



ESSENTIAL AYURVEDA

SPRING RESET 10 DAY CLEANSE





WELCOME TO OUR SPRING RESET CLEANSE

Springtime is known as the hungry gap by farmers as it's a time when the winter stores are depleted and the bounty of summer has yet to grow. However, this seasonal restriction creates an ideal pause in the high fat and protein foods of winter and the high sugar and carbohydrate foods of summer. Our digestive capacity is strong during the winter enabling us to enjoy heavier foods like root vegetables, nuts, dairy and some meat.

As we transition into spring however, we can feel sluggish from this diet and as the moisture of spring softens the ground our bodies may start retaining water too. If we continue with a high fat diet this natural increase in fluid can create excess mucus and lethargy rather than promoting a flushing of toxins. Nature provides us with the perfect partners to support our bodies' natural period of cleansing in the form of the bitter greens that start growing in this season. These include spinach, kale, mustard greens, swiss chard, parsley, dandelion, celery, asparagus, watercress, green beans and early salad leaves. Many of these are a rich source of beta-carotene, iron, calcium, polyphenols and vitamins C, K and A.

An important part of the Spring Reset is to support your liver and gallbladder and boost your ability to breakdown fat. The liver produces bile, which is stored in the gallbladder and is essential for breaking down fats. When we eat a lot of fatty foods, oils, dairy, refined flours and sugars our digestive power is reduced. Consequently the gallbladder can become sluggish and bile thickens causing congestion and toxic accumulation. Spring Reset is abundant in foods that stimulate the production of bile and its excretion from the gallbladder speeding up the digestion of proteins and fats.

Eating plenty of high fibre foods such as lentils also has a scrubbing effect on the intestinal villi which helps keep the intestinal lymphatic system healthy. The lymphatic system is the body's largest circulatory system and must deal with removing the body's waste products and delivering nutrients. Inflammation and oxidative stress impede lymphatic flow - so foods such as beetroots, red cabbage and red berries which are high in antioxidants are excellent for keeping the lymph moving. Many of the greens available in spring, especially dandelion also naturally lower blood-sugar.

Our Spring Reset home cleanse isn't a fixed programme but an opportunity to increase awareness of how your body responds to different food and the effect on physical and emotional wellness. We restrict certain foods that contribute to congestion and utilise the benefits of foods and herbs that naturally scrub and promote clearing processes in our bodies.

When we follow a cleansing programme, we may eat lighter and fewer meals than usual, but our digestion is not resting, it is working hard to process and clear a build-up of waste and toxins. Choose the level of change that you feel comfortable with and curious to explore. Just adding green smoothies to your day or eating kitchari for lunch for a week might be the level that works for you right now. For a deeper cleanse and reset you can follow our guidelines and incorporate the teas and supplements we suggest too.

The aim is to promote a feeling of wellness and satisfaction rather than feelings of stress and restriction. Detoxification takes up a lot of energy and if you feel unhappy or very hungry, you can't do this efficiently. You will gain the most benefits by avoiding certain foods and we do strongly recommend you keep to 3 or less meals a day without snacks but make changes that feel possible to create positive connections with healthy eating.

If you are suffering from a medical condition please consult your healthcare provider before making any diet or lifestyle changes.



THE SPRING RESET 10 DAY CLEANSE PLAN

Daily Food Plan for Phase 1 (3 days)

Eat plenty of high fibre, low fat food such as grains, legumes, seeds, fruit and vegetables. Lean meat or fish can also be included if necessary.

Enjoy 1-2 green smoothies and/or 1 green soup daily

Eat 1 piece of Ginger Boost before each meal

Enjoy Super Slaw with your main meal or soup

Drink 1-2 cups Cumin Coriander Fennel Tea (CCF)

Drink 1-2 cups Supergreen Detox Tea daily.

Drink plenty of water, preferably hot water sipped at regular intervals.

Avoid processed food, sugar, caffeine and wheat.

Daily Food Plan for Phase 2 (4 days)

Option A

Enjoy 1-2 green smoothies daily

Follow a mono-diet of Kichari and/or Whole Mung Bean Soup

Eat 1 piece of Ginger Boost before each meal

Drink 1-2 cups of CCF Tea and/or Supergreen Detox Tea daily.

Drink plenty of water, preferably hot water sipped at regular intervals.

Option B

Continue with meals from Phase 1 but replace 1 meal a day with kitchari or whole mung bean soup.

Eat 1 piece of Ginger Boost before each meal

Drink 1-2 cups of CCF Tea and/or Supergreen Detox Tea daily.

Drink plenty of water, preferably hot water sipped at regular intervals.



Daily Food Plan for Phase 3 (3 days)

- Return to meal plan followed during phase 1
- Enjoy 1-2 green smoothies and/or 1 green soup (optional)
- Eat 1 piece of Ginger Boost before each meal
- Enjoy Super Slaw with your main meal or green soup
- Drink 1-2 cups of CCF Tea
- Drink 1-2 cups Supergreen Detox Tea daily.
- Drink plenty of water, preferably hot water sipped at regular intervals.
- Avoid processed food, sugar, caffeine and wheat.

SEE HERBAL SUPPLEMENTS SECTIONS FOR INFORMATION ON SUPPLEMENTS WE RECOMMEND DURING THE SPRING RESET.

PHASE 1 – INCREASING NUTRIENTS AND OPENING DETOX PATHWAYS

Greens are nature's gift to us for cleansing and preparing our digestion for the summer and autumn harvests. For this first phase of the cleanse we recommend a gradual introduction of greens into your daily routine. We have allocated three days for this phase, but you could choose to do this over a longer period of a week or two. For some of you this might be as far as you want to go with cleansing. For more seasoned cleansers you could go straight into all your meals consisting of the foods we recommend.

What to eat during Phase 1

We recommend that you incorporate green smoothies, green soup, ginger boost and CCF into your meals every day during the first phase. Whether you do all of them or start with one or two depends on the depth of cleanse and digestive reset you want to do. You also don't have to limit this phase to 3 days. You can extend it, and this is a great way to eat during springtime and you can further support this process with herbal supplements.

Include in your meals plenty of whole grains, green vegetables, legumes, apples, seeds whilst avoiding sweet root veg, dairy, sour fruits, bananas, sweeteners (except honey), nuts, red meat. Processed foods, refined flours and wheat are heavy to digest and can often cause bloating, inflammation and congestion. We recommend cutting out bread and pasta during the cleanse to support your digestive reset. The aim is for your diet to be full of nutrition so vegetables will make up the greatest portion of your meal. Keep well hydrated as your body is working hard and needs help to eliminate wastes. Ideally drink hot water sipped at intervals throughout the day.

A note about caffeine

If coffee or tea are a preferred daily brew for you, we would recommend limiting to one per day or try replacing it with green tea. Bear in mind that abruptly removing caffeine at the same time as introducing a cleansing diet can overwhelm the body's ability to clear toxins and trigger a lot of detox symptoms.



Early a.m Start the day with a large cup of hot water (boiled), sipped at intervals

1 large glass of green smoothie

Or

Breakfast A bowl of overnight oats or porridge with ground ginger and cinnamon

Or

Stewed apples with spices

Lunch

Bowl of green soup with side Breakfast dish of super slaw and rice cake

Or

Green smoothie

Supper

Steamed vegetables with quinoa

Or

Vegetable curry with rice

Or

Steamed salmon with stir fried veggies

Example of meal plan for Phase 1

If you are able to have your main meal at lunchtime it is very beneficial for your digestion and helps balance blood sugar, promote better sleep and helps with losing excess weight. If you do eat your main meal for supper it is best to have eaten by 6pm.



The Cleanse Recipes

Green Smoothie

- 1 handful of spinach or chard
- 1 pear (optional - leave out to reduce sugar content if desired)
- 1 handful of blueberries
- 1 stalk celery
- 1 inch piece of fresh ginger chopped
- 1 cup water or more if you prefer a thinner consistency

Wash the leafy greens thoroughly. Put all the ingredients into a blender with the water and whizz until smooth. Serves 1-2

Ginger Boost

Fresh ginger is great for boosting digestive power. It can also help ease the gasses that can form in the intestine when introducing more fibre into your diet. Eat one or two of the ginger strips before each main meal. A batch will last a week in the fridge.

- 1 inch peeled fresh ginger
- 1 lemon
- ½ teaspoon Himalayan Salt

Squeeze lemon and strain seeds to make ½ cup of fresh juice. Put into a clean jam jar. Cut ginger into thin strips and add to lemon juice. Add salt and stir until salt dissolves. Close with lid and refrigerate.

Green Soup

The recipe for green soup is not fixed so you can choose from a number of vegetables and use different combinations if you prefer. We do want it to always include a portion of leafy greens and celery and should only be lightly steamed before it's whizzed with some hot water to make a soup. It is a warm smoothie rather than a soup cooked with oil, stock, onions and garlic. This gives the digestion a break from digesting fat and enables us to harness the bile promoting action of bitter greens to aid digestion of fat in tissue cells.

- A handful of one or two types of leafy greens including spinach, chard, kale, watercress, cavolo nero, beet greens,
- 2 stalks celery
- A portion of either courgette, broccoli, green beans, asparagus,
- A handful of fresh herbs such a mint, parsley or basil if available.
- Salt and pepper to taste
- Lemon

Steam all the ingredients except the fresh herbs lightly on a medium heat so they are just warmed through but not soft. Transfer to a blender and add enough hot water to make the consistency of soup you like and add the fresh herbs. Whizz until smooth. Season with salt, pepper and a squeeze of lemon to taste.

Super Slaw

The plentiful vitamins, antioxidants, flavonoids and polyphenols in red cabbage will benefit the immune and digestive systems and help support bone health. It also has an abundance of anthocyanins all working to protect the brain, skin and vision. Beetroots are a great source of fibre, rich in antioxidants and contain betaine which protects the liver and stimulates flow of bile to breakdown fat. Enjoy Super Slaw as a side dish to your main meal or as a tasty lunch.

100g red cabbage thinly sliced
Medium sized raw beetroot thinly sliced
1 stick of celery chopped
Squeeze of lemon juice
Small of handful of fresh flat leaf parsley chopped
¼ teaspoon mustard (optional)
Salt and pepper to taste

Combine the vegetables in a bowl. Squeeze over lemon juice to your own taste. If adding mustard stir into lemon juice in a separate bowl and pour over vegetables. Add the parsley, salt and pepper.

Cumin, Coriander and Fennel (CCF) Tea

Ayurveda's favourite tea for improving digestion, reducing gas, flushing the lymphatic system and calming intestinal cramps.

4-5 cups water
½ teaspoon cumin seeds
½ teaspoon coriander seeds
½ teaspoon fennel seeds

Pour water into a small saucepan and bring to a boil. Add the seeds and simmer for 5-10 minutes depending on the preferred strength. Strain out the seeds. Sip at intervals whilst it is still hot.



PHASE 2 – STIMULATING HEALTHY LYMPHATIC FLOW AND PROMOTING GUT HEALTH

You have a choice during the second phase to follow a form of mono-diet with kitchari and or whole mung bean soup to reset your digestion. Alternatively, you can continue with the food choices from the first phase and include kitchari or whole mung bean soup once a day or alternate days for a gentler cleanse. Alternating between whole mung bean soup and kitchari can add some variety during the second phase if desired. If you are struggling with a mono-diet, you can make a side dish of steamed veggies or replace a meal with any of the recipes from phase 1.

Why do we recommend kitchari?

Kichari is one of Ayurveda's greatest gifts to health because it is a cleansing practice and comfort food all in one! It is a simple dish of yellow split mung beans and long-grain white basmati rice cooked together with spices to a porridge or soupy, risotto-like consistency. Easy to make, you can prepare a large pot in the morning and just reheat when you need it and enjoy a break from preparing meals too.

Why white rice when brown rice has more nutrients?

Brown rice has the tough husk surrounding the rice grain intact and does have high nutritional value. However, kitchari is food for healing and resetting our digestion and its digestibility is very important especially during a cleanse. The husk found in brown rice is more difficult to digest and can irritate the intestinal lining. Long-grain rice is used over short-grain rice because it has higher nutritional value and a lower glycaemic index.

Can I use any type of lentil?

Yellow split mung beans are the only legume that are classified in Ayurveda as Vata balancing which means they produce less intestinal gas. Split mung are the green whole mung beans that have been hulled and split making them easy to digest whilst still having healing properties of mung beans. Mung beans are a high source of nutrients including manganese, potassium, magnesium, folate, copper zinc and various B vitamins. They have also been shown to reduce inflammation.

However, it's the combination of the lentils and rice cooked together with digestive spices where the magic is created! Together they create the perfect protein providing the 10 essential amino acids our bodies cannot make. Kitchari is very nourishing, satisfying and keeps blood sugars stable so less headaches and sugar crashes. In fact, a few days on kitchari and you will feel much calmer which is why kitchari has also been traditionally the food to accompany spiritual development. Kitchari is not only cleansing but very healing too, soothing the intestinal wall and healing the gut. You'll soon come to love the soft belly feeling after a meal of kitchari.

Why do we recommend whole mung bean soup?

Whole mung beans are packed with nutrients and very cleansing. Our recipe is very tasty and satisfying so you won't need to feel hungry during your cleanse. Rich in pectin and butyrate they are very soothing for the gut, turning fibre into a soothing coating for irritated intestinal walls and promoting good gut bacteria. Studies have also found them to be beneficial in balancing blood sugar levels and cholesterol. High in protein, fibre, B Spectrum vitamins, calcium and minerals they are antioxidant and are a great boost for immunity.

RECIPES FOR PHASE 2

Kitchari

2 tbsp ghee
1 tsp cumin seeds
1 cup basmati rice
½ cup split mung beans
5-6 cups of water
1 tsp grated, fresh ginger
½ tsp turmeric
½ - 1 tsp salt
½ tsp cumin powder
2 tsp coriander seed powder
1 pinch of hing (asafoetida)
2 tsp garam masala powder
Chopped fresh coriander leaves.

1. Put the rice and split mung beans in a sieve and rinse under cold water until the water runs clear.
2. Melt 1 tsp of ghee in a medium to large saucepan. Once hot add the cumin seeds and fry for 2 minutes on a gentle heat until darker brown and have a nice aroma.
3. Add the washed mung beans and rice and mix with the cumin seeds. Add 5-6 cups of water to the pan and bring to the boil. As it reaches boiling skim off the white froth on the surface of the water. Add grated ginger, turmeric and salt. Cover and simmer gently until the lentils become soft.
4. Once the mung beans are soft, warm the remaining ghee in a small saucepan. Sauté the hing, cumin powder, coriander powder and garam masala for a couple of minutes. Stir in the spices to rice and lentils and continue simmering until soft and has a cohesive risotto like consistency. Alternatively add more water if you would like a lighter, soupier consistency. Add fresh coriander leaves, a squeeze of lemon and twist of black pepper to taste before serving.

Slow Cooker Whole Mung Bean Soup

1 cup whole green mung beans (rinsed and soaked overnight in cold water)
4 cups water
2 tablespoons ghee
1 small onion chopped
2 garlic cloves crushed
½ teaspoon turmeric
a pinch asafoetida
1tsp ground coriander
½ teaspoon curry powder
½ teaspoon salt or to taste.
Lemon or Lime
Handful chopped coriander.

Soaking the mung beans overnight helps them soften during cooking and increases their digestibility. Add beans to the slow cooker and cover with the water (note I find if you initially use just enough water to cover them, they soften quicker and you can then add more water to get the consistency of soup you want. If you add lots of water at the beginning, they take ages to cook.) Turn onto high or Auto depending on how quickly you want the soup to be ready.

Heat the ghee or alternative oil in a frying pan. Sauté chopped onion on a medium heat for a few minutes then turn heat down low and cover. Leave for 15 minutes or until onions are very soft and a little golden. Add garlic and cook until a good smell is released then add turmeric, coriander, asafoetida and curry powder. Stir gently and cook for a minute to release flavour of the spices. Add to the slow cooker and stir well. Depending on the setting you have used the mung beans should be soft in about 5 hours. The longer you can leave them the softer and more cohesive the soup becomes. Add water to your preferred consistency and salt to your own tastes. Finally add a squeeze of lime or lemon and a handful of chopped coriander.

This recipe can also be cooked on the hob following the same method. Add the sauted onions to the mung beans and water, bring to a boil and then simmer for 1 hour or until very soft.



PHASE 3 – RESETTING DIGESTION AND EATING SEASONALLY

There is always a temptation after a period of restriction to rush into eating lots of different foods again. Phase 3 reintroduces the fresh tastes you enjoyed during phase 1 which will taste even better after the mono-diet phase. Gradually re-introduce the green smoothie, soup, super slaw and ginger boost if you enjoyed them. Alternatively keep to light meals of soups, steamed veggies and small amounts of whole grain.

Although we have been clearing and resetting the digestion, introducing heavy, fatty foods too quickly may cause indigestion. Easing into a varied diet gradually through phase 3 will encourage your digestion to come back to full and improved power. You will continue to feel the benefits of the cleanse in the following months as you are able to metabolise fat more efficiently, enjoy balanced blood sugar and increased energy levels. We recommend you follow a low fat, high fibre diet for the rest of spring so you are best prepared to enjoy the higher sugar and carbohydrate foods of summer.

RECIPE SUGGESTIONS FOR MAIN MEALS DURING PHASE 1 AND PHASE 3

Stewed Apples with warming spices (Serves 1)

- 1 ½ to 2 apples
- ¼ tsp ginger
- ¼ tsp cinnamon
- ¼ tsp mixed spice

Peel and core apples and slice thinly. Put into a small pan with a little water (about 4 tablespoons). Add all the spices according to taste. Bring to a gentle simmer and cook until the apples become soft.

Courgette Curry (Serves 3)

- 1 tbsp ghee
- 5cm piece of fresh ginger peeled and cut into shreds
- 6 courgettes (about 3 large courgettes)
- 1 onion finely chopped
- ¼ tsp turmeric powder
- 1 tbsp coriander powder
- Salt to taste
- ½ tsp dried mango powder
- ½ tsp garam masala
- 1 tbsp lemon juice or to taste
- Handful of chopped fresh coriander to garnish

Heat ghee and fry the onion over a moderate heat until just coloured (alternatively sauté in a small amount of water for a low fat option) Add the ginger and fry for 1 minute. Add the turmeric powder, coriander powder and salt and fry for 1 minute before adding courgettes and mix well. Add 100ml of water, cover and cook until tender, about 10 minutes.

Uncover and boil off excess water if too runny. Add the mango powder, garam masala and lemon juice. Garnish with the fresh coriander.

Add salt to taste and sprinkle with remaining coriander before serving with wild rice or quinoa.

Split Yellow Mung Dahl (Serves 2)

½ cup split mung dal or alternatively ¼ red lentils and ¼ cup split mung dal
4 cups water
½ tsp turmeric
2-inch piece of ginger, chopped finely
1 tsp rock salt
2 tbsp ghee or oil
1 small onion, finely chopped (optional)
1 tsp cumin seeds
1 tsp coriander powder
1 tsp garam masala powder (optional)
2 garlic cloves, finely chopped
A good pinch of asafoetida powder
Fresh coriander

Soak the lentils for 2 hours (this is optional but does make the lentils even easier to digest) and then rinse them with cold water. Put the lentils in a medium sized saucepan and add water. Bring to the boil, skimming off any foam that rises to the surface then reduce the heat to low and cook until tender (about 20-30 minutes depending whether they were soaked first). Alternatively cook in a pressure cooker for 8 minutes.

Heat 1 tablespoon of ghee in a separate small pan (alternatively sauté in a small amount of water for a low fat option). Add the cumin seeds and fry for a minute on a medium heat. Then add the onion and cook until lightly browned. Add the garlic, turmeric and coriander powder and cook for a couple of minutes. Add the asafoetida and garam masala and cook for 30 seconds before pouring over the lentils. Quickly put the lid on the saucepan and leave it for 2 minutes whilst the garlic is infused into the dahl. Add salt to taste and stir in fresh coriander before serving.

Note. You may want to experiment with the amount of water you add and the length of time you cook the lentils depending on whether you want a very soupy or thick dahl. You can also vary the seasonings and use cumin powder or omit the onions and garlic and just use the spices.

Veg Stir Fry with Chinese 5 Spice powder

- 1 bunch asparagus chopped
- 2 pak choi or spring greens chopped
- 1 small onion cut lengthwise into large slices
- 2 cloves of garlic chopped
- 1 inch of fresh ginger chopped or grated
- 2 tbsp tamari soy sauce
- 3 tbsp stock or water
- 1 tbsp Chinese 5 spice powder (see Spice Mixes below)
- Pinch of coconut sugar (optional)

Heat 1 tbsp of oil (alternatively sauté in a small amount of water for low fat option) and add the onions. Once softened and lightly browned add the garlic and ginger. Fry for a minute, then add the asparagus. Stir fry on a high heat for about 5 minutes until the asparagus are a little soft. Add the Chinese 5 spice powder and mix well. Add the pak choi and cook for a minute. Add tamari sauce and a little sweetener. You may want to add a little water too if you want more sauce or it tastes too strong. Cook for a few seconds on high heat until the liquid is hot. Serve with jasmine rice.

Leek and Spring Greens with Mango powder

- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 2 medium sized leeks
- 1 bunch fresh spring greens
- ¼ tsp turmeric powder
- 1 tsp amchoor/mango powder
- 1 tbsp fresh grated ginger
- ½ tsp salt

Wash and slice the spring greens into strips and steam for 5 minutes or so until soft. Keep to the side.

Heat ghee (alternatively sauté in a small amount of water for a low fat option) and fry the cumin seeds and mustard seeds until the seeds pop. Add the leek and sauté until soft. Add the steamed greens, mix into the leek mixture and cook for a few minutes until hot. Add turmeric, mango powder, salt and fresh ginger and mix well. Add a little water to help mix together.

Vegetables in a Tangy Sauce

75g/3 oz Yellow Split Mung beans
300ml water
1 teaspoon tamarind paste
1 teaspoon ginger paste
1 teaspoon garlic paste
½ teaspoon sugar/agave syrup
1 teaspoon salt
1 tsp ground cumin
1 tsp ground coriander
2 tablespoons ghee/oil
4 curry leaves
½ tsp onion seeds
½ tsp cumin seeds
1 medium onion, roughly chopped
1 red pepper, diced
1 pack green beans
Fresh coriander

Boil the yellow split mung in 300ml water until soft but not completely mushy. Set aside.

Meanwhile mix together in a small bowl the tamarind paste, ginger, garlic, sugar, salt, cumin and coriander powder. Set aside.

Heat oil in a deep pan (alternatively sauté in a small amount of water for a low fat option), add the curry leaves, onion seeds and cumin seeds and fry over a medium heat for a minute or until aroma is released. Add chopped onion and fry until softened and golden colour. Add the red pepper and green beans. Mix well, add a little water to prevent sticking and simmer on a medium heat, covered for about 15 minutes or until softened.

Just before vegetables are ready add a spoonful of the cooked lentils to the spice mixture and mix well. Then add this to the rest of the lentils and stir. Add the lentils to the vegetables for the final 5 minutes of cooking, mixing well and adding hot water if necessary depending how thick you want the sauce to be. Serve with rice and fresh coriander.



HERBAL SUPPLEMENTS DURING YOUR SPRING RESET.

We can harness the support of herbs for a deeper cleanse. Herbs with a bitter, astringent and pungent taste are nature's cleansers but most of us find it hard to include these regularly in our diet. Good quality greens and herbs of medicinal quality, high in potency can be difficult to source also. The following teas, herbal supplements and oils will support the effect of the cleanse diet. They can be used all together or if you prefer choose 1 or 2 from below.

Herbal Caps - Liver Support

Certain factors can affect our digestive capacity such as stress, eating predominantly fatty or processed food, and irregular mealtimes. This reduced digestive power in turn affects the liver and gallbladder. The liver produces bile which is stored in the gallbladder and is essential for breaking down fats. The gallbladder can become sluggish and bile thickens causing congestion and toxic accumulation. Bitter herbs are known for stimulating cleansing of this congestion, but it isn't always easy to consume enough in our daily diet.

[Herbal Caps - Liver Support](#) include bitter plants such as Artichoke extract, Dandelion, Yarrow and Gentian root alongside pungent roots which increase digestive capacity. Herbal Caps - Liver Support really are a great addition to your cleanse and we highly recommend including them in your Spring reset.

Take 1 tablet morning and evening for the best effects but 1 tablet taken in the evening is also very beneficial. We recommend continuing with Herbal Capsules after your cleanse has finished for at least another a month.

Organic Triphala Tablets

Triphala is famous in Ayurveda for supporting the gut and digestive system as well as gently cleansing and detoxifying the whole body. Its actions are unique - it's an effective cleanser and it is also nourishing – being known as 'rasayana' or regenerating in Ayurveda.

Triphala means 'three fruits' - amalaki, bibhitaki and haritaki. Amalaki is a potent antioxidant, anti-inflammatory and reduces blood sugar. Haritaki promotes healthy gut bacteria and also helps reduce fat and lower cholesterol whilst boosting good cholesterol. Bibhitaki promotes breaking down of fats and circulation of lymph. They are rich sources of Vitamin C, antioxidants, flavonoids and other beneficial phytonutrients.

Take 2 [Organic Triphala Tablets](#) tablets once a day before bedtime with warm water.

Brahmi Formula

Brahmi is Ayurveda's favourite herb for the mind and for improved clarity, focus and concentration. Used in Ayurveda to enhance memory and learning capability - whilst also promoting a joyful sense of calm and peace – it's a great support to the cleanse.

Ayurveda describes a class of herbs as medhya rasayana or rejuvenating to the mind. They are antioxidants and natural stress relievers (adaptogens) that help improve circulation to the brain and sharpen cognitive function. [Brahmi formula](#) is blended from Ayurveda's most effective mind rasayana herbs. Brahmi formula is also a great aid for meditation to promote concentration and clarity of perception.

Take 1 tablet morning and evening with warm water.

Hingwastak Caps - Vata Digestive

[Hingwastak Caps](#) have a stimulating action on digestive capacity and aid the metabolism of toxic residue which is cleared during the cleanse. Changing your diet and focusing on cleansing foods may cause bloating and flatulence as your gut detoxifies. Hingwastak Caps are carminative and support absorption of nutrients and healthy bowel function.

Take 1 capsule after meals with warm water.



Detox Supergreen Organic Tea

Detox Supergreen Organic Tea is a blend of a centuries-old Ayurvedic formula with the addition of carefully selected European herbs. The herbs have been chosen to stimulate the body's digestion and metabolism; helping your body to detoxify - gently and naturally. Herbs include cinnamon, ginger, dandelion leaf, nettle leaf, chamomile flowers, spearmint, cardamom and red pepper.

Detox Supergreen Organic Tea is very effective due to the properties of the individual herbs, and the enhanced effect when they are combined as a blend. One to 2 cups a day of this tasty tea is a great way to support your Spring reset.

Kapha Lymph Oil

Kapha Lymph Oil is a warming oil which penetrates deep into the tissues, stimulating circulation and energising the body. It also helps reduce excess fluid and promotes a healthy and glowing appearance to the skin. The lovely refreshing, fragrant smell of this oil lifts the spirits in the morning! If you can take time to self-massage with Kapha oil it will support the detoxification processes. Lightly massage all over the body and ideally follow with a warm bath for 20 minutes. You can do this throughout the cleanse or as when you feel like it.



If you have any questions about the cleanse or our products we are always happy to help!

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