

Fall Cleansing

Tips from Farmtrue

The following information is provided to help support you during a Fall Cleanse. For additional information on cleansing or Ayurveda, please visit our website at www.farmtrue.com.

Learn more about Ghee

Kim and Lynn were interviewed by John Douillard of LifeSpa on his podcast to discuss everything Ghee! [Watch their discussion on YouTube](#) or where ever you listen to podcasts.

Foods to eliminate during a cleanse

- Dairy
- Gluten
- Sugar
- Vinegars
- Salt
- Caffeine
- Eggs
- Soy
- Corn
- Red Meat
- Alcohol

Note: Apples are extremely efficient at moving lymph, cleansing the digestive system and helping to maintain a stable blood sugar.

The use of Ghee in a 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 (or fresh ginger water if you are nauseous).



Favor the following while cleansing

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](#).

Foods

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

Digestive Herbs & Supplements

- **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.

A note about fat

During the cleanse days, the only fat you should be consuming is your morning ghee. The rest of your day should be as fat free as possible so do not use ghee to cook your vegetables; steam them. If you choose not to consume ghee during the morning as outlined, you can use ghee in preparation of your kitchari or vegetables then.



Cleanse Schedule

To boost the effectiveness of the cleanse, feel free to add on 2 more “prep” days at the beginning of the week and 2 more “transition” days at the end of the week

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 & ghee
Lunch Idea	Quinoa and steamed vegetables
Dinner Idea	Vegetable soup or sweet potato curry
Snack Suggestion	2-4 organic apples
Tea Suggestion	Tulsi , CCF , Fresh Ginger

Day 2

Ghee	Upon waking, drink 4 tsp of melted ghee on an empty stomach
Breakfast Idea	Kitchari - made with the rice and mung bean mixture with sauteed apples, ghee, and warming spice blend
Lunch Idea	Traditional Kitchari made with vegetables of your choice and topped with fresh herbs
Dinner Idea	Traditional Kitchari made with vegetables of your choice and topped with fresh herbs.
Snack Suggestion	2-4 organic apples
Tea Suggestion	Tulsi tea, CCF tea, fresh ginger tea



Day 3

- Ghee** Upon waking, drink 6 tsp of melted ghee on an empty stomach
- Breakfast Idea** Kitchari- made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend
- Lunch Idea** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs
- Dinner Idea** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs
- Snack Suggestion** 2-4 organic apples
- Tea Suggestion** Tulsi tea, CCF tea, Farmtrue [Golden Milk Latte](#)

Day 4

- Ghee** Use in preparing your Kitchari today
- Breakfast Idea** Kitchari - made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend.
- Lunch Idea** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs
- Dinner Idea** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs.
- Snack Suggestion** 2-4 organic apples
- Tea Suggestion** Tulsi tea, CCF tea, fresh ginger tea

Day 5

- Ghee** Upon waking, drink 8 tsp of melted ghee on an empty stomach
- Breakfast Idea** Kitchari- made with the rice and mung bean mixture with sauteed apples, ghee and warming spice blend.
- Lunch Idea** Traditional Kitchari made with vegetables of your choice and topped with fresh herbs



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

Snack Suggestion 2-4 organic apples

Tea Suggestion Tulsi tea, CCF tea, fresh ginger tea

Day 6

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

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

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

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

Snack Suggestion 2-4 organic apples

Tea Suggestion Tulsi tea, CCF tea, fresh ginger tea

Day 7 - Transition Day and the Final Flush

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.

Ghee Included in the foods throughout the day

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

Lunch Idea Quinoa and sauteed vegetables in ghee

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

Snack Suggestion 2-4 organic apples

Tea Suggestion Tulsi tea, CCF tea, fresh ginger tea, [Farmtrue Golden Milk Latte](#)



The Final Flush

This can be done on Day 6 or the final day of the cleanse. Taking a laxative will flush your digestive tract therein eliminating fat-soluble toxins that you've released during the cleanse from your body. The day after taking a laxative, you may feel weaker than usual; this is a perfectly common side effect of the flush. The best thing to do is drink plenty of fluids and allowing yourself rest.

Protocol

1. The evening of the Final Flush (second to last or last day), your meal should be very light.
2. Wait 1-2 hours after eating to take your laxative.
3. Before taking the laxative, take a 15-20 minute hot bath to increase circulation to the bowels and relax the abdomen. If a bath is not possible, substitute with a hot shower or rest for 20 minutes with a hot water bottle on your lower abdomen.
4. Choose the laxative that is best for you.
 - a. For sensitive digestion or looser stools, bowel irritation or gallbladder or liver issues
 - i. Take 1 ½ cups of prune juice
 - b. For normal elimination
 - i. Dissolve 1 tablespoon Epsom salt in 1 cup of water. Add 1 tablespoon of olive oil and 1 teaspoon of lemon juice.
 - c. For sluggish, hard, or constipated bowels
 - i. Dissolve 1 ½ tablespoon Epsom salt in 1 cup of water. Add 2 tablespoons of olive oil and 2 teaspoons of lemon juice.
5. Laxative will take effect within approximately 1-6 hours.
6. Do not eat anything until the laxative effect as worn off. Sipping room temperature or warm water is ok.



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 it sweet by using our [warming spice blend](#) or cinnamon and sauteed apples.
- Top with fresh herbs such as cilantro, parsley, or dill.

If you're feeling hungry...

- Add hemp hearts to your breakfast kitchari
- Add lean, white meat (chicken or turkey) to your lunch or dinner kitchari
- Don't over eat these items – just add enough to satiate

Routines

Morning: 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

- [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



Additional Information about Cleansing Routines

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.

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.



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.

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.

