

How To 3-Day Cleanse at Home

With Dr. Victoria Alcoset, AD

c2021



Ay*ur*veda Marisol Holistic Healthcare

The Problem: Fatigue or Low Stamina

People feel tired, even with enough rest & sleep.

They can feel leaden, heavy, slowed down.

And drag through the day, even when work, loving relationships and other meaningful activity is satisfying.

Things People Try

Some people try to nap more or sleep longer & later.

Many try changing their diet: from no meat to adding meat. Or removing meat, adding fiber and drinking more water each day.

Some people focus on environmental toxins & do cleanses to remove toxicity from their former diet or external pollutants.

What Often Happens

A cleanse protocol that works for one person, does not work for their friend. Or something works only a short amount of time for both of them; they don't know why. So they try another method that's popular, or new or works for another friend.

The methods that work can come with a price tag -- either literally costing a lot of the monthly budget, forever. Or in the form of health compensations the body uses to adapt to lopsided nutritional input.

Occasionally people get interested in knowing the WHY of the various methods -- why did this one work for you but not for me, and why did this other one finally work for me?

And sometimes people wonder: Is it necessary to have withdrawal symptoms of absolute fasting? Do I need to anticipate a headache or constipation to cleanse?

Solution

'Cleanse' with
nourishment

which can mean...

Try Some
Ayurveda

Why Ayurveda?

1. Sees distinct body & personality types - not all cleanses are the same.
2. Safe for babies, teens, adults and frail elders
3. Relies on simple, available **foods**. Yes, ***nourishes while cleansing***
4. Leverages cycles of the day & seasonal rhythms
5. Tried & true for lots of --hundreds of-- years

Ayurveda's knowledge base has many solutions to offer.

Ayurveda aims to teach lifestyle tips that are sustainable for the long-term.

So you can do this cleanse now, but also learn some tools you can use for a lifetime of good health.

How much and how solid you eat on this cleanse will vary by your temperament, by how hungry the weather makes you feel, and by the degree of cleansing your body system needs - it will adapt.

The most critical gifts of this brief wellness journey protocol?

Solid AV information

These recipes are OLD

But still in use all over modern India.

Grannies and Ayurveda Doctors alike rely on them for keeping people healthy, supple and energetic

Easy-to-Replicate

Just Rice & Mung

- If you can get your paws on white rice & mung beans, you're cooking!
- Ghee & spice on solid food days add flavor options

Doubles as Remedy

Try this when ill

- 2 levels of texture = ways to nurture gently when ill
- Builds up good appetite slowly & steadily
- Pepper improves congested conditions

Implementation



Materials You'll Need

Pots & Pans

- A. 3 Quart Pot
- B. 1.5 Quart Pot or Small Rice Cooker
- C. Small skillet if you want to warm the seeds and turmeric in ghee for the days of solid food -- after they are warmed, add to mung

Staples

- 1. White Rice: Basmati is best, but Jasmine and Indian short-grain are good
- 2. Green Mung beans
- 3. Rock Salt
- 4. Black Peppercorns
- 5. Ghee
- 6. Filtered Water

Extras, Nice to Have

- Dried Pomegranate rind
- Cumin seeds
- Coriander seeds or powder
- Fennugreek powder
- Turmeric powder
- Hing/ Asafoetida

The Recipes: Rice in Two Textures

Solid Rice

2 c. Basmati rice (white)
1 t. Ghee
1/2 t. Salt
4 c. Water

Wash the rice 2-5 times and drain.
Place rice & salt in water.
Bring to a boil, then
Boil additional 2-3 minutes.
Turn heat down to very low.
Cover (with lid slightly ajar).
Cook ~20 minutes until rice is tender.
Season with ghee and serve hot or at room temperature.

Soupy Rice

1 T. - 1/2 c. Basmati rice (white)
¼ t. Ghee
1/2 t. Salt
4 c. Water

Wash the rice 2-5 times and drain.
Place rice & salt in water.
Bring to a boil, then
Boil additional 2-3 minutes.
Turn heat down to medium
Do not cover
Cook ~20 minutes until rice is tender.
Seasoning with ghee is optional. Serve hot.

The Recipes: Mung in Two Textures

Solid Mung

1 c. Whole Mung Beans
6-8 c. Water (or more)
4 Black Peppercorns
1/2-1 t. Salt

Rinse beans and SOAK OVERNIGHT in enough water to cover them by 1/2-1 inch. In the AM, drain the beans. [Soak one night only, no fermenting or sprouting]. In a heavy saucepan mix the mung, water and black pepper. Cook until soft, around 35-45 minutes. Serve hot. A dab of ghee can be added on the pre-cleanse solid food day.

Soupy Mung

½ c. Whole Mung Beans
6-8 c. Water (or more)
1-4 Black Peppercorns
1/2-1 t. Salt

Rinse beans and SOAK OVERNIGHT in enough water to cover them by 1/2-1 inch. In the AM, drain the beans. [Soak one night only, no fermenting or sprouting]. In a heavy saucepan mix the mung, water and black pepper. Cook until soft, around 35 minutes. Serve hot. A dab of ghee can be added on the last cleansing day, Day 3.

Recipes reviewed & supplies acquired.
Rice & Mung for 2-3 meals, 4 hrs apart

Soupy Rice & Soupy Mung until full; Repeat when hunger strikes

Rice & Mung with Ghee for 2-3 meals, 4 hrs apart. Mushy vegetables OK



Overview of 3 Main Days

Soupy Rice & Soupy Mung until full; Repeat when hunger strikes

Soupy Rice & Soupy Mung until full; Repeat when hunger strikes

Overview, in Detail

The cleanse days are 3, but the total days of special attention to eating are actually 5 in number and support good digestion.

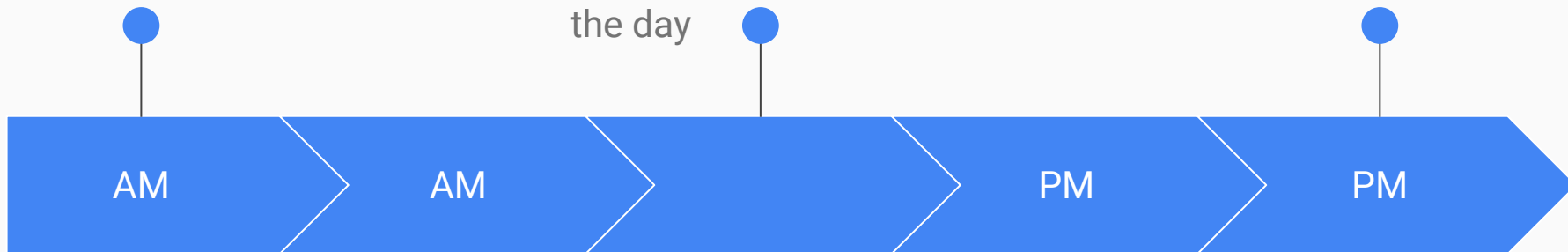
On the first day of solid rice & mung, only, feel free to include any of the optional spices listed in the *Materials You'll Need* section. Space your meals out to be 4-5 hours apart.

During the cleanse days, you can eat your fill at each meal but don't overstuff -- you can eat again soon. When you feel hungry again, drink ½ c warm water and wait 20 minutes. Hunger may subside (it was indigestion). If still hungry 20 minutes after warm water, have another meal of soupy mung and soupy rice.

Drink ½ cup warm or room temp water after waking

When hunger strikes, more soupy rice & soupy mung, sips of warm water through the day

Stop meals 2 hours before bed & water 30 min before. Aim for 9pm bedtime



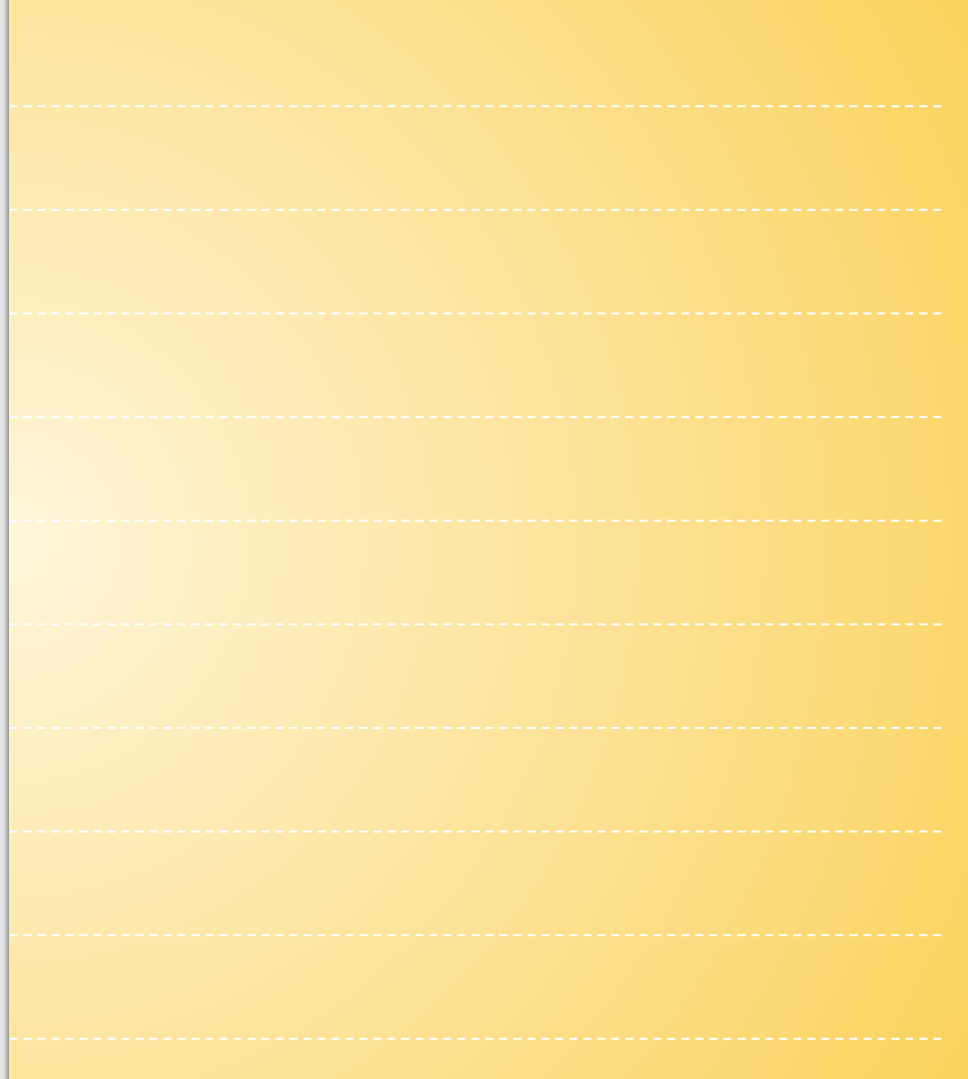
Day One

Bathroom hygiene including a warm brief shower, then eat soupy mung & soupy rice

When hunger strikes, more soupy rice & soupy mung

Diary

Make note of anything that seems important in the cleanse day->

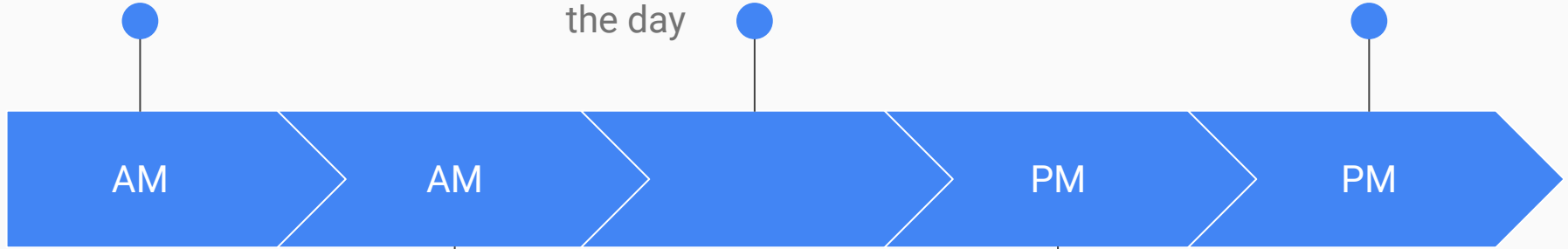


A vertical yellow gradient bar on the right side of the page, serving as a background for a series of horizontal dashed white lines that form a writing area.

Drink ½ cup warm or room temp water after waking

When hunger strikes, more soupy rice & soupy mung, sips of warm water through the day

Stop meals 2 hours before bed & water 30 min before. Aim for 9pm bedtime



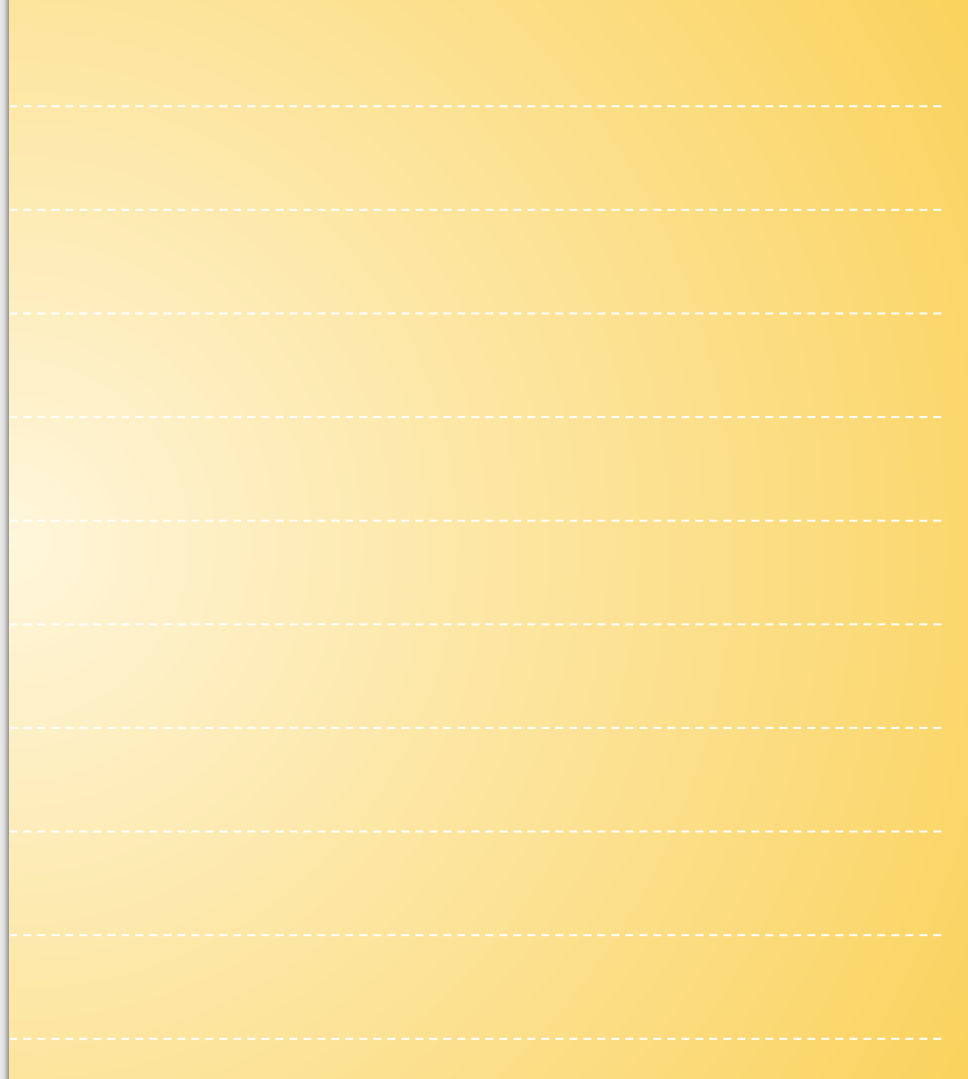
Day Two

Bathroom hygiene including a warm brief shower, then eat soupy mung & soupy rice

When hunger strikes, more soupy rice & soupy mung

Diary

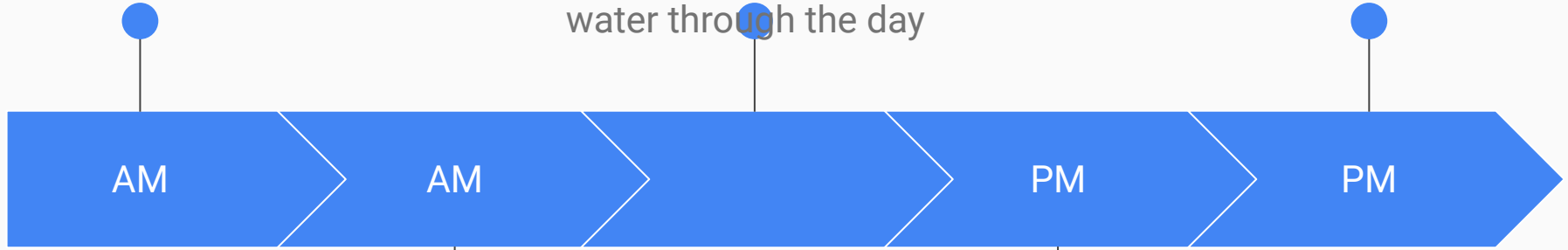
Make note of anything that seems important in the cleanse day->



Drink ½ cup warm or room temp water after waking

When hunger strikes, more soupy rice & soupy mung, with ghee, sips of warm water through the day

Stop meals 2 hours before bed & water 30 min before. Aim for 9pm bedtime



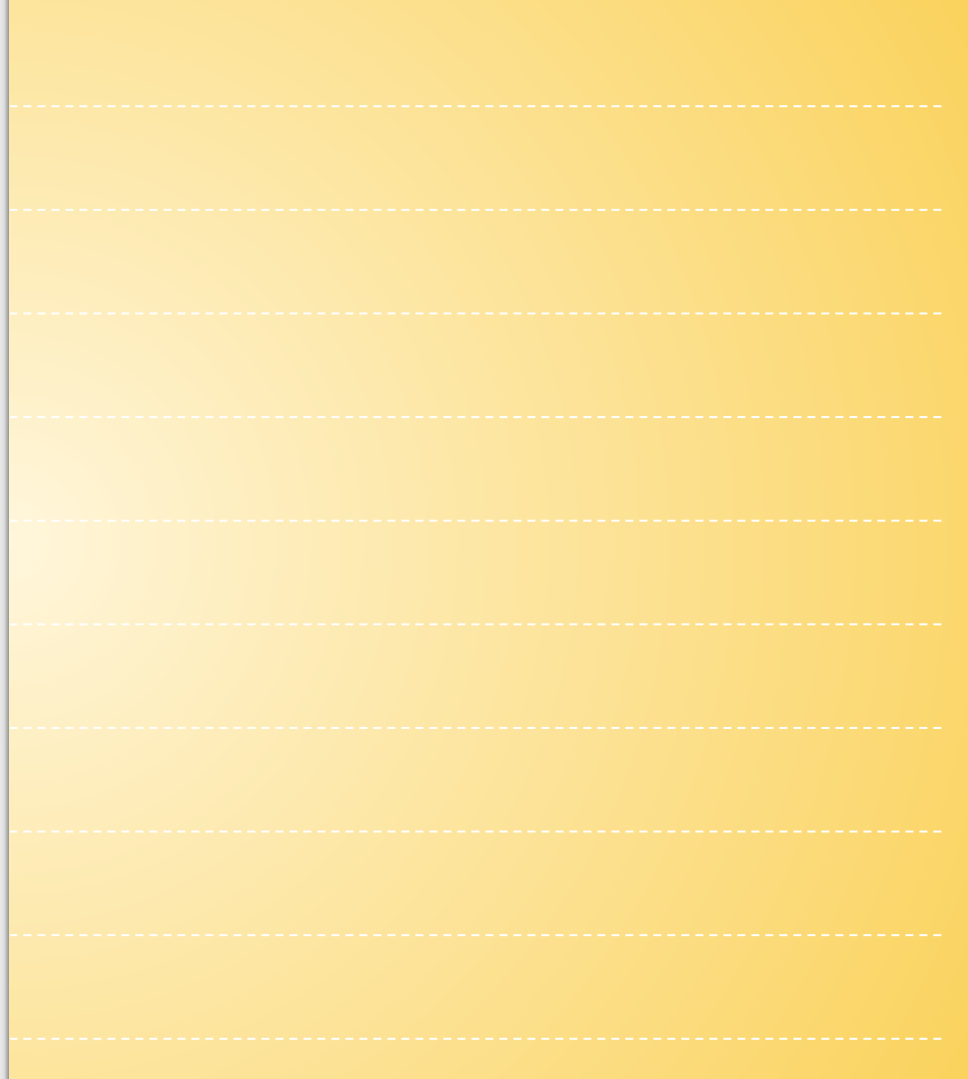
Day Three

Bathroom hygiene including a warm brief shower, then eat soupy mung & soupy rice

When hunger strikes, more soupy rice & soupy mung, with ghee

Diary

Make note of anything that seems important in the cleanse day->



New Awareness Integration & Follow Up Options

Taste Buds Shift

Reintroducing Foods

- New awareness of familiar foods may mean you need less seasoning
- Consider meals with less sugar & more turmeric, after

Regular Cleanses

Keep Up Digestive Power

Digestion often benefits from

- 1 cleanse a day, weekly of soupy food, OR
- 3 days of soupy once every month

See a Practitioner

Guidance Helps

Cleanses at home get a boost when an ayurveda practitioner helps you know your temperament profile, your current imbalances & whether to choose soupy mung or both rice & mung for different effects

Next Steps



Ay*ur*veda Marisol Holistic Healthcare

I hope you enjoyed this guide to a 3-day Cleanse you can do at Home, with just food & kitchen spices.

Ayurveda is famous for deeper cleanses conducted under supervision of a well-trained practitioner. But this simple cleanse is the foundation for all that can be built upon it to see more precise clinical results.

So, if you've completed it, Congratulations!

If you'd like some more orthodox ayurvedic knowledge to try out, get on my email list at www.Ayurveda-Healthcare.com

To Your Health...



victoria alara alcosec c2021 www.Ayurveda-Healthcare.com