

AYURVEDA



C L E A N S E

**A S E A S O N A L
R O U T I N E**



SPRING CLEANSE

We are used to Spring cleaning our homes, especially our closets, getting rid of the unwanted clothes, shoes, sweaters, etc. People have traditions of holding garage sales to make a few extra bucks as they get rid of various items throughout the house. Many will donate and give away items that no longer serve a purpose. We feel a sense of cleanliness and freedom and get ready for new beginnings once the cleaning is done. Spring naturally is a time of new beginnings and letting go the old.

Ever think of our internal selves needing cleaning?

Ayurveda emphasizes on a daily as well as a seasonal routine. Seasonal detoxification methods are highlighted throughout ancient textbooks to restore health and experience optimum wellness.

According to Ayurveda, seasonal transitions are perfect times to perform a cleanse. As one dosha begins to accumulate in preparation, it's important to pacify the one that is in excess. This gets us ready for the next season.

This spring cleanse will enable us to rid the body of any excess doshas that get built up over the fall and winter seasons. As the weather got cooler, our bodies felt dry. Because of this, it's important to allow a dosha specific cleanse to get your mind, body, and spirit for ready the next season.

During the cleanse, we encourage you to take as much time as you can to really be in the moment. Allow yourself grace and compassion as you go through this process. Try to limit any excess activity, exercise, etc. We want you to truly cleanse on all levels of your being.

A Spring cleanse isn't a strict program but an opportunity to increase awareness of how your body responds to different foods and their effect on physical and emotional wellness. We restrict certain foods that contribute to stagnation in the body and utilize the benefits of other foods and herbs that naturally scrub and promote the detoxifying processes in our bodies.

When we follow a cleansing program, 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 take advantage of your ambition to explore this age old method. 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. Our trained Ayurvedic Practitioner can assess your body and suggest the proper protocol for you.

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 won't benefit from it fully. 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, we do recommend notifying your healthcare provider about your participation in the cleanse.



AYURVEDA

basics

VATA



Air



Ether

Vata governs all of the transportation throughout the body and mind, all movement and communication. The elements in the joints, the movement of our bodies, ability to imagine, dream, yawn is all because of vata.

PITTA



Fire



Water

Pitta governs all transformation in the body, digestion of food into nutrients, thoughts into speech and actions. Our intelligence, brilliance and passion for life all comes from the fire energy known in Ayurveda as pitta.

KAPHA



Water



Earth

Stability, structure, cohesion, and composition throughout the body is kapha. Kapha gives us our physical matter, our bones and muscles, as well as cushions the entire body. Because of kapha, we feel loved and can spread love.



Agni

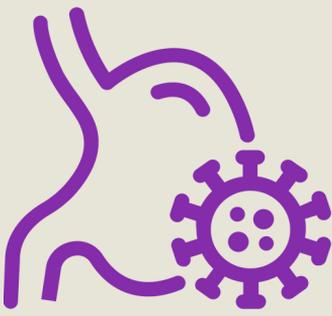
digestive fire

In Ayurveda, Agni refers to the digestive fire, which is considered to be responsible for the process of digestion and metabolism in the body. According to Ayurvedic philosophy, Agni is responsible for transforming food into energy and other essential nutrients that are required for maintaining optimal health and wellness.

Agni is believed to be located in the stomach and small intestine, and it is responsible for breaking down food into its constituent elements, including carbohydrates, proteins, and fats. Ayurveda recognizes different types of Agni, each with its unique characteristics and functions.

When Agni is strong and balanced, it can help improve digestion, increase energy levels, and support overall health and well-being. On the other hand, when Agni is weak or imbalanced, it can lead to digestive problems, such as constipation, bloating, and indigestion, as well as other health issues.

Ayurvedic practitioners use various techniques to balance and strengthen Agni, including dietary recommendations, herbal remedies, and lifestyle modifications, such as regular exercise and stress management techniques.



Ama accumulation

In Ayurveda, Ama refers to toxins or undigested waste products that accumulate in the body due to weak or imbalanced digestion. Ama is considered to be a sticky, heavy, and dull substance that can clog the channels of the body, impair the functioning of the organs, and cause a wide range of health problems.

Ama can accumulate in the body due to several factors, including poor dietary habits, weak digestive fire (Agni), stress, and environmental toxins. When Ama accumulates in the body, it can lead to symptoms such as fatigue, sluggishness, brain fog, bloating, and inflammation.

Ayurvedic practitioners aim to reduce Ama in the body through various techniques, including dietary modifications, herbal remedies, and lifestyle changes. Ayurvedic detoxification techniques such as Panchakarma are specifically designed to eliminate Ama from the body and restore balance to the digestive system. To prevent the accumulation of Ama, Ayurveda recommends following a healthy diet, managing stress, getting regular exercise, and avoiding exposure to environmental toxins.



OVERVIEW

The steps in an Ayurvedic spring cleanse are as follows:

Step 1

Consultation with an Ayurvedic practitioner: Before starting a spring cleanse, It is recommended to consult with an Ayurvedic practitioner who can assess your individual needs and recommend a cleanse that is tailored to your specific constitution and health concerns. This is where you find out the following:

- The duration (3, 5, 7, 14, or 21 days)
- Herbal supplements, formulas, and oils
- Adequate DIET for you during and after the detox



Step 2

Preparation phase: The preparation phase involves eliminating processed foods, alcohol, caffeine, and sugar from your diet a few weeks before the cleanse. This helps to prepare the digestive system for the cleanse and reduce any potential detox symptoms.



Step 3

Detox phase: The detox phase typically involves a mono-diet of kitchari, a traditional Ayurvedic dish made from basmati rice, split yellow mung beans, and spices. Kitchari is easy to digest and provides all the necessary nutrients for the body while allowing the digestive system to rest and detoxify. Herbal teas and ghee may also be consumed during this phase.



after care

After completing the detox phase, it is essential to reintroduce foods gradually to avoid overwhelming the digestive system. This phase may involve adding in easily digestible foods such as steamed vegetables, soups, and broths.

Maintenance involves incorporating healthy lifestyle habits such as a balanced diet, regular exercise, stress management, and good sleep hygiene to maintain the benefits of the cleanse.



LIMITED
OFFER

Pricing

Existing Patients: \$375

New Patients: \$450

(Register before March 15, 2023 to save \$100)

What is included:

- Customized layout for your detox.
- Herbs, teas, and supplements for your body's needs.
- Khichari ingredients Kit for duration of your detox (7, 14, or 21 days supplies)
- Self-care routine.
- Recipe eBook.
- Guidance throughout the cleanse.
- Direct email support for your queries.
- Bonus: Follow Up online/in-person appointment.



WISHING
YOU

WELLNESS

*we're happy to
help*

If you have any questions, please reach us
directly

949.309.0157

theocayurvedaclinic@gmail.com

I CAN
DO
EVERYTHING

TODAY
- I am -
THANKFUL

I am
HAPPY

I'm a



I AM
STRONG

i am
Confident

I AM SO
GRATEFUL

I am
SUCCESSFUL

i'm
FEELING
good