substances for another week or longer.
- Notice how what you eat affects you. You might find foods/beverages that once agreed with you, don't right now. Trust your body's signals.



EASE BACK
WEEK 3
HYDRATION AND HERBS

- Take 2 or 3 drops of nasya once or twice a day, (morning and late afternoon is nice). Take it between meals. Alternately, you can practice pratimarsha-oiling the nasal passages with oil from a clean little finger.You can continue your neti practice weekly or as needed in the mornings. Separate neti and nasya times by an hour or more.
- Continue to sip on CCF, and other herbal teas you enjoy regularly throughout the day.
- If you enjoy caffeine, bring back a serving in the morning.
- Continue to take 1 or 2 Triphala at night with warm water before bed. until it's gone.

MORNING AND EVENING RITUALS

- Continue your morning and evening rituals.
- Now is the time to add in a little more vigorous exercise. Build back slowly.
- Train yourself to notice energetic dips, and lie down for 5 minutes instead of pushing through.
- Add a daily rest of 24 minutes to your day before or after lunch.



EASE BACK
WEEK 3
JOURNAL PROMPTS

- **Reflect on how you'd like to move forward post cleanse:** Foods/Activities you want to continue with? Foods/Activities you want to reduce or eliminate? How can improving your health benefit your family? Your community? The world at large?

- Use this mandala habit tracker to chart what you're up to.

THANK YOU SO MUCH FOR BEING PART OF THIS SEASON'S RESET!!



ABOUT THE HERBS

CCF Tea: made of equal parts cumin coriander and fennel seeds, helps to balance the digestive fire and support more easeful digestion, not too hot, not too cold.

Triphala, made of three dried fruits, rejuvenates the GI tract, specifically the health of the microvilli, while supporting a more complete elimination. It's tri-doshic which means it appropriate for all constitutions. It's high in vitamin C and supports more complete elimination, and is widely used in many Āyurvedic herbal formulas. **It is contraindicated for:** pregnant women, during first few days of menses, and for those with loose stools and diarrhea.

Super Nasya is a tridoshic formula used to lubricate and protect the sinus cavity The herbs open the sinuses, and calm the mind. Snorting oil (like using a neti pot, but more lubricating) supports the movement of wastes out of the head, including the brain's glymphatic system. A gently purifying and nourishing therapy.



ABOUT THE DAILY PRACTICES

Tongue scraping removes accumulated bacteria from your tongue and gently stimulates your internal organs.

Drinking warm-hot cooked water first thing in the morning: hydrates the body, gently cleanses the kidneys and supports peristalsis. Boiling the water and adding tiny bit of mineral salt, citrus and heat makes the water more digestible and supports the cells in receiving the water, making it truly hydrating.

Using your neti pot with watm water and non-iodized salt, opens and clears your sinuses, and supports the movement of waste in the head out of the body.

Dry brushing is stimulating and gently exfoliates your skin, while reducing excess fat tissue and supporting lymphatic circulation.

Warm oil self-massage (abhyanga) nourishes and protects your skin. When left on the body for 20 minutes or more, the oil penetrates the 7 layers of the skin, calming and nourishing the deeper tissues of the body, especially the nervous system. **Following oil massage with a hot steamy shower, bath or sauna** supports detoxification through sweating. **Sesame Oil** is warming and considered the most nourishing of all oils. **Doshic Herbalized oils** deliver herbs to your system through your skin, and enhance and modify the qualities of the carrier oil..

Hot Sips taken regularly support a healthy digestive fire and help the body to digest *AMA*, undigested food-stuff.



SHANNON MCCALL, 2026

WWW.LIVINGINTOBALANCE.COM

© DESIGN BY SOLEA ANANI

The Art of Healthy Eating

How you eat your food is even more important than what you eat. In fact, Ayurveda understands that eating is one of the most sacred experiences we have. After all, when we eat our food, we are taking in the atoms and molecules that have been around in different forms since the beginning of time and asking them to become a part of us. If we eat our food properly, with awareness and respect, the food joins well with our bodies. If we do not, the food has difficulty joining with our bodies and causes gas and other digestive disturbances. The end result of poor digestion is *ama* (toxins formed from poor digestion) and this leads to disease. Hence, in Ayurveda, we try our best to make eating a form of meditation (to eat in peacefulness and with awareness) and sadhana (taking ordinary activity and approaching it with spiritual awareness).

The Five Major Rules

- Begin meals with grace or by simply taking 3-5 slow breaths with eyes closed. This prepares the body to receive the food.
- Eat in a calm environment where there is little distraction. It is best to avoid having the television or the radio on. Avoid excessive conversation and all conversation about emotionally intense issues. Avoid reading.
- Chew your food until it is an even consistency. This requires your attention to be on the food in your mouth. There is no magic number of times to chew food. Chewing properly improves digestion and absorption of the food.
- Eat at a moderate pace and until you are 75% full. Overeating is one of the major causes of disease in our society. When we eat too much, digestion becomes difficult. When we finish eating, we should not feel heavy and we should not feel hungry. We want to feel satisfied. This is what is meant by 75% full.
- Following your meal let your food digest some before going on to the next activity. It is best to wait 15-20 minutes for food to digest. During this time engage in light conversation or read a light book. You can also go for a slow walk. If you are rushed, take at least 3-5 slow breaths to close the door on this sacred experience.

Additional Tips

- It is best to drink only a little bit of liquid with meals. One-half cup of room-temperature water is average. Dry meals may require more. Moist meals, like soup, require none at all.
- Take all water and drinks at room temperature or warm. Cold drinks destroy the digestive fire and decrease digestion. This is true not only at mealtime, but also throughout the day.
- The body's rhythms mirror those of the universe and digestion is strongest around noon when the sun is at its peak. Therefore, it is best to eat a larger meal around noon and have a lighter meal in the morning and the evening.
- Allow three hours between meals for food to digest.
- Eat food prepared with love. The energy of the cook is always in the food.

Ayurvedic Morning Rituals

15 - 60 minutes to set the foundation for a great day.

- Wake at or before dawn: Go to bed by 10 PM the night before.
- Greet yourself with love— Recognize the preciousness of LIFE. Give gratitude for another day of life.
- Scrape Your Tongue: Use a stainless steel tongue scraper or metal spoon. Scrape 7x back to front. Rinse the scraper in between scrapes. Follow with the rest of your oral hygiene.
- Rinse Your Eyes with Cool Water.
- Drink 8 - 12 oz Hot Water: Room-temperature is also good. Add fresh lemon or lime if you like.
- Move and Breathe: Brisk walk, asana, tai chi 6 min minimum.
- Sit in Silence: 6 min minimum.
- Dry Brush your skin with a body brush or scrubby mitt. Follow with a warm shower. End with a cool - cold water rinse. While your skin is still damp, massage a little body oil into your skin from head to toe.
- Eat a Nourishing Breakfast: Enough to satisfy, not so much to weigh you down. Those without a morning appetite can skip breakfast and have brunch instead).

Neti

(nasal cleansing with water)

Benefits of Neti	
Cleanses the cranium & bestows clairvoyance	Protects against tension headache due to eyestrain & middle ear infection, inflammation of adenoids, & inhibits formation of nasal polyps
Destroys diseases which manifests above the throat	Helps mouth breathing in children which can lead to poor memory, poor concentration & poor development
Removes accumulated mucous from nostrils, associated passages (Eustachian tubes) & sinuses	Relieves muscular tension in the face and nervous ticks
Relaxes & irrigates the eyes	Helps maintain facial youth & freshness
Makes the voice clear & resonant	Releases emotional tension & is beneficial in anxiety, depression, hysteria & epilepsy
Maintains healthy secretory & drainage mechanisms of the entire ear, nose & throat	Promotes balance between left & right nostrils & therefore the hemispheres of the brain. This induces harmony and balance in the central nervous system as well as the systems governing respiration, circulation, digestion and excretion.
Wards off colds, cough, allergic rhinitis, hay fever & tonsillitis	Promotes optimal balance in the frontal lobes of the brain which leads to genius, creativity, intuition
Maintains immunity of ear, nose & throat	Promotes Divya Drishti – divine vision, faculty of clairvoyance which manifests with the awakening of ajña chakra (the third eye)

Neti Instructions

- Heat pure water to body temperature– test on the wrist. Overly warm water can cause damage to the sensitive nasal tissues. Use caution. Overly cool water will disturb Vata Dosha.
- Fill the neti pot with the warm water, and add approx. 1/8 teaspoon of non-iodized salt (pure sea salt or mineral salt is recommended) and stir until completely dissolved.
- Tilt your head to one side and insert the spout of the neti pot into the raised nostril creating a seal between the neti pot and the nostril rim and allow the water to drain out the lower nostril. If the water drains out of your mouth, lower your forehead in relation to your chin. Relax. If you are calm, the water flows right through. Keep breathing through your mouth, relaxed, and the water will naturally gently flow through your nasal passage.
- When finished, clear the nasal passages by bending forward at the waist and gently exhaling

Copyright © 2017, Vasant Lad, MASc, and The Ayurvedic Institute. All Rights Reserved.
For more information about Ayurveda, contact The Ayurvedic Institute,
11311 Menual Blvd NE, Albuquerque, NM 87112 • (505) 291-9698 • www.ayurveda.com

through each nostril separately. Repeat a few times until the passages are clear. Do not blow your nose forcefully.

- Reverse the tilt of your head and repeat the same process on the other side.**If your nasal passages become dry and/or cracked:**
- You may lubricate the inside of the nostrils with ghee (marshya)
- You may stop performing neti pot to allow the nasal passage to heal. Then perform nasya to oleate the inner nasal passages.
- Never perform nasya immediately after performing neti pot. Wait until the nasal passages are completely free of water.
- If you want to do them in the same day, it is recommended to perform one in the morning and the other at night before bed.

Indications for Daily Neti

Sinusitis
Colds
Insensitivity to smell
Minor nosebleed (after consulting a physician)
Headache
Eye strain
Eye infection

Contraindications for Neti

Suffering from chronic hemorrhage
Immediately after taking food
Immediately before or after nasya

*Otherwise, practice only 1-2x/week

Resources:
1) Dr. Vasant Lad, M.A.Sc.
2) Hatha Yoga Pradipika

Copyright © 2017, Vasant Lad, MASc, and The Ayurvedic Institute. All Rights Reserved.
For more information about Ayurveda, contact The Ayurvedic Institute,
11311 Menual Blvd NE, Albuquerque, NM 87112 • (505) 291-9698 • www.ayurveda.com

KITCHARI

"Pronounced KI-chah-REE and sometimes spelled khichadi, or kitcheri, describes any dish made with rice and beans. This creamy, porridge-like blend has been used to nour the sick and the healthy, babies and the elderly, for regular meals or during special per of detox." -Divya Alters

"Kitcharis are the core of Ayurvedic traditional healing. They are a relatively simple st of basmati rice and split mung dal which are suitable for almost every constitution…. (they) take on endless variation depending on the herbs, spices and vegetables used in them. They are the primary food in pancha karma, Ayurvedic cleansing therapy, becau of their ease of digestion and assimilation."

- The Ayurvedic Cookbook, p. 118, by Amadea Morningstar



Basic Vata Pacifying Kitchari

4 Servings

1 C basmati rice
1/2 C split mung dal
4 C water
1 T. ghee
1 t. cumin seeds
1 t. black mustard seeds
1/2 t. turmeric powder
1/2 t. rock salt
1/2 t. black pepper
2 pinches of hing (asafoetida)
2 inch piece of kombu (optional)

•Soak the rice and beans overnight, then drain and rinse well. •Heat ghee and add mustard seeds, cumin seeds and hing. Stir until they pop. •Add rice, mung dal and turmeric and stir until well blended with the spices. •Add the water and bring to a boil. Boil for 5 minutes uncovered, stirring occasionally.

- Reduce the heat to low, cover leaving the lid slightly ajar.
- After 20 minutes, add chopped veggies. You may need to add a bit more water. If so, re boil, and turn back down to simmer.
- Cook until tender, another 10 - 15 minutes.
- Add salt and finely chopped chard and let steam on top. stir in gradually and gently as chard softens. (substitute other chopped or grated vegetables on the list for different combos). Always add salt at the end because the minerals in salt can interfere with the beans breaking down and softening.
- Turn off heat and let rest for five minutes with lid on.

Optional garnish: a squeeze of fresh lime, chopped cilantro leaves, a dab of ghee or a little avocado.

Recipe adapted from Vasant Lad and Usha Lad's ~~Ayurvedic Cooking for Self-Healing~~

Suggested Vegetables for Kitchari

You many use any organic seasonal vegetables you enjoy and digest well, but avoid nightshades (peppers, potatoes, tomatoes)

Day1- carrots and zucchini

Day 2- carrots and chard or other leafy green

Day 3- daikon and chard or other leafy green

Day 4- collard greens and daikon

Day 5- celery and beets

Rice Porridge



3 Servings

Ingredients

1 cup white basmati rice (can sub quinoa for 1/2 the rice)
½ tablespoon ghee
1 pinch of cumin seeds
¼ teaspoon of salt
2 cups of hot water

Directions:

Wash rice thoroughly. Heat the ghee over medium heat and sauté the cumin seeds for a few moments until the aroma starts to come out. Add the rice and mix well. Add the salt and hot water. Bring all this to a boil and boil for 2–3 minutes. Turn down the heat to very low and cover. For stickier rice leave the lid ajar, for drier rice keep the lid on tight. Cook until the rice is tender—about 15–20 minutes.

-This recipe comes from Dr. Scott Blossom.

Breakfast Dal



- Soak 1 cup split or whole mung beans overnight.
- In the morning, drain and rinse well.
- Chop two carrots.
- Add a generous tsp of ghee to a soup pot.
- Add generous pinches of:
  - cumin seed
  - turmeric
  - fennel seed
  - coriander powder
- Add a pinch of hing (asafoetida)
- Add beans, carrots and 6 cups water.
- Bring to a boil and slow cook for about 45 min- 1 hr. I let it slow cook with the lid off so the water evaporates and the soup thickens.
- Blend and serve (okay to enjoy without blending).
- Add a pinch of pink salt to taste. Always wait to salt beans until the end because the minerals in salt can interfere with the beans breaking down.

-Recipe from Wahneta Trotter, AP

Simple Spiced Steel Cut Oats

1 serving



Ingredients

1 handful steel cut oats
enough water to cover oats + 1 inch
pinch of salt
dash of cinnamon or cardamon

Directions

- Soak oats in water overnight.
- In the morning, rinse well in fresh water and drain.
- In a small saucepan add oats and pure water covering the oats by an inch.
- Add salt and bring to a boil.
- Lower heat, cover and cook for 40 - 45 minutes.
- Check part way through and add more water if you like them creamy.
- Add cinnamon before eating.

Optional

1/2 apple peeled and cut into small pieces

Shannon McCall, 2025

Cooked Apples



Enjoy before, during or after your cleanse.

Saucy Apples

- Peel and dice a couple of fresh apples and put in a pan.
- Cover them with a little water.
- Add a small handful of raisins if you like and a dash of cinnamon and salt
- Simmer for 20 - 30 minutes Enjoy!

Enjoy before and after your cleanse.

Baked Apples

- Peel and core a couple of apples.
- Fill the center with raisins, soaked, rinsed walnuts, cinnamon, salt and top with a bit of coconut oil or ghee
- Cook in a baking dish with a tiny bit of water at the bottom at 350* until soft. Enjoy!

Shannon McCall, 2020 Shannon@livingintobalance.com

Abhyanga
Ayurvedic Self-Massage with Oil



The practice of oiling and massaging our bodies each day is central to Ayurvedic daily routine. Interestingly, the sanskrit word for 'oil,' ***sneha***, also means 'love.' Studies done on infants show that when babies are not held and touched, they often fail to thrive. High quality touch is central to human development and wellbeing. Self-massage is a sweet practice of offering ourselves love and care, while supporting the health of our skin and our nervous system.

Abhyanga **is the ayurvedic word for self-massage with oil.** Done daily, and using specific oils for one's unique constitution and present health concern, it protects, nourishes and supports the skin and deeper bodily tissues, especially the nervous system.

The skin is the largest organ of the body and is a protective barrier between our body and the world. Rubbing oil into the skin creates an additional, albeit subtle, protective layer to the skin, and to your energetic aura. Unlike lotion which sits on the top of the skin, oil penetrates through the layers of the skin nourishing and soothing the deeper tissues of the body.

Generally speaking, use sesame oil in the colder months, and coconut or sunflower in the warmer months. The following oils are balancing for the doshas.

Shannon McCall, 2025 Shannon@livingintobalance.com

Vata Pacifying Oils	**Pitta Pacifying Oils**	**Kapha Pacifying**
Sesame	Coconut/Sunflower	Sesame, Corn, Mustard

Benefits of Abhyanga

- Deeply nourishes mind, body and consciousness
- Reduces stress and supports a feeling of calm
- Makes skin stronger, healthier, more toned and lustrous
- Supports sleep
- Nurtures positive feelings and emotions
- Supports circulation
- Supports healthy elimination
- Calms the nervous system and mind
- Creates a protective layer between your body and the environment
- Balances endocrine system

How to Practice Abhyanga

Find an old bathrobe or pair of loose clothes to put on after you oil your body. Pick a warm room and place a towel on the floor for any spills. Heat your oil by pouring 1/4 C or more of oil into a small cup, and place the cup into a larger bowl or very hot water.

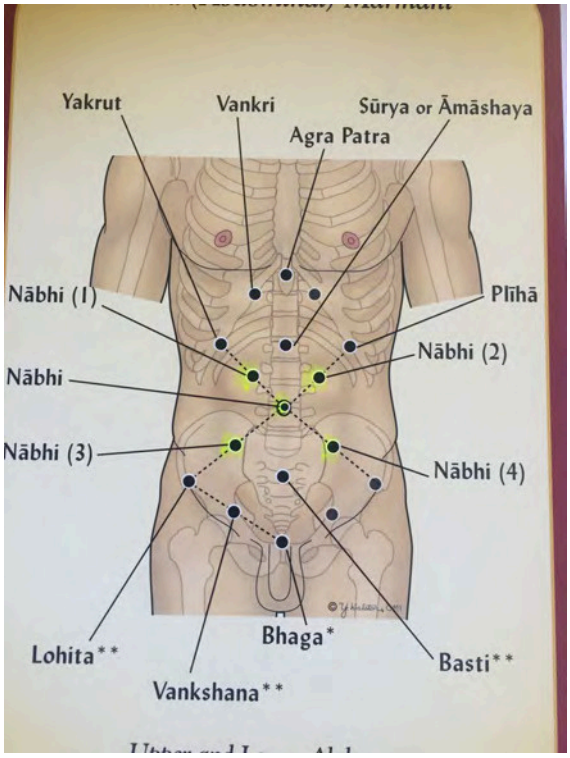
Beginning at your neck, massage the oil on your body moving downward towards your feet. Use round strokes no the joints and long strokes on your limbs. Spend a little extra time on any sore spots. Try to spend 5 minutes applying the oil. Then put on your bathrobe, or other abhyanga cloths and wait 20 minutes. If you have access to a steam or sauna, sit in it for some or all of the time (stay hydrated) It can be really nice to put a cold wet hand towel onto your head to keep your head cool.

After 20 minutes, get into a hot shower or bath. If you already sweated in a sauna, make the water cool - warm. If not, make the water hotter than normal so your pores open. Wash the parts of your body that need cleaning (anus, genitals, feet, armpits, face) and let the oil penetrate with the steam. If you have a lot of extra oil on your skin, wash it off with a very gentle soap. Ideally you will have a

Support for slow moving BMs

Sometimes changing your diet or reducing stimulants like caffeine will cause your bowels to slow down for a few days while your body adapts. If this happens during the cleansing diet, try these suggestions:

1. Double the dose of triphala you're taking each night. Take a walk each
2. day. Breathe down into your belly as you move. Do apanasana
3. (reclining knees to chest pose) and jatarparivartanasana (reclined belly pose—twist knees to one side) Breathe deeply into your belly.
4. Boil 1 Tablespoon of flax seeds in a cup of water for 2 - 3 minutes and then drink it all before bed.
5. Massage the four nabhi points shown below for 2 - 3 minutes each. Use pressure that feels good to you and breathe easily.



DIGESTIVE RESET

WEEK 3

ADD NEW FOODS SLOWLY



Guidelines to help you ease back to a more varied diet gently.

This is an excellent time to pay attention to how your gut/mood/energy/sleep respond to the foods you eat. For this week, keep it simple.

Favor: warm, unctuous, freshly prepared foods at regular times and follow the healthy eating guidelines.

- **Day 1:** Add sweet potatoes with a little ghee/coconut oil, baked squash and other roots. If you drink caffeine, enjoy some today. Sip the potassium broth between meals; add back cooked fruit, eaten an hour before or 3 hours after other meals(you can cook fruit into porridge but don't mix fruit with dairy).

• **Day 2:** If you eat dairy, add back a 1/2 - 1 serving today. Add in a little miso today (warm ferment). If you eat nightshades, add those back in.

• **Day 3:** Add back a serving of raw nuts (soaked overnight and rinsed) or 1 T. raw nut butter; Try the almond, date shake; Add back onions and garlic.

• **Day4** Add back a serving of eggs, meat, fish (ideally as soup) at the mid day meal.

• **Day 5:** Add back honey, maple syrup, agave, coconut sugar.

• **Day 6:** Add a second serving of meat, fish or eggs.

• **Day 7:** If you drink alcohol, you can add it in next week. No more than two servings a week is recommended.

Nasya: Nasal Administration of Medication

The nose is the door to consciousness and the pathway to our inner pharmacy. Medications that are administered via the nasal passages affect the mind, prana vata, tarpaka kapha, sadhaka pitta, and majja dhatu.



How to Do a Nasya

Lie down with the head tilted back and put 5 drops of nasya in each nostril. Sniff deeply, then remain lying for a minute or so, to allow the nasya to penetrate.

Benefits of Nasya

Reduces stiffness or pain of head, neck, or jaw
Soothes dry eyes, nasal passages or sinuses
Supports sleep
Reduces eye Strain
Reduces Anxiety
Hoarseness of voice
Twitching or drooping eyelids
Tingling sensations on face

Contraindications

Children (under 7)
Old age (over 80)
Pregnancy
Menstruation
Just before or after shower/bath
Just before or after eating
Same time as neti pot nasal cleansing
Just before or after exercise
Diarrhea
Intoxication
Acute Fever