Calming 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 Substances 1/3 every few days:** alcohol, caffeine, white sugar, recreational substances, dairy, processed carbohydrates, meat
   substitution suggestions:
   -alcohol: sparkling water with lime or pomegranate spritzer
   -caffeine: dandelion tea or other herbal teas, green tea
   -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
-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)

Week 2, Cleanse

1. Continue all week 1 practices except vigorous exercise.

2. **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

3. **Simplify diet**
   -Kitchari with ghee and vegetables for 5 - 7 days. Do 5 days if you feel you have lightened enough. Go 7 days if you want to lighten more.

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

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

6. **Practice Daily** Yoga Nidrā or 24 minute savasana

Week 3, Ease Back

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

2. **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. **Add back one new cooked food each day,** paying attention to how it affects 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.