



Global Cleanse

Cleansing is taking a break from food consumption. It allows the vital organs to rest, detox, and rebuild. Some people cleanse for spiritual reasons, some to detox the body, and others for mental clarity. Mahatma Gandhi cleansed for his country to be free from oppression and to get the Moslems and Hindus to stop fighting each other. Cleansing is a way to improve health. Cleansing supports the body to eliminate excess toxins. It also frees the vast energy used in the digestive process to rebuild itself or to heal any illness. When you observe animals in nature or even your own pets, they will stop eating when they don't feel well. When we become ill with a virus or flu, we often lose all desire to eat.

When Ama (toxicity) has built up in the body, it is a good time to cleanse. Signs of Ama include tiredness, bad breath, strong body odor, coated tongue, indigestion, and foul gas or stool.

People who find themselves in good health have no need to cleanse. However, they may wish to cleanse seasonally, in order to preserve their health and prevent disease. When someone has sunk to a level of severe illness and is too weak or emaciated, cleansing is not recommended until some strength has returned.

The best time to do house cleaning in the body is when the energy is high and the individuals mind is ready to take on the discipline of doing without foods that they are used to.

When someone recognizes that they are consuming a junk diet of meat, sugar, refined, processed, and fried foods, it is best to follow a cleansing diet before attempting to fast. After following this diet, then you can more easily do a fast.



AYURVEDIC CENTER FOR WELL BEING

PO Box 279
Rincon, PR 00677
787.291.3651

Things you will need to purchase:

1. Natural Bristle Skin Brush
 - a. To use when doing self massage (abhyanga)
 - b. Instructions included
2. Pure Castor Oil (best if purchased in glass container – available at Indian Stores)
 - a. To use when doing Castor Oil Pack
 - b. Instructions included
3. Baking Soda (Castor Oil Pack)
4. 1 Chuck for Castor Oil Pack included so you can buy afterwards
5. Heating Pad/Hot Water Bottle (Castor Oil Pack)
6. Organic Vegetables, fruits and nuts (can be purchased at your local food store or you can buy from us at wholesale prices as food costs are NOT included in your fee for the cleanse.

Things to do on a daily basis

1. Do a self massage (abhyanga, instruction attached)
2. Daily Checklist Diary (attached)
3. Daily Affirmations (attached)
4. Daily Meditation (instructions attached)
5. Some form of exercise (I recommend yoga)

Things you are receiving from the College

1. Essential Oil for Abhyanga (self massage) 4oz for 10 days, 8oz 15 days, 16oz for 30 days.
2. 10, 15 or 30 day diet regime
3. Immune Soup Mix for 3, 5, or 10 days
4. Burdock & Tumeric



5. A Savory and Sweet Churna (spice mix)
6. Herbal Tea Mix 4oz for 5 days, 8oz for 10 days, 16 oz for 30 days
7. 14 days of Liver Flush
8. Longevity Shake 3, 5, or 10
9. 2 Basti Mixture for 30 days (Colon Cleanse) and an enema bag
10. Khichari for 3, 5 or 10 days
11. Immune Soup Mix

Global Cleanse

Day 1 – 6

1. Eliminate all meats from your diet and be moderate in your eating if you eat meat. (If you are doing 5/10 days eliminate immediately)
2. Follow recipes for your Dosha (body type)
 - a. You can eat eggs, dairy, nuts, grains, herbs, beans, vegetables and fruit. (If you are doing 5/10 days eliminate eggs/dairy immediately and nuts/seeds come the third day)
3. Begin to drink your Herbal Tea. Drink your Herbal Tea for the next 30 days.

Day 7 – 10

1. Eliminate all dairy and eggs.
2. Follow recipes for your Dosha (body type)
 - a. Eat grains, herbs, beans, vegetables, nuts, seeds and fruit.
3. On the 9th day begin your Liver Flush
 - a. Drink first thing in the morning
 - b. Do not drink or eat anything until 2 hours after.
 - c. You will do the Liver Flush for the next 14 days

Day 11 – 13

1. Eliminate all nuts, seeds, beans and grains.
2. Still no dairy and eggs
3. Follow recipes for your Dosha (body type)
 - a. Eat vegetables, herbs and fruit



Day 14 – 16

1. Drink Immune Soup
2. Follow Juice recipes for your Dosha (body type)

Day 17 – 19

1. Begin 3 days of Kichadi
2. Continue with Juices
3. Time to do a Salt Water Flush (optional)
4. Time for a Basti/Enema

Day 20 - 23

1. Continue with Juices
2. Follow recipes for your Dosha (body type)

Day 24

1. Re-introduce vegetables
2. Follow recipes for your Dosha (body type)

Day 25 – 30

1. Day 29 – Re-introduce Dairy if this is what you eat
2. Follow recipes for your Dosha (body type)

This elimination diet may not be appropriate for some health problems. Consult a physician if in question.

For those who want to fast, there are many kinds of cleanses: juice fast, fruit fast, herbal fast, water, and a saltwater fast. However you do it, it is most important to create a quiet supportive environment for yourself. Do not attempt to fast while remaining on the job. If you have never fasted, begin with one day, then the following week do two, then three days and work up to fasting for one week. Drink plenty of liquids or saltwater, selecting those juices which are best suited for your body type. For Vata, fasting should be limited, but if it is necessary, fast with juices or spring water. The Global Cleanse is easy and you can do all your normal activities.



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Helpful Information:

Skin brushing is important to stimulate and cleanse the skin. Colon cleansing should be done every day of fasting to eliminate toxins, which are being released. Herbal teas are preferable to plain saltwater for colon cleansing.

Colonics by a professional, a home Colema board, or plain home enemas are all helpful and available at the Ayurvedic Center for Well Being. Light exercise (walking, swimming, saunas) and breathing all assist in toxin release.

After a few days of cleansing you may experience tongue coating, bad breath, headache, or aches and pains. These symptoms will pass. Drink more fluids.

In a long cleanse, it is possible to experience a recurrence of old illnesses, which is called a "healing crisis" by natural health practitioners. This will pass also. This is a good time to get massages or do a treatment. Ayurvedic Healers offer massages for \$45 and all treatments are 50% off. Out of towners check with Ayurvedic practitioners.

When cleansing due to an illness, make sure that you are under the supervision of a healthcare practitioner. Pancha Karma programs are specially designed Ayurvedic seasonal cleanses which clean and rebuild all the organs in a systemic, time-tested manner.



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Breaking Your Cleanse

Breaking your cleanse correctly is as important as how you begin your cleanse. Cleansing and feasting can be dangerous to your health. A gradual transition back to your normal diet is necessary. When the cleanse is done follow the instructions given. Begin to eat a complete diet of good wholesome foods being careful to eat moderate amounts and observe good food combinations. Attached find a food combining suggestions. This will help keep you at your perfect weight.

Remember, your stomach is only as big as your hands placed wrist to wrist, fingertip to fingertip, and palms separating to make a ball. The stomach is muscular and will stretch more, but it works best when not overfilled.

Cleansing may be a very rewarding experience. We may learn that our strength comes not from food, but from our inner connections. If we allow ourselves to let go of our daily concerns and rely on our inner strength and determination, we may experience an internal healing process, a process that when completed, brings a sense of inner peace and serenity.

Love yourself and follow the program. If you break the cleanse for any reason, then just begin again.