



# Ayurveda Spring Cleanse Tips

Spring is one of the best times to cleanse. Just as we spring clean our homes, we also need to spring clean our bodies and minds and especially our digestive system. Ayurveda cleansing allows us to harness the “new growth” energy of spring to remove accumulated Ama (toxins) from the physical, mental and emotional bodies and restore health to our whole being. Spring foods like bitter greens, sprouts and berries naturally support the cleansing process. **Take 7 - 10 days to restore and renew.**

## 8 Ayurveda Spring Cleanse Tips

### Eat Light, Whole & Hydrate

1

During the winter we naturally eat heavier foods. It's time to lighten up! Eat plenty of steamed veggies, greens and light soups. Berries & ripe fruits are also good choices. Don't forget your warm lemon water & to sip plenty of ice-free water during the day.

2

Dial back your schedule & reduce your activities. Ask your family & friends for support. Think of your cleanse as mini retreat.

### simplify

### Eliminate the Big 5

In order to reset your digestion its important to eliminate foods that are difficult to digest. Eliminate animal products including dairy, gluten containing grains, alcohol, sugar (processed foods) & caffeine.

3

Get plenty of sleep & take small breaks throughout your day. Meditate or sit quietly each morning of your cleanse. Write 3 gratitudes each day.

4

### Get Slow

5

### Avoid Snacks

Eat three meals each day & avoid snacking between meals. Each meal should be satisfying enough to last until your next. Make lunch your biggest meal & enjoy a light dinner before 7:30 pm.

### Eat Kitchari

Eating a mono-diet is key to Ayurveda cleansing. Kitchari is a mixture of basmati rice, yellow mung dal & spices. Its is an Ayurvedic super food, easy to digest, deeply nourishing, cleansing & delicious!

6

### Step up Your Self Care

Create time for your favorite self-care rituals. Make time to take a bath & incorporate a warm oil massage (abhyanga) into your daily routine. Make doing the things that feel deeply nourishing a priority.

7

### Take a Media Cleanse

If stress & overwhelm are part of your accumulated toxins give yourself a break from TV, texting, emails & social media. Consider observing a media free cleanse from 7 pm – 7 am.

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