IMPROVE YOUR DIGESTION AND ABILITY TO DETOX NATURALLY!

Short Home Cleanse

4 DAYS TO RESET YOUR DIGESTION AND FAT METABOLISM

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THE YOGA BODY DIET and
BODY, MIND AND SPORT

lose weight
burn toxins
boost energy
improve mood
increase immunity
health & longevity
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Medical Disclaimer

All material provided from LifeSpa for the Short Home Cleanse is provided for informational or educational purposes only. Schedule a private consult with John Douillard, DC or with a physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. The instructions and advice presented from LifeSpa for the Short Home Cleanse are in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this program as you would any detox, weight loss or weight maintenance program. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking.

If you are on diuretics or diabetes medication, have liver or gallbladder disease or take any medications, you should proceed only under a doctor’s supervision. As with any plan, the weight loss phases of this nutritional plan should not be used by patients on dialysis or by pregnant or nursing women.

You must be at least 16 years of age or older to do the Short Home Cleanse.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.
This easy 4 day detox will stimulate your body to burn fat and cleanse the deep tissues of the body.

One of the best cleanses that can be done any time of year is this 4 day Short Home Cleanse (SHC). It is very similar to the cleanse we use for our 3-21 day Panchakarma retreats, which include detox and rejuvenation treatments.

Detoxification is a natural and essential process that our bodies undergo every day, every month and every year. In nature, there is an opportunity for detox with every season and even during each day. So don't miss an opportunity to detox!

Now, more than ever, we must take advantage and maximize the body’s detoxification pathways because of the toxic world we live in. In nature, we can plainly see daily and seasonal cycles that support the survival of plants and animals. For example, birds fly south, whales migrate, and leaves turn red and fall off the trees in the fall. While all this is happening, we may only be putting on or take off a sweater. Though just like the birds, our survival depends on being connected to these natural cycles through eating seasonally, cleansing regularly, and living in harmony with nature.

*We recommend scheduling an in-person or phone Ayurvedic consult to personalize your cleanse or look into combining this cleanse with Ayurvedic detoxifying treatments at LifeSpa.*
When we are under stress, the body is told to store fat, which often results in weight gain, cravings and the storage of fat soluble toxins, chemicals and pollutants.

The SHC is designed to reset the body’s ability to be a better fat burner. Fat is the body’s calm, long lasting, mood stabilizing, detoxifying, repairing, rejuvenating and endurance fuel.

In just four days, while working and maintaining your regular schedule, the SHC will support the body’s natural ability to burn fat and detoxify itself.

At LifeSpa, we offer several ways to detoxify:

**The Short Home Cleanse**
What you are reading right now! This eBook provides a step-by-step guide on how to complete a gentle – yet powerful – four day Ayurvedic cleanse. Learn more about our SHC supply kit and how to download this eBook at: [http://lifespa.com/cleansing/short-home-cleanse/](http://lifespa.com/cleansing/short-home-cleanse/).

**Lighten Up! Emotional Freedom Cleanse**
During this cleanse, one learns to make and keep a life-changing resolution, reset digestive strength, detox fat cells and balance weight, and address old toxic emotions so that we can discover and act from our true selves. Learn more at: [http://lifespa.com/cleansing/lighten-up/](http://lifespa.com/cleansing/lighten-up/).
The Colorado Cleanse
The “Anytime” is on your own, while the “Group Event” is with an online community. A two-week cleanse that resets the body’s natural digestive strength and ability to detoxify. Twice a year, in the transitional seasons of spring and fall, LifeSpa hosts an online cleansing event during which hundreds of cleansers from around the world come together to detox at the same time while supporting each other and receiving step-by-step email and webinar guidance from John Douillard. Learn more at: http://lifespa.com/cleansing/colorado-cleanse.

Panchakarma Detox Retreat
Panchakarma is a 3-21 day retreat at our clinic in Boulder, Colorado where digestion, imbalances, detox channels and old patterns are all addressed. During the retreat, your consults with John Douillard and Ayurvedic treatments pave the way for a deep mental, physical and emotional transformational experience. Learn more at http://lifespa.com/panchakarma.

When to do the Short Home Cleanse
I always feel the best time to detox or do Panchakarma is when you have the time to really rest and retreat yourself. When it is not possible to do Panchakarma, it is always
important to cleanse and relax on a regular basis or when your lymph is stagnant (see symptoms on page 8). You can do the SHC four to six times a year. As many people like to make a habit of cleansing at the turn of each season, we have included information about tailoring this cleanse to the current season. If you typically experience coughs, congestion, weakened immunity or allergy symptoms during a particular season, it is good to do this cleanse about one month prior to when you usually experience symptoms.

Benefits of Cleansing and Burning Fat Cells

Each morning you will drink increasing amounts of melted ghee - called your *Morning Ghee* - and eat a simple nonfat diet to stimulate fat metabolism so you start burning off fat cells. Because fat is a stable, non-emergency fuel, you will experience a sense of calm when you enter fat metabolism mode.

According to Ayurveda, fat is a detox fuel. This is because molecules of emotion, fat soluble toxins and chemicals are stored in our fat cells. When we burn our fat, we are burning these toxins along with it. Examples of the toxins stored in our fat cells include preservatives, DDT, dioxin, pollutants, pesticides and other damaging chemicals.
This cleanse will help detox and nourish your lymphatic system. The lymphatic system drains the wastes from your body and controls and regulates your immune system. It is pumped through muscular contractions, so if one is sedentary, the lymphatic system will also eventually become sedentary and will create toxicity in lymphatic-related tissues such as the breasts, skin, joints, and muscles. When the lymph system become sluggish, you may experience:

- Bloating around the abdomen
- Breast swelling or tenderness
- Cellulite
- Cold hands and feet
- Fatigue and lack of mental clarity
- Itching skin
- Joint discomfort that moves around the body
- Occasional Constipation
- Occasional headaches
- Scratchy throats
- Sore feet in the morning
- Swollen hands or feet
- Water retention
- Weak immunity

>>> Please read my free video and article, The Miracle of Lymph, at http://lifespa.com/lymph for more information.

Molecules of emotion - or mental toxins, according to Ayurveda - such as anger, fear, sadness, jealousy, etc., are lipophilic, which means that they take safe haven and store in our fat cells, causing physical and emotional disturbances for years and years. When we burn our fat cells, we release these old patterns of behavior that we find ourselves repeating over and over again.

We have many reasons to burn our fat cells other than just for the sake of our vanity!
Cleansing Supply Checklist

You can purchase an SHC Supply Kit, or customized supplies, at http://store.lifespa.com/Short-Home-Cleanse-br-4-Day_c_28.html, or alternative supplies locally. We will discuss each item in detail further on in this eBook.

The basic supplies are:

- Organic ghee
- Kitchari ingredients: organic split yellow mung dahl beans and organic white basmati rice or LifeSpa’s Organic Kitchari packets.
- LifeSpa’s Warm Digest or Cool Digest herbal formula, or alternative herbal support.*
- LifeSpa’s Manjistha herbal formula, or alternative herbal support.*
- LifeSpa’s Turmeric Plus herbal formula, or alternative herbal support.*
- LifeSpa’s Garshana Gloves for dry skin brushing, or a natural bristle skin brush.
- LifeSpa’s Lymphatic Massage Oil for daily self-massage, or alternative massage oil.
- Laxative ingredients: Epsom Salt, olive oil and 1 lemon or prune juice (details on page 21).

*Alternatives to each herbal formula are given in the following section.
Brief Summary of the SHC

- **First Thing each Morning**

  Day 1: drink 2 tsp melted ghee.
  Day 2: drink 4 tsp melted ghee.
  Day 3: drink 6 tsp melted ghee.
  Day 4: drink 8 tsp melted ghee.

  You can drink the ghee plain or mix with 1/2 cup of warm rice, almond, coconut, or organic vat-pasteurized, non-homogenized cow’s milk. Wait a 1/2 hour before eating anything.

- **Digestive Herbs**

  Take 1 capsule (500mg each) of *Warm Digest* or *Cool Digest* before each meal with 12 ounces of room temperature or warm water.

- **Cleansing Herbs**

  Take 2 capsules (400mg each) of *Manjistha* and 2 capsules (500mg each) of *Turmeric Plus* twice per day after meals.

- **3 NONFAT Meals per Day (No Snacking)**

  Follow a nonfat diet of seasonal vegetables, fruit and kitchari. Eat a light breakfast, a big lunch and a light and early dinner.

- **Hot Sips and Daily Ounces**

  Sip warm-hot plain water every 10-15 minutes and drink half your healthiest body weight in ounces of plain, room-temp water per day.
• **Optional Stress-Relief Practices**
  
  ° Meditation, breathing, light exercise.
  
  ° Before bathing, use raw silk skin brushing *Garshana Gloves* to alkalize your blood and stimulate your lymphatic system.
  
  ° Take a hot Epsom Salt bath: add 1 quart of Epsom Salt to your bath and soak for 20 minutes.
  
  ° After bathing, do self-massage with warm *Lymphatic Massage Oil*.

• **On the Evening of Day Four**

  After a hot Epsom salt bath, take one of the following laxatives:

  ° 1 ½ cups of prune juice.
  
  ° *Or* 1 tablespoon of Epsom salt dissolved in 1 cup of water with 1 tablespoon of olive oil and 1 teaspoon of lemon juice.
  
  ° *Or* 2 tablespoons of Epsom salt dissolved in 1 cup of water with 2 tablespoons of olive oil and 2 teaspoons of lemon juice.

  In 1-15 hours (average 4-6 hours), you should experience a laxative effect that will remove toxins the ghee has loosened in the body.
STEP ONE: Start Herbal Support

Take the following three Ayurvedic LifeSpa herbal formulas during this cleanse, and for about 1 month afterwards to finish the bottles.

Digestive Formula

**Take 1 capsule of Warm Digest or Cool Digest before each meal.** These herbal formulas are designed to support your digestive fire, as your digestion will slow down during the cleanse while your body focuses on detoxifying. Please decide which formula is best for you:

**Warm Digest** increases the digestive fire and your body’s own digestive enzymes to improve digestion. It is helpful for flatulence, mal-absorption, nausea and indigestion.

Alternatives to Warm Digest: Chew 2 slices of ‘ginger pizza’ 15 minutes before meals. To make ‘ginger pizza,’ slice fresh, raw, peeled ginger root into thin rounds. Simply sprinkle with lemon juice and sea salt. You can make enough to last for a few days and store them in the fridge.

**Cool Digest** cools the irritated mucosa of the stomach wall and counteracts excessive stomach acid. Take Cool Digest if you experience occasional ulceration, heat, heartburn, acidity or indigestion.

Alternative to Cool Digest: Drink one cup of hot water mixed with a pinch of each: ginger, cumin and fennel powder. Drink with your meals.
**Manjistha**

Take 2 capsules, 2 times per day after meals. *Manjistha* is one of the most powerful blood purifiers and lymphatic de-stagnators available. *Manjistha* supports the natural function of the lymphatic system, optimizing the delivery of nutrients and the removal of wastes from our cells. It may make your urine look a little reddish – don’t worry, this is normal.

Alternative to *Manjistha*: Take Red Root tincture, a commonly available herb that helps de-stagnate and detox the lymph and lymph nodes. Take 1 dropperful in warm water after each meal.

**Turmeric Plus**

Take 2 capsules, 2 times per day after meals. In this formula, Turmeric is combined with a very small amount of Black Pepper. This combination increases absorption rates by 2000%!

*Turmeric Plus* supports the body’s natural response to stress, while supporting the liver, skin and immune system. It builds *rakta* (blood) and de-inflames *rasa* (lymph).

Alternative to *Turmeric Plus*:
Drink 1 cup of dandelion root tea after each meal. Or take a plain turmeric supplement (preferably not an extract) at 500mg, 2 times per day after meals.
STEP TWO: Rehydration Therapy

One of the simplest and most important aspects of the SHC is that we rehydrate the digestive tract, as well as all the cells throughout the body. This is a two-pronged approach which involves two separate but complementary protocols:

**Hot Sips**

Hot water softens the intestinal tract, moves the lymph, and hydrates the cells much more effectively than cold water. To create this softening, porous atmosphere in the body, we sip boiled warm-to-hot water throughout the day. Take **1-3 small sips** of warm-to-hot water every 10 – 15 minutes.

**Daily Ounces**

It is generally advised to drink half your healthiest body weight in ounces of water per day, even while not cleansing. During the SHC, it’s important to drink this much plain, room temperature water *in addition to* the Hot Sips protocol, above.

**Why Plain?**

You may be wondering if you can swap your water out for lemon water, herbal tea, juice, carbonated water, coconut water, rice milk, or Kombucha. During the SHC, it’s important that the water for both our Hot Sips and Daily Ounces is plain. Plain water has a rinsing effect that *not even lemon water* can replicate.

I know it’s a lot of water, so just do your best!
STEP THREE: Morning Ghee (Oleation)

If you have no gallbladder, trouble with your gallbladder, or difficulty digesting fat, you’ll need to be on a modified protocol. If you do not have a gallbladder, please substitute with coconut oil, as coconut oil easier to digest without a gallbladder. If you have gallbladder issues or trouble digesting fats (nausea and indigestion after eating a fatty meal), please stick with just 2 teaspoons of ghee each morning during the SHC, and do not increase. Check with your MD or with Dr. John Douillard, DC to adjust your protocol if you have challenges with fat metabolism.

Morning Ghee Protocol:

- Each morning, melt the prescribed teaspoons of ghee and drink on an empty stomach. If it’s difficult for you, mix the melted ghee into a ½ cup of warm rice, almond, coconut or organic vat-pasteurized, non-homogenized cow’s milk. Drink the warmed mixture all at once. If needed, you can add a pinch of nutmeg, cinnamon and/or cardamom for taste.
- Wait a ½ hour before drinking or eating anything.
- If nausea occurs, sip ½ - 1 cup of warm-to-hot water with fresh lemon juice and grated ginger root. Be sure to eat breakfast (from your detox Meal Option of choice, below) a ½ hour after your Morning Ghee, even if you feel full. This will helps to settle the stomach.

<table>
<thead>
<tr>
<th>Day One:</th>
<th>2 tsp. of ghee</th>
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<tbody>
<tr>
<td>Day Two:</td>
<td>4 tsp. of ghee</td>
</tr>
<tr>
<td>Day Three:</td>
<td>6 tsp. of ghee</td>
</tr>
<tr>
<td>Day Four:</td>
<td>9 tsp. of ghee</td>
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</tbody>
</table>
STEP FOUR:
Eat Three Meals a Day, No Snacks

During the SHC, our goal is to teach our bodies how to enter into and maintain fat metabolism. One of the best ways to kick start this process is to eat three meals a day, without snacking in between. This gives the body a chance to run out of its normal, go-to fuel, which is carbohydrates – and switch to the calmer, more stable, detoxifying fuel of its own body fat.

The key to success with this is to make lunch your main and largest meal of the day. During lunch, take time to sit down, relax and enjoy your meal, with no newspapers, books, or electronic devices – perhaps just some good company and calm conversation. This will help you leave the table satisfied. From there, you can try for a lighter, smaller supper.

Eating this way requires some blood sugar stability. If three meals a day with no snacks is not possible for you yet, start with four meals, and work your way down to three at a comfortable pace. Don’t strain too much, as stress and strain cause the body to store fat rather than burn it.

Foods to Avoid
To gain the most benefits from your cleanse, avoid these foods:

- **Important:** Avoid all foods with fat, such as oil, butter, avocado, nuts and seeds or dairy and fatty meat or fish.
• Avoid bread, flatbread, crackers or any baked goods as they slow down your detox.
• Avoid heavy foods (such as butter, yogurt, nuts, oils, cheese, pizza).
• Avoid sprouts and curds (including tofu), pickles, vinegar, and alcohol.
• Avoid soy (including tofu, tempeh, miso, edamame).
• Avoid raw, uncooked vegetables and cold drinks, cold foods, and caffeine.
• Avoid white sugar, honey, alcohol and recreational drugs.
• Avoid creamy foods and spicy foods.

STEP FIVE:
Follow One of These 3 Meal Options
Kitchari (also called khichadi, kichari or khicharee) is your new best friend during the SHC, and a staple of each of the Meal Options. We have included the recipe below or you can purchase LifeSpa Organic Kitchari packets from us, which are a mixture of delicious organic rice, beans and spices (spices come in a separate spice packet so you can add as much or as little as you like according to your taste) that are easy to prepare. Kitchari is high in protein and is extremely healthy for your digestive tract and intestinal mucosa.

Please note that eating only kitchari is not for everyone. Balanced blood sugar and comfort allow the nervous system to disarm and relax, which is key to a beneficial detox. Choose a Meal Option below that will not cause stress or strain.
Nourish Meal Option

*Kitchari, steamed vegetables, oatmeal, salad, fruit and protein*

As this is the most diverse Meal Option available to you on the SHC, we recommend that everyone start with the Nourish Meal Option. It’s called Nourish because it’s designed to be deeply nourishing even as you clear toxins out of the fat cells and escort them into your colon.

While the base of this Meal Option is still ideally kitchari, if you need a change, you can substitute with a different small bean (lentils, whole mung beans, adzuki beans) and a whole grain cooked together to an easily digestible, porridge-like consistency. Please note that split yellow mung dahl beans are much more digestible than whole or sprouted mung beans.

To this kitchari base, you can add steamed vegetables, salad (raw seasonal vegetables), fruit, oatmeal, and other gluten-free grains.

*Note:* If you wish to eat fruits, Ayurveda recommends that you always eat them separately from other foods. Additionally, Ayurveda advises that one should eat sweet fruits separately from sour fruits, and always eat melons separately. Only eat all-fruit meals if you have stable blood sugar, and ideally every other day at most. Breakfast is the best time for an all-fruit meal.
Rejuvenate Meal Option

*Kitchari and Steamed Vegetables*

If you feel ready for a more limited variety of foods, you can try eating just kitchari and steamed vegetables or vegetable soup (homemade, nonfat – just vegetables cooked with herbal seasonings and optionally pureed). This Meal Option is still nourishing in terms of giving you a multitude of minerals and vitamins, but it is slightly more rejuvenative to the liver and other organs as the fare is simpler and easier to digest than that of the Nourish plan.

Transform Meal Option

*Kitchari Only*

Please only attempt this option if you have done the SHC or the Colorado Cleanse before, or you have worked up to it in this cleanse. To maximize your cleanse and reap the most benefits, eat only nonfat kitchari, three meals a day. This will be incredibly healing to your digestive tract and extremely detoxifying. When you eat a mono diet, your body can focus the energy that normally goes towards digestion to cleansing and healing other systems. It is a truly transformative option for both your body’s detox process and your psychological relationship to food.

Always eat your largest serving of kitchari midday, when your digestion is the strongest. For dinner, eat early and eat a smaller serving.

If needed, on this Meal Option you can eat 3-4 meals per day to keep your blood sugar and energy stable.
*Add Protein for Blood Sugar Balancing*

Feeling hungry, dizzy, moody, tired, nauseous, or uncomfortable? The body will not burn fat when it is under stress, so a major key during this cleanse is to be sure you are feeling comfortable. The best way to accomplish this is to keep the blood sugar balanced.

If your blood sugar is imbalanced, add nonfat protein powder (concentrates are better than isolates), or lean chicken or turkey to your meals. While the key here is to avoid fat during the SHC, more protein may be needed to keep the blood sugar stable. If you are crashing in between meals, have a nonfat snack that is high in protein and plan to eat more protein at your next meal. Though the goal is not to snack, it can take some time to get the blood sugar to a balanced enough place to handle that much time between meals.

From my experience, it can take a few weeks to balance blood sugar, so there is no need to rush it during this cleanse. As I’ve mentioned, at no time during your cleanse do we want you to feel like you are starving or suffering, as it is also important that your nervous system is calm.

If this is your first time, I recommend that you begin with the Nourish Meal Option and, in future cleanses, work your way to the Rejuvenate and Transform. You will still benefit from a thorough detox if you follow the Nourish plan. **Extra blood sugar support:** You can take 1-2 capsules of LifeSpa’s *Sugar Destroyer* before meals.
STEP SIX:
Final Flush on the Evening of Day Four

On the evening of day four, eat an early and light dinner. Wait 2 hours and then take a hot Epsom salt bath. If you cannot take a bath, take a hot shower and then rest with a warm-to-hot water bottle on your abdomen for 10-15 minutes to warm the belly. Then take your laxative.

Choose the laxative that is best for you:

- **For sensitive digestion or loose stools, bowel irritation, or gallbladder or liver issues:** Drink 1 ½ cups of room temperature-to-warm prune juice.
- **For normal elimination:** Dissolve 1 tablespoon Epsom salt in 1 cup of water. Add 1 tablespoon of olive oil and 1 teaspoon of lemon juice. Drink the mixture.
- **For sluggish, hard or constipated bowels:** Dissolve 1 ½ tablespoons of Epsom salt in 1 cup of water. Add 2 tablespoons of olive oil and 2 teaspoons of lemon juice. Drink the mixture.

You will likely experience a laxative effect in 1-15 hours (average time is about 4-6 hours).

Do not eat anything until the laxative effect has worn off. Sipping room temperature or warm water is fine.

If you do not have a laxative effect, and you have been eliminating well throughout the cleanse, it’s possible your bowels were already flushed out, taking the built-up toxins along. If you haven’t been eliminating well, you can take another dose of the laxative therapy the next morning or evening.
STEP SEVEN:  
Optional Stress-Relief Practices

If you want to make your SHC more of a whole-being retreat, you can follow all or some of these practices.

These important daily routines will help unwind your nervous system, quiet your mind, de-stagnate your lymphatic system and increase the benefits of your detox.

You are encouraged to continue all of these practices – except the hot Epsom bath – for at least one month after your cleanse, or indefinitely!

Light Exercise
Practice light exercise in the morning, such as yoga, walking, hiking, or swimming. If you are used to regular rigorous exercise, it is good to slow down during this cleanse.

You can learn an effective 12 minute workout at http://lifespa.com/be-fit-thin-calm-in-12-minutes-a-day/.
Breathing Technique
Each morning and evening before meditating, follow this cooling and calming 8 minute technique:

- With your right hand, take either your thumb and middle finger or thumb and ring finger – whichever is more comfortable – to either sides of your nose, so that both fingers are ready to close a nostril.
- First, gently close your left nostril and inhale through your right nostril.
- At the top of your breath, switch the plug and exhale through your left nostril with the right nostril closed.
- Inhale through the same nostril – the left – with your right nostril still closed.
- Switch the plug and exhale through your right nostril with the left nostril closed.
- Variation: Long, slow inhalations and exhalations are more relaxing, while shorter inhalations and exhalations are more energizing.
- Repeat this cycle for 5 -10 minutes, 1-2 times per day.

Meditation
Do 10 or more minutes of meditation each morning and evening to quiet your mind. Deep breathing for 30 seconds before meditating can help oxygenate the brain and still the mind. Check out my One Minute Meditation video at: http://lifespa.com/one-minute-meditation/.
Self-Massage
Use warm *Lymphatic Massage Oil* to massage yourself with the following technique:

1. As soon as you enter a hot shower or bath, apply an herbalized oil and massage deeply into the skin. Massage towards the heart with long strokes on the limbs and circles on the joints. Focus on areas of lymphatic concentration, such as the head, neck, chest, abdomen and feet.

2. Once the oil is rubbed in, continue with shampoo, conditioning etc. Use minimal soap, if any!

3. When ready to get out of the shower, take a wet wash cloth and rub the oil off your skin. The applied oil will "pull" impurities out of the skin, so it is important to take this oil off.

4. Finally, before leaving the shower, apply a new fresh thin coat of oil all over the body.

*Note:* When you use the oil in the shower, the water will naturally and evenly spread a very small amount of oil all over the body and wash off any excess. The result we are going for is moisturized, but not greasy.

Take a Hot Bath Each Evening:
- **Before bathing,** use *Garshana Gloves* made of raw silk to alkalize your blood, enhance circulation and stimulate your lymphatic system. While dry, wear the towards the heart.
- **Take a hot Epsom salt bath:** add 1 quart of salt to your bath and soak for 20 minutes.
Kitchari Recipe

If you prefer not to make your own kitchari, we have pre-mixed, delicious LifeSpa Organic Kitchari packets which include rice, beans and a packet of spices that you simply toss into a pot and simmer for 30 minutes.

The recipe below makes enough to last you for 3 or 4 meals. You can play with the mix of spices. Traditionally, kitchari is eaten more like a soup than a pilaf. This is why our recipe includes more water than you would normally add for cooking rice.

- 1 cup uncooked split yellow mung beans* (see ‘for weak digestion’ below)
- ¼ - ½ cup uncooked white basmati rice
- 1 tbsp. fresh ginger root
- 2 bay leaves
- 1 tsp., each: black mustard seeds, cumin and turmeric powder
- ½ tsp., each: coriander powder, fennel and fenugreek seeds
- 1 pinch hing - also called asafoetida or asafetida (optional)
- 7-10 cups water or vegetable broth
- ½ tsp., salt (rock salt is best)
- 1 small handful fresh chopped cilantro leaves

It’s important to get SPLIT MUNG DAHL beans because they are easy to digest and are more detoxifying. They are available at some Asian or Indian grocery stores or through LifeSpa. Different spellings include “moong”
and/or “dahl.” Please note that, for kitchari, it is preferable not to use the whole or sprouted mung dahl beans as they are harder to digest.

1. Wash the split yellow mung beans and rice together until the water runs clear.
2. Heat a large pot on medium heat and then add all the spices (except the bay leaves) and dry roast for a few minutes. This dry-roasting will enhance the flavor.
3. Add dahl and rice and stir again.
4. Add water and bay leaves and bring to a boil.
5. Boil for 10 minutes.
6. Turn heat to low, cover pot and continue to cook until dahl and rice become soft (about 30-40 minutes).
7. Add cilantro leaves as a garnish just before serving.
8. Add salt to taste.

* For weak digestion, gas or bloating: Before starting to prepare the kitchari, first parboil the split mung dahl (cover with water and bring to boil), drain, and rinse. Repeat 2-3 times. OR, soak beans overnight, drain, and cook as directed.

**Flavor Options**
Instead of using the spices in the recipe above (or the spice packet in your LifeSpa Organic Kitchari), you can play around with Italian herbs, lemon with dill, just cinnamon, or salt with lemon and pepper.

Please stay away from spicy flavors (such as Mexican or Thai) or any fat (oils, nuts, seeds or butter). If you add vegetables, just remember that it will be considered the Nourish or Rejuvenate Meal Option - not Transform.
Cleansing During the Seasons

Winter Cleanse

Let’s examine how nature ensures our good health with its natural detoxification cycles. In the winter, as the weather gets cold and dry, nature provides a harvest of nuts, grains, soups and stews. This is a naturally occurring higher protein, higher fat diet. This is why squirrels eat nuts – the nuts act as warming insulators for the long cold winter. This high protein, high fat time of year is when we store minerals, vitamins and nutrients as preparation for nature’s New Year, which begins in the spring. Winter is the season for deep rejuvenation for the nervous system - something we all need due to our very stressful lifestyle. The right kind of detox and rejuvenation, such as the SHC, can be miraculous in the winter.

During winter, eat foods off the Winter Grocery List at http://lifespa.com/winter-grocery-list-vata-balancing-diet/.
Spring Cleanse

Spring’s first line of duty is to detox all of the excess fats and proteins and holiday foods we stored all winter. It is nature’s cleansing season.

The first foods that are harvested in the spring are the bitter roots, like dandelions and the florescent green sprouts that fill the valleys every April and May. The bitter roots sweep the excess mucus out of the sinuses and intestines, while the chlorophyll-rich sprouts fertilize the gut to re-establish our natural intestinal flora, which is our good bacteria.

These are followed by an abundant spring harvest of leafy greens and berries. The leafy greens are wonderful alkalizing lymph-movers and blood-cleansers, while the berries are detoxifying antioxidants to finish the detoxification process of the spring.

The problem is that while we watch these foods pop up every spring, we rarely eat enough of the spring harvested foods to get the benefits of nature’s New Year detox. If you lived on a farm, you would quickly realize
how fast and furious the harvest is in the spring. You simply can’t eat the leafy greens and berries fast enough.

So this spring, take advantage of nature’s detoxification season and eat more greens, sprouts, bitter roots, berries and cherries. A detox program such as the SHC will emphasize nature’s focus on detoxification at this time of year.

During the spring, eat foods off the Spring Grocery List at http://lifespa.com/spring-grocery-list-kapha-reducing-diet/.

**Late Summer and Fall Cleanse**

The late summer, and right through the fall, are effective times to cleanse for other reasons. As the summer heats us up, the body swells and is ripe for deep tissue detox. At the end of summer, the blood, liver and lymph are loaded with toxins ready to be eliminated.

During the summer, eat foods off the Summer Grocery List at http://lifespa.com/summer-grocery-list-pitta-reducing-diet/.

During the fall, eat foods off of both the Summer and Winter
Grocery lists as the weather transitions back and forth between warm sunny days and cooler days.

Also, eat 2-3 tart apples every day through the end of October to cleanse and cool the excess pitta that accumulated during the summer and thus prevent runny noses, congestion and excess mucus as the cold weather sets in.

Seasonal Grocery Lists & Tips
You will find a grocery list for all the seasons in my book, *The 3-Season Diet* or you can download them off my website for free at http://lifespa.com/welcome/new-to-eating-healthy-with-ayurveda/.
Integrating the Benefits

Eat Seasonally

My book The 3 Season Diet goes into depth about eating with the seasons, regularly eating 3 meals a day, and recipe ideas. http://store.lifespa.com/3-season_diet.html.

Eat Less
Calorie-restricted diets are good for much more than your waistline. Recent studies have linked a calorie-restricted diet with greater longevity!

A good rule of thumb is to eat until you are only ¾ of the way – rather than all the way – full.

Eat 3 Meals a Day, No Snacks
Continue to eat three meals a day without snacks. Eat enough at breakfast to make it through to lunch. Enjoy a big, relaxing lunch. Eat an early, light supper. Avoid snacks.

For more information visit http://LifeSpa.com. © 2014 LifeSpa
Restore a Healthy Ecosystem in the Gut
Repopulate the good bacteria in your gut by adding small amounts of lacto-fermented or cultured foods to each meal to maintain a healthy intestinal flora. Learn more at: http://lifespa.com/eating-fermented-foods-seasonally/.

Consider a high-quality probiotic that has been proven to adhere to the gut wall and proliferate.

LifeSpa's Gut Revival is a high-potency probiotic that is ideal for individuals seeking a comprehensive revival and restoration of healthy intestinal micro ecology, while neutralizing the proliferation of bacterial toxins. The immune-supportive beneficial bacteria in this therapeutic formula have been shown to survive the digestive tract, adhere to the gut wall, restore healthy flora and support an immune response against unhealthy microbes. Protocol: 1 packet each day with your main meal for a month.

If you are still having trouble digesting those so called hard-to-digest foods after taking Gut Revival for one month, follow up with LifeSpa’s Flora Restore - a wonderful maintenance probiotic that is safe to use in the long-term. Protocol: 1 capsule each day with your main meal for 2 months.
Further Knowledge

Enjoy additional FREE eBooks available on LifeSpa.com:

Blood Sugar Secrets for Health and Longevity eBook
You may be well aware of the pre-diabetes epidemic that experts say will affect all adult Americans in the next ten years, but I wonder if you are really aware of the hidden sugars in many so-called “health foods.” My Blood Sugar Awareness Video Quiz, along with this eBook, are attempts to raise your blood sugar awareness and inspire you to stave off some of the havoc that sugar wreaks on the brain, skin, cells, heart, gut, joints and more. Most importantly, I’ll be teaching you how to take responsibility for your blood sugar health in the short and long term. Download it here: http://lifespa.com/blood-sugar-secrets-health-longevity/.

Ayurvedic Weight Balancing eBook
For decades, Dr. John Douillard, DC has helped thousands of patients lose weight simply and naturally ...and re-balance their health, energy and life in the process. To learn how, download this free 44 page eBook. Includes a free 1hr mp3 audio lecture and quick overview tip sheet. Download it here: http://lifespa.com/ayurvedic-weight-loss-ebook/.
Ayurvedic eCourses available on LifeSpa.com:

28-Day Ayurveda Challenge
The 28-Day Ayurveda Challenge is a self-paced educational course designed to relieve stress, improve sleep, and feel better by learning an easy and pleasurable routine that you can do every day, no matter how busy you are. Each day, Dr. John will show you how to implement a new Ayurvedic technique through a daily email, video and tip sheets. [http://lifespa.com/self-help/ecourses/ayurvedic-challenge/](http://lifespa.com/self-help/ecourses/ayurvedic-challenge/).

Ayurvedic Pulse Reading eCourse
Over the years, John Douillard has developed an approach to learning the pulse which covers an enormous amount of ground in a short period of time, relaying the larger portion of my pulse reading knowledge in a complete and holistic way in just ten weeks. Learn more here: [http://lifespa.com/ayurvedic-pulse-reading-course/](http://lifespa.com/ayurvedic-pulse-reading-course/).

Note: The contents of this Short Home Cleanse Booklet are subject to change. Please go online for the most recent version: [http://lifespa.com/cleansing/short-home-cleanse/](http://lifespa.com/cleansing/short-home-cleanse/)
About John Douillard

Dr. John Douillard, DC has published over 250 health videos and articles that are available on his website. He has written six books, produced numerous health DVDs and eCourses, and has formulated an extensive line of organic Ayurvedic herbal supplements and skin care products. He is the former Director of Player Development for the New Jersey Nets NBA team. He currently directs LifeSpa, an Ayurvedic clinic and Panchakarma detox retreat center in Boulder, Colorado, where he lives with his wife and six children.
