Kaya Kalpa Cleanse
Ancient Secrets to Boost Stem Cells + Autophagy

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Intro to Kaya Kalpa Cleanse

The LifeSpa Kaya Kalpa Cleanse is not for everyone. While the Colorado Cleanse and Short Home Cleanse can be done while working and going about your day as usual, the Kaya Kalpa Cleanse is more challenging.

The Kaya Kalpa Cleanse is a 5-day retreat where you choose rest over activity, silence over stress, and less food over more. It is best to have experience with fasting or be an experienced cleanser either with LifeSpa cleanses or others.

Kaya Kalpa is based on calorie restriction, but without starvation. And we need rest—deep rest we never give ourselves permission to experience.

The LifeSpa Kaya Kalpa Cleanse is backed by longevity research of USC’s Valter Longo, PhD, who discovered the precise formula of calorie restriction to optimally boost stem cells (cellular rejuvenation) and autophagy (cellular cleansing and repair).

Surprisingly, his research mirrors rejuvenation benefits predicted thousands of years ago from Kaya Kalpa.
The world probably doesn’t need another cleanse, but the cleanse I am introducing to you is not new—in fact, it is thousands of years old: perhaps the oldest Ayurvedic detox of all!

There is one catch: the LifeSpa Kaya Kalpa Cleanse is NOT for everyone. It’s more aggressive than our first two cleanses, the four-day Short Home Cleanse and 14-day Colorado Cleanse—but it’s only five days!

After administering panchakarma (in-residence Ayurvedic detox) for 26 years here at LifeSpa, I stopped so I could do more research and writing. To take its place, about ten years ago I introduced a home panchakarma program (Colorado Cleanse), which has been completed by thousands of cleansers with amazing success. It’s still going strong: 800 people from around the world cleansed with us as part of our Group Colorado Cleanse this spring.

When I started administering panchakarma as the Colorado Cleanse, I had to dial down the intensity from what was traditionally administered in India. Traditionally, doses of ghee were much higher, diet was way more restrictive, and caloric intake was way less.

The Colorado Cleanse and Short Home Cleanse had to be tailored with lower dosages of ghee and three-meal plans to insure folks could tolerate the detox safely and effectively.

Today, with the popularity of intermittent fasting, time-restricted eating, and caloric restriction, and with so many of our cleansers ready for the next step, I felt it was time to introduce our five-day Kaya Kalpa Cleanse.

The words kaya kalpa mean body transformation—on a mental, physical, and emotional level. The point of this traditional protocol is not just health and longevity, but a heightened state of self-awareness from which we can change mental, emotional, and physical patterns linked to ill health.

Before I teach you the very simple steps in the Kaya Kalpa Cleanse, let me give you the history and science that back up the regenerative potential of this cleanse.
History of Kaya Kalpa

In the early 1980s, when I was beginning my studies in Ayurveda, I read a book called *Maharaj: A Biography of Shriman Tapasviji Maharaj, a Mahatma Who Lived for 185 Years.*

This book strongly influenced my desire to study Ayurveda in India with a special desire to learn about Kaya Kalpa, the south Indian Siddha Medicine technique for longevity.

The story of Tapasviji Maharaj’s 185-year lifespan sounded more like myth than reality, but the more I looked into Kaya Kalpa, the more incredible longevity stories I heard—all similar to Tapasviji Maharaj.

**Tapasviji: The Man who Lived for 185 Years**

Tapasviji was a military man who lost his family in a tragic accident and sought the counsel of a renowned yogi to dedicate his life to spirituality. He lived in a cave for six years, enduring many austerities and extreme yogic practices, such as food restriction, extended exposure to extreme cold, and holding yoga postures for 24 hours.

While such practices were common for yogis in the Himalayas, Tapasviji went further: at age 100, with a very broken elderly body, he found a yogi who offered him the ancient technique of body transformation: Kaya Kalpa.

Please note: none of what you are about to hear has ever been verified, but there is new science that may explain the ancient mystery of Kaya Kalpa and the secret to longevity. Read on!

Tapasviji entered into Kaya Kalpa retreat for 90 days in a dimly lit room of total seclusion. He had minimal food and some herbs, such as amalaki. He would anoint himself daily with oil (a practice called abhyanga, which I highly recommend), and perform special yoga postures, breathing techniques, and meditations.

After three months, Tapasviji emerged looking like a young man of 30, with new black hair growth, youthful skin, new teeth, and a strong sturdy body. The ancient practice of Kaya Kalpa promised cellular regrowth and rejuvenation!
In 1986, I moved to India to study Ayurveda and find out what I could regarding such stories of longevity. Whether I was studying outside New Delhi and Varanasi in the north or Kochin in the south, whenever I asked about Kaya Kalpa and extreme longevity, I was told that the herbs and practices for Kaya Kalpa did once exist, but that the herbs were rare or extinct and that the type of extreme practices were not available anymore.

Of course, that made me only more interested in endangered Ayurvedic herbs. After all these years, I am happy to report that our RARE Program (Reviving Ayurveda’s Rare Ecology) is dedicated to restoring ancient endangered herbs.

The best explanation I received during my studies of Kaya Kalpa was that Ayurveda’s panchakarma rejuvenation program was a form of slow and steady Kaya Kalpa. I administered this treatment to my patients for 26 years with great results. During that time, however, no one’s hair fell, nor did their skin peel, nor did they regrow new teeth or a brand new body.

Kaya Kalpa was something quite different!

Modern Science of Ancient Kaya Kalpa: Growing New Cells

In 1991, UCLA longevity scientist Roy Walford and seven other scientists went into seclusion for two years in Arizona in a facility called Biosphere 2. Here they grew their own food and consumed very few calories per day, according to USC longevity scientist Valter Longo, who worked with Walford.

After two years, the scientists lost a significant amount of weight, but what struck Dr. Longo was that their organs (like the heart and liver) also shrunk significantly. Once they came out of seclusion and off a restricted-calorie diet, their organs grew back with new cells.

In the scientific world, the only way organs can regrow (like claims made from Kaya Kalpa) is with a surge of stem cells, which typically decline as we age!
Nobel Prize-winning science finds that fasting triggers a process called autophagy: a health-promoting self-eating of the body. When the body faces a threat, such as calorie restriction or fasting, it quickly starts cleaning house. Any fully damaged cells are discarded (self-eaten), while ones that can be restored are used to rebuild and repair the body. It is theorized that autophagy is the trigger for release of stem cells: both promote longevity.\textsuperscript{3,4}

Dr. Longo explains in his TEDx Talk that the seven calorie-restricted scientists from Biosphere 2 could only have regrown their organs with a surge of stem cells, which are well-documented to restore and regrow damaged tissue.\textsuperscript{2,3}

The hallmarks of Kaya Kalpa are much like the parameters of the Biosphere experiment: severe calorie restriction and seclusion. Kaya Kalpa predicts restoration of the body and growth of new cells. Biosphere 2 and follow-up experiments by Dr. Longo confirm that eating less and fasting will activate autophagy and stem cell production.\textsuperscript{3,4}
LifeSpa Kaya Kalpa Cleanse

Our Kaya Kalpa Cleanse combines ancient wisdom of Kaya Kalpa (or body, mind, spirit transformation) with Dr. Longo’s longevity and stem cell research.

Elements of Kaya Kalpa

1. Sensory Deprivation
2. Ghee
3. Kitchari
4. Herbal Rasayana
5. Emotional Self-Inquiry
6. Yoga, Breath + Meditation
7. Lymphatic Massage
8. Circadian Reset
9. Hydration
10. Rest

Suggested Reading

*The Longevity Diet* by Valter Longo, PhD
*The Complete Guide to Fasting* by Jason Fung, MD

References

1. [amazon.com/Maharaj-Biography-Shriman-Tapasviji-Mahatma/dp/091392217X](amazon.com/Maharaj-Biography-Shriman-Tapasviji-Mahatma/dp/091392217X)
2. [youtu.be/dVARdzYynYc](youtu.be/dVARdzYynYc)
3. [ncbi.nlm.nih.gov PMC 4102383](ncbi.nlm.nih.gov PMC 4102383)
4. [ncbi.nlm.nih.gov PMC 5240711](ncbi.nlm.nih.gov PMC 5240711)
General Guidelines

• Silence is optional Days 1-4 (best to be communicating on day 5).
  • Carry pad to write down communication and requests.
• Self-Inquiry—critical analysis through journaling (See p.14).
• Limit or restrict cell phone use.
  • No cell phone after sunset.
• Limit or restrict social activity.
• Turn off Wi-Fi in the house.
• Optional: no electricity; use candlelight.
• Follow food and hydration instructions in Daily Guide.
• Herbs:
  • Take 2 caps Gentle Digest and 2 caps Amalaki at the beginning of each kitchari meal (twice a day).
  • Take 1-2 caps Brahmi Brain upon rising and before bed.
  • Herbs can continue after cleanse until you finish one bottle of each.
• Abhyanga: Ayurvedic Self-Massage
• SAN: Shiro Abhyanga Nasya
• Asana:
  • Sun Salutation
  • Sun Salutation: Chair Modification
• Pranayama:
  Nadi Shodhana: Alternate Nostril Breathing
  • Inhale right nostril, exhale left nostril, inhale left nostril, exhale right nostril.
  • Continue to alternate nostril breathing, from ten breaths to ten mins.
• Meditation:
  • One-Minute Meditation
  • Transformational Awareness Technique

Kaya Kalpa Supply Kit
• 4 packets kitchari
  • 12 servings total
• 1 Jar Ancient Organics Ghee
• 1 Nasya Oil
• 1 Lymph Massage Oil
• 1 Amalaki
• 1 Gentle Digest
• 1 Brahmi Brain
Medical Disclaimer

The Kaya Kalpa Cleanse is a unique 5-day home program designed to reset natural detox and digestive functions while supporting a gentle detoxification of fat cells.

All material provided from LifeSpa for the Kaya Kalpa Cleanse is for informational or educational purposes only. Schedule a private consult with Dr. John Douillard, DC, CAP or a physician regarding applicability of any opinions or recommendations with respect to your symptoms or medical condition.

The instructions and advice presented from LifeSpa for the Kaya Kalpa Cleanse are in no way intended as medical advice or a substitute for medical counseling. The information should be used in conjunction with 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 you may have, as well as medications and supplements you are taking.

If you are on diuretics or diabetes medication, have liver or gallbladder disease, take medications, or have any other health concerns, please proceed only under a doctor’s supervision. As with any cleanse or detox, this program should not be used by patients on dialysis or by women who are pregnant, nursing, or trying to conceive. You must be at least 16 years of age to do the Kaya Kalpa Cleanse.
Days 1–5

Morning

6-7am. Wake up.
- Scrape tongue, brush teeth, sip one cup hot water with one to two caps Brahmi Brain.
- Shower + abhyanga with Lymphatic Massage Oil.

7-8am. Consume ghee within one hour of waking.
- Ghee should be warmed to liquid, but not too hot to drink all at once.
- Follow ghee with bite into one-quarter lemon. Rest for 30 minutes.
- Ghee doses:
  - Day 1: 12 tsp organic grass-fed ghee (~500 calories)
  - Days 2-5: 9 tsp organic grass-fed ghee (~400 calories)

HYDRATION
- Sip hot water through the day to stave off hunger and keep hydrated.
- Drink room temperature to warm water as needed.
- Finish at least 64 oz room temperature, warm, or hot water each day.
- Drink mostly water, but non-caffeinated herbal tea is also okay.

9-10am. Yoga practice.
- Asana: 45-60 mins.
- Pranayama: 10-15 mins. nadi shodana
- Meditation: 20 mins.
- Self Inquiry.

10:30-11:30am. Cook + morning rest.
- Cook daily kitchari.
- Day 1: Cook 2 ¾ cups for the day. (~600 calories)
- Days 2-5: Cook 1 ¾ cups for the day. (~400 calories)
Lunch

12-1pm. Lunch.
- Eat half to three-quarters of daily kitchari.
- Take Gentle Digest and Amalaki.
- Follow lunch with 15-20 min. silent walk.
- Rest + Self Inquiry.

Afternoon

2pm. Yoga practice.
- Asana: 45-60 mins.
- Pranayama: 10-15 mins. nadi shodana
- Meditation: 20 mins.

3:30pm. Days 1-4 only: Practice SAN, Shiro Abhyanga Nasya: 1 ½ hrs.

5pm. Rest + Self Inquiry.

Dinner

6pm (4pm on Day 5). Dinner.
- Finish daily kitchari.
- Take Gentle Digest + Amalaki.
- 15-20 min. walk.

7-9pm. Evening Self Inquiry.

Evening

Bedtime:
- Take two Brahmi Brain caps.
- Bed by 9pm or 2 hours after sunset, whichever is earlier.

Day 5 only: Two hours after dinner, prepare for final flush.
- 6pm. Take one tbs. epsom salt in one cup water followed by hot bath.
- 8pm. If no laxative effect or incomplete laxative effect, take one tbs. epsom salt in one cup water.
Note: Sensitive to Epsom Salt? Take 10 500mg caps Triphala before bed.
Self-Inquiry

The larger purpose of Ayurveda takes us beyond healing the body into unwanted repetitive patterns of our minds.

Ayurveda calls mental and emotional toxins *mental ama* and these must be removed in order to free the mind and sever the effect unwanted thoughts have on the body.

Kaya Kalpa is a mechanism to release mental ama from its stores in fat and muscle. Self-inquiry is the surgical device to extract these unwanted thoughts.

Self-inquiry, or *critical analysis*, as it is called in Ayurveda, is a key component in the mental, emotional, and physical transformation of Kaya Kalpa.
1 What percentage of time do you spend with attention on inner space (introspective or meditative silence)?

How about outer space (the relative world we live in)?

2 Considering you have a 16-hour day and eight hours of sleep, see if you can spend 1.6 hours (10% of your day) focused on inner space, as in meditation, breathing, being in nature, yoga nidra, or prayer.

- One-Minute Meditation
- Transformational Awareness Technique
- Learn Sun Salutation
- Read about Health Benefits of Nature

3 During your inner space time, journal insights, intentions, realizations, or behavioral changes you wish to incorporate into daily life. In other words, as you practice yoga, breathe, meditate, pray, or enjoy nature, you will become more self-aware. The next step is to put this awareness into action. This is the true meaning of karma.

Read more on karma.
4 Each day, try to spend one hour in nature with awareness. Take in its beauty and silence with each of your senses and feel them with your heart. This can be done with eyes open or closed. It is a form of pratyahara, or turning the senses within.

- **Feel the leaves + trees**
- **Admire the technicolor of a forest**
- **Smell the pines, wild flowers, leaves + wind**
- **Taste the air as you breathe**
- **Listen to birds, rivers + sounds of silence in nature: not so silent**

5 Ask yourself: What distractions keep my attention going outward?

Examples: food, money, shopping, drama, friends, internet?
Consider giving up one of these distractions. Create a plan to replace that time with service to those in need. It could be volunteering or writing a love and appreciation letter to someone. The goal is to replace time you spend in search of satisfaction from the outside world with actions of love generated from your inside world. Ask yourself which are more fulfilling.

Once you have accomplished replacing one distracting activity, try replacing another with a similar plan. Remember: the actions you take from love must not require a reward, return on investment, or response. These actions are training our minds to give for no reason—just for goodness’s sake.

How much energy do you spend wishing people would be different, nicer, or more respectful? How much energy would you save if you just let them be how they are? What would you lose if you stopped judging them?

Do you find yourself holding back love from your spouse, partner, mom, dad, or loved one? If so, ask yourself why you’re not willing to love them fully. Do you feel they have to change before you can feel safe to love them fully? If they don’t change, does that mean you will never experience or express the love you have for them fully?
Consider looking through the window of compassion and realizing that what you don’t like is a reflection of their emotional armor, created because they were hurt, unloved, or broken in some way.

Consider making a list of things you appreciate about someone in your life who irks you. Yes, there are many things you do not appreciate, but what about the things you do appreciate? Remember: look through the window of understanding, rather than judgment.

Finally, take action on love: simple acts of kindness based on what you appreciate, looking through the window of love, compassion, gratitude, and understanding.

It could be a text saying: “Hey, just thinking about you! Hoping you have a great day!”

Leave them a note, send an email, but don’t measure love: it is not a commodity to be traded—just give it!
Also by John Douillard

**Books**

*Eat Wheat*
A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back into Your Diet

*Colorado Cleanse*
Guide to 14-Day Colorado Cleanse + Seasonal Cookbook

*Body, Mind, and Sport*
The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best

*Perfect Health for Kids*
10 Ayurvedic Health Secrets Every Parent Must Know

*The 3-Season Diet*
Eat the Way Nature Intended: Lose Weight, Beat Food Cravings, Get Fit

*The Encyclopedia of Ayurvedic Massage*

*The Yoga Body Diet*

**DVDs**

*Natural Detox*

**eCourses**

*Ayurveda 101: Spring, Summer + Winter (Vata, Pitta + Kapha)*

*Ayurveda 201: Six Weeks to Transformation + Bliss through Ayurvedic Psychology*

*28-Day Ayurveda Challenge: Change Your Daily Routine, Change Your Life*

*Transformational Awareness Technique: 6 Meditations*

*Ayurvedic Pulse Reading*

*Perfecting Digestion*
Cleanses

**Colorado Cleanse**
14-Day Ayurvedic Detox + Lymph Cleanse

**Short Home Cleanse**
4 Days to Reset Digestion + Fat Metabolism

Free eBooks

Ayurvedic Weight Balancing
Safe Liver + Gallbladder Cleansing
Blood Sugar Secrets for Health + Longevity
Ayurvedic Guide to The Best Sleep of Your Life
Dr. John’s Guide to Taking Herbs
Ayurveda for a Healthy Family
Short Home Cleanse
Miracle of Lymph
Protein Solution

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Dr. John Douillard, DC, CAP, is a globally recognized leader in the fields of natural health, Ayurveda, and sports medicine.

He is the creator of LifeSpa.com, the leading Ayurvedic health and wellness resource on the web with 9M+ views on YouTube and 130k+ newsletter subscribers. LifeSpa.com is evolving the way Ayurveda is understood around the world, with thousands of articles and videos joining ancient wisdom with modern science.

Dr. John is the former Director of Player Development for the New Jersey Nets NBA team, author of seven health books, including his Amazon bestsellers Eat Wheat and The 3-Season Diet. He is a repeat guest on the Dr. Oz show and co-author of the newly released Yoga Journal course Ayurveda 201 on Ayurvedic Psychology. He directs LifeSpa Ayurvedic Clinic, the 2013 Holistic Wellness Center of the Year in Boulder, CO.