



## Spring Cleansing Tips from Farmtrue

### **Foods to eliminate during a cleanse:**

Dairy, Gluten, sugar, eggs, soy, corn, red meat, vinegars, salt, alcohol, and caffeine.

Note: Apples and berries are extremely efficient at moving lymph, while bitter greens and sprouts help to clear out mucus.

### **Use of Ghee in this cleanse:**

Snehana, or ghee detoxification, will help to loosen impurities and assist in cleansing the body. You'll take an increasing amount of ghee each morning. After waking, melt the desired amount of ghee and drink on an empty stomach. Wait 20 minutes and have a warm glass of water with or without lemon (or fresh ginger water if you are nauseous).

### **Beverages:**

Throughout the day it is best to drink warm beverages such as warm lemon water, warm water and fresh ginger, [CCF tea](#), or [Tulsi teas](#)

### **To favor while cleansing:**

- Vegetables and herbs that are in season – View our [Seasonal Foods List](#)
- Fruit: Organic apples, berries and cherries only while cleansing
- Spices: All

### **Digestive herbs and supplements to support your cleanse:**

- **Trikatu:** Combination of 3 herbs (pippali, black pepper and ginger) to support healthy digestion and metabolism while assisting the body in removing toxins. Can use in powder form to sprinkle on food or in a capsule to be taken with meals. Follow usage instructions on the bottle.
- **Triphala:** Combination of 3 herbs (amalaki, haritaki, and bibhitaki) to support healthy elimination and detoxification. Helps to tonify all of the tissues of the body. Follow usage instructions on the bottle.



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## Day 1

### **Preparation**

This is the day to clean up your diet and prepare your body to start to let go of unwanted toxins. Some people need more time to transition into a cleanse and can use 4-7 days to eliminate foods and prepare to cleanse. Proper preparation is imperative for an effective and enjoyable cleanse.

**Ghee:** Upon waking, drink 2 tsp of melted ghee on an empty stomach

**Breakfast Idea:** Gluten free organic oats and sauteed apples with cinnamon and ghee ([link](#))

**Lunch Idea:** Quinoa and sauteed vegetables in [ghee](#)

**Dinner Idea:** Vegetable soup or [sweet potato curry](#)

**Snack:** 2-4 organic apples

**Teas:** [Tulsi](#), [CCF](#), Fresh Ginger

## Day 2

**Ghee:** Upon waking, drink 4 tsp of melted ghee on an empty stomach

**Breakfast:** [Kitchari](#)- made with the rice and mung bean mixture with sauteed apples, ghee, and [warming spice blend](#)

**Lunch:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Dinner:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs.

**Snack:** 2-4 organic apples

**Teas:** Tulsi tea, CCF tea, fresh ginger tea

## Day 3

**Ghee:** Upon waking, drink 6 tsp of melted ghee on an empty stomach

**Breakfast:** Kitchari- made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend

**Lunch:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Dinner:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Snack:** 2-4 organic apples

**Teas:** Tulsi tea, CCF tea, Farmtrue [Golden Milk Latte](#)

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#### Day 4

**Ghee:** Use in preparing your Kitchari today

**Breakfast:** Kitchari - made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend.

**Lunch:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Dinner:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs.

**Snack:** 2-4 organic apples

**Teas:** Tulsi tea, CCF tea, fresh ginger tea

#### Day 5

**Ghee:** Upon waking, drink 8 tsp of melted ghee on an empty stomach

**Breakfast:** Kitchari- made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend.

**Lunch:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Dinner:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs.

**Snack:** 2-4 organic apples

**Teas:** Tulsi tea, CCF tea, fresh ginger tea

#### Day 6

**Ghee:** Upon waking, drink 8 tsp of melted ghee on an empty stomach.

**Breakfast:** Kitchari- made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend.

**Lunch:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Dinner:** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs

**Snack:** 2-4 organic apples

**Teas:** Tulsi tea, CCF tea, fresh ginger tea

#### Day 7

##### Transition Day

If you are feeling good and strong, you can continue the kitchari cleanse for up to 3 more days.

If you are feeling ready to move on, start to slowly introduce other clean foods back into your diet while still avoiding: Dairy, Gluten, sugar, eggs, soy, corn, red meat, and yes, alcohol, and caffeine. Keeping these foods out of your diet for a few more days will help your body to continue on a path of cleansing and healing.

**Breakfast Idea:** Gluten free [organic oats and sauteed pears with cinnamon and ghee](#)

**Lunch Idea:** Quinoa and sauteed vegetables in ghee ([link](#))

**Dinner Idea:** Vegetable soup or [sweet potato curry](#)

**Snack:** 2-4 organic apples

**Teas:** Tulsi tea, CCF tea, fresh ginger tea, [Farmtrue Golden Milk Latte](#)

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### **Tips for changing up your kitchari:**

- Add vegetables! Particularly those appropriate for this season
  - View our [Seasonal Foods List](#)
- Try using a different flavor of our ghee
  - The [garlic scape](#) or [vanilla maple chai](#) can not only give you the nutritional benefits
- Make sweet by using our [warming spice blend](#) or cinnamon and sauteed apples.
- Top with fresh herbs such as cilantro, parsley, or dill.

### **Morning Routines - Cleaning the sense organs**

- Wait to turn on electronics until after you complete your morning routine
- Stretch by raising your hands to the sky and take a deep breath before getting up.
- [Tongue scraping](#)
- [Oil Pulling](#), optional
- Have bowel movement - Using [a stool to prop your knees up](#) helps tremendously with this process
- Wash Face, brush teeth and nasal cleanse (see below)

### **Nightly Routines**

- [Nasya](#) (but without the Neti pot)
  - Oiling your nasal passage before bed can help to calm the mind and promote restful sleep. This should be done on its own (without the Neti pot) as it is difficult for the water to drain from your passages if you are lying down. Neti Pot is best done in the morning.
- [Oil your feet before bed for a restful nights sleep](#)
- Meditation

### **Tongue Scraping**

- The purpose of tongue cleaning is to remove ama, otherwise it gets ingested with the first meal. Coating on tongue blocks receptor sites for taste buds. This suppresses agni and prevents the body from recognizing what we are eating – creates more ama.
- Clean 5-10 times with copper tongue scraper prior to brushing your teeth.

### **Asana, body movement**

- Asana practice will keep the body strong and flexible. A 20 minute practice is ideal, but fitting in whatever you can, even if [it's' a few sun salutations](#) will be beneficial.
- Going for a gentle walk is very helpful during a cleanse.



## **Nasal Cleansing: Neti and Nasya**

- Neti is the process of cleaning the nasal passages.
  - Add a ¼ tsp. of salt to warm water in a neti pot. Tilt the head, place the tip of the pot's spout in one nostril and allow the water to flow into that nostril and out the other. The mouth should be open.
- After using a Neti Pot, hydrate the nasal passages with [Nasya oil](#).
  - You can warm the oil by placing the bottle in a cup of warm water. To apply, tilt your head back or lay on the edge of a couch or sofa. Place 2-4 drops of oil in each nostril and sniff. It is normal to taste the oil in the back of your throat or have some drop out of your nose a minute or two afterward, but you can try to avoid this with a quick, deep sniff.

## **Abhyanga**

### *Full body oil massage*

- Daily practice, best in the morning to protect the nervous system. We have about three thousand nerve receptors at the surface of the skin, with abhyanga, we pacify/protect the nervous system. This practice prepares and protects our skin for the day.
- Prior to applying oil, use garshana gloves to perform a lymphatic massage on dry skin. Using long strokes towards the heart, this gentle self-massage will assist the body in cleansing.
- After use of garshana gloves or dry brushing, massage oil into the skin with circular motions over the belly and joints and long strokes along the limbs towards the heart. Let the oil absorb into the skin for 20 minutes.
- You can meditate during this time. Once absorbed, take a warm shower so that the oil can deeply penetrate into the tissues.

## **Meditation**

- This is a wonderful stress-reducing tool and can assist in calming the mind for a restful night.
- Meditating will cultivate a calm, clear, and peaceful mind to withstand the events of the day ahead. During a cleanse, this is an opportunity to cleanse (or let go of) thoughts and beliefs that do not serve you. Try any meditation practice that feels good to you. This [article from Kripalu](#) is a great place to get started.
- Trataka, candle gazing, can also be a very effective and gentle way to introduce meditation into your day. Start by lighting [a ghee candle](#), sitting comfortably, taking a few deep breaths. Stare at the candle trying to only focus on the flame for up to 5 mins or until your eyes water if sooner.
  - This practice must be done with a [ghee candle](#) as a soy candle can be heating and cause irritation to the eyes. If you don't have a ghee candle, try finding a calming focal point instead.