

# AYURVEDIC SHORT CLEANSE AFTER THE HOLIDAY SEASON



During the winter holidays, most of us come to rest, spend time with our family and recharge our batteries. On the other hand, we do not realize how we strain our body by over-eating and wrong food combinations. The Christmas diet usually contains a lot of meat, dairy, bread, processed food and sugar. Due to this, our colon reduces the absorption of nutrients and starts to build up toxins. These lead to constipation, weight gain and a weaker immune system. To restore the health of your body, we want to introduce a short Ayurvedic cleanse to you.

A usual Ayurveda detox takes at least 2-3 weeks, but a short cleanse at home will already relieve your body to a certain extent. It will loosen the toxins and leave you with a lighter body and mind, enhance digestion and give you more energy.

The cleanse which our head of Ayurveda, Dr. Sreelatha, compiled, prepares you for the first three days for a cleansing process during the fourth day / lasts four days. Prior to the cleanse, you should visit a pharmacy or drugstore and stock up on the following items:

Castor oil, Lemon, Ginger, Honey, Fenugreek and Cumin.



TEN TIMES AWARDED AS  
**“THE BEST AYURVEDIC CENTRE“**

BY THE GOVERNMENT OF KERALA



SOMATHEERAM **AYURVEDIC HEALTH RESORT**

## **Detox schedule**

1. In the morning of day 1-3 dissolve 2 tsp. of olive oil in one glass of warm ginger water and drink it on an empty stomach. The internal lubrication stimulates the digestive fire.
2. Use the castor oil to give yourself a whole body massage every day. It increases the circulation and leads the toxins towards the alimentary tract.
3. Practice 20 minutes of gentle and stretching yoga every day. As an alternative, you can go for a walk.
4. On the 3rd day, two hours after dinner or in the early morning of the 4th day drink one of the following mixtures:
  - I. 5 tsp. of castor oil with warm water or warm milk
  - II. 1-2 tbsp. of olive oil with 1 tsp. of lemon juice
  - III. 2-3 tsp. of Epsom salt in two glasses of warm water
5. After taking the purgation mixture, drink warm water each time after going to the toilet, to cleanse your body from within.
6. Once the purging is over eat a bowl of rice soup or rice gruel with salt.
7. If you feel tired or exhausted, drink 1-2 cups of black tea with lemon juicy and honey. It will give you some energy without straining your body too much.
8. Tea with cumin and fenugreek will help in case of bloating.

Eat only light food after purging. Avoid fruits and vegetables on that day. From the next day onwards, you will feel lighter, fresher and your digestion will be back to normal.

## **Detox diet**

After a few days of indulging in anything that looks delicious, you should watch out for your diet in particular. If you follow the guidelines below, your digestion will be back to normal in a short time:

1. Stick to vegetarian food.
2. Drink 2-3 liters of warm (ginger) water daily.
3. Eat only steamed or lightly cooked, not fried foods.
4. Breakfast: Oatmeal or fresh fruits
5. Lunch: Fresh vegetable salad or steamed vegetables
6. Dinner: Kitchree or oats porridge with clear vegetable soup
7. Avoid snacking between the meals. If it is inevitable turn to fresh fruits or a few raw nuts.

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### **Supportive lifestyle**

While you are purifying your body, you should cultivate a supportive lifestyle. Of course, it is important to take care of your body at any time, but especially during the intense cleanse, you should embrace the following points:

1. Avoid too much activity and stress and try to relax physically and mentally, by taking as much rest as possible.
2. Go to bed early and get at least 6-7 hours of sleep every night.
3. Practice breathing exercise and meditation.

Obviously, this short cleanse will not cause the same effect as an Ayurvedic package over several weeks, but it purifies your digestive system, clears your body from toxins and leaves you with a happy body and soul.



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