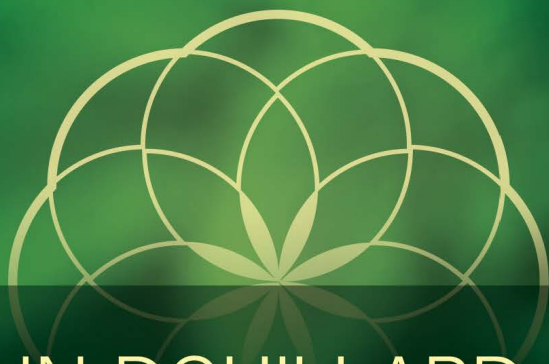


Improve your digestion and ability to detox naturally

SHORT HOME CLEANSE

4 Days to Reset Your Digestion &
Fat Metabolism



DR. JOHN DOUILLARD, DC, CAP
author of EAT WHEAT, THE 3-SEASON DIET, and
BODY, MIND, AND SPORT

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Medical Disclaimer

All material provided from LifeSpa for the Short Home Cleanse is provided for informational or educational purposes only. Speak with your medical doctor 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.

<p>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.</p>

Introduction

Many experts believe that the body's natural ability to detoxify is perfect and cannot be improved upon.

I would agree that the body has a natural ability to detoxify even the most harmful toxins, such as heavy metals, but with the combination of excessive and consistent toxic exposure, a highly stressed nervous system, and resultant weakened digestive/detox function, these toxins find their way into the fat cells and brain tissue.

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.

We can process many of these toxins naturally, but it requires a healthy and strong digestive system. ***Your ability to detox well is dependent upon the ability to digest well.***

The SHC is designed to reset the body's natural ability to burn fat effectively and repair the intestinal skin. Fat is the body's calm, long-lasting, mood-stabilizing, detoxifying, and rejuvenating endurance fuel. In just four days, while working and maintaining your regular schedule, the SHC will support the body's ability to burn fat and detoxify itself.

To personalize your cleanse, we recommend scheduling a phone or video-call Ayurvedic consultation with Dr. Douillard.

At LifeSpa, we offer several ways to detoxify:

The Short Home Cleanse

This eBook provides a step-by-step guide on how to complete a gentle, yet powerful, 4-day Ayurvedic cleanse.

Learn more about our SHC supply kit at:

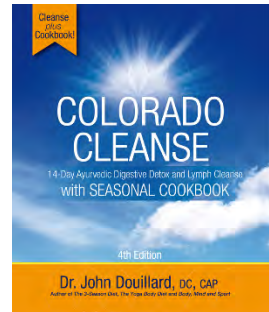
store.lifespaspa.com/product/short-home-cleanse/



The Colorado Ayurvedic Cleanse

This 14-day cleanse is a deep tissue lymph and liver detox with a digestion reset along with a significant amount of LifeSpa support, including:

- Daily guidance emails and videos.
- Yoga, breathing, and lifestyle videos.
- Self-Inquiry Guide.
- Video lectures about each phase of the cleanse.
- 1 Spring and 1 Fall Live Q&A group video conference.



Learn more at: *lifespaspa.com/coloradoayurvediccleanse/*

When to Do the Short Home Cleanse

The best time to detox is when you have time to rest and be without stress. You can do the SHC 4-6 times a year. Many people like to make a habit of cleansing at the turn of each season. We have included information about tailoring this cleanse to each season on pages 38-41.

It is important to be aware of the signs of stagnant lymph (see symptoms on page 8) as these are an indication of the need to cleanse. If you typically experience lymphatic congestion, sluggish immunity or acute histamine reactions leading up to a particular season, try to do this cleanse about one month prior to when you usually experience symptoms.

Benefits of Cleansing and Burning Fat Cells



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 fat-soluble toxins stored in our fat cells include preservatives, DDT, dioxin, pollutants, pesticides and other damaging chemicals.

Many Westerners can no longer burn fat, and instead burn sugar-fuel. When we cannot digest fat well, fat-soluble toxins can congest the lymphatic system and be re-routed back to the liver for storage in our fat cells. Many toxins end up stored in the arteries, heart and brain, which have high concentrations of fat. Once you become a better fat burner, which the SHC can facilitate, you will begin to release these toxins from your fat cells.

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 deposit toxins in lymphatic-related tissues such as the breasts, skin, joints, and muscles. When the lymph system becomes sluggish, you may experience:

- Bloating around the abdomen
- Breast swelling or tenderness
- Cellulite
- Cold hands and feet
- Mild fatigue and lack of mental clarity
- Acute itching
- Joint discomfort that moves around the body
- Occasional constipation
- Occasional headaches
- Halitosis
- Sore feet in the morning
- Swollen hands or feet
- Water retention
- Sluggish immunity

Molecules of emotion - or mental toxins, according to Ayurveda - such as anger, fear, sadness, jealousy, etc., are *lipophilic*, which means they take safe haven in our fat

cells, which can result in physical and emotional disturbances for years and years. Burning our fat cells allows for the release of old patterns of behavior that we, perhaps subconsciously, find ourselves repeating year after year.

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

Benefits of Cleansing with Ghee

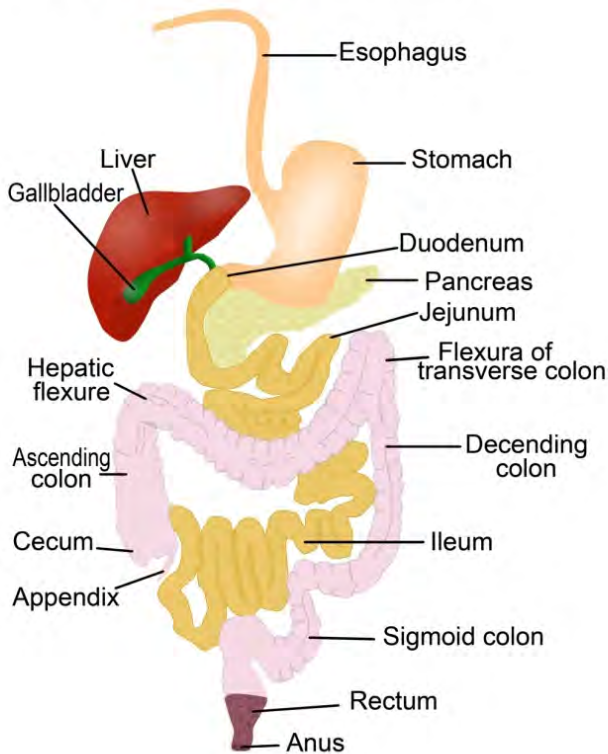
The Ayurvedic superfood, ghee (clarified butter), has been used to release fat-soluble toxins from the fat cells for thousands of years. Research shows that ghee can assist in the removal of environmental toxins through a process called **“lipophilic-mediated detoxification.”** This is where the ghee attaches to the toxic fats and helps pull them out of the body.

In one study with 88 subjects, 48 of them underwent a 7-day detox of ingesting ghee to pull or detox fat-soluble toxins while on a no- fat, meat, or dairy diet. The researchers measured 9 different environmental PCB toxins and 8 pesticide toxins. **They saw a 46% decrease of the PCBs measured, and a 56% decrease of the pesticides measured.**

Ghee also has exceptionally high levels of butyric acid, which coats the lining of the intestines and feeds healthy intestinal bacteria, boosts immunity, and supplies fuel for the cells of the digestive tract.

During the cleanse, you will be taking increasing amounts of ghee each morning, while enjoying a nonfat diet the rest of the day. This process flushes the sluggish bile through the bile ducts and gallbladder, boosts fat metabolism, and supports adequate production of HCl in the stomach. All of these things are needed for the proper and efficient digestion of normally hard-to-digest foods, such as wheat and dairy.

The Digestive System



Cleansing Supply Checklist

You can purchase an SHC Supply Kit at store.lifespaspa.com, or seek alternative supplies locally.

Basic Cleanse Supplies:

We will discuss each item in detail further in this eBook.

- ☐ Organic ghee
- ☐ Kitchari ingredients: organic split yellow mung dahl beans and organic white basmati rice *or* LifeSpa's *Organic Kitchari packets*.
- ☐ Three of LifeSpa's herbal formulas, or alternative herbal support:*
 - ☐ *Warm Digest, Cool Digest OR Gentle Digest*
 - ☐ *Manjistha*
 - ☐ *Turmeric Plus*
- ☐ 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 30).

**Alternatives to each herbal formula are given on pages 18-20.*

Optional Cleanse Supplies:

- ☐ *Elim I*
- ☐ *Sugar Destroyer*
- ☐ Nonfat protein powder made from unadulterated protein concentrate (not from an isolate), such as LifeSpa's *Whey Pure*.

Post-Cleanse Supplies

- ☐ *Gut Revival and Slippery Elm Prebiotic***
- ☐ *Flora Restore***
- ☐ *Flora Restore Max***

***Read more about these unique probiotics on pages 43-45.*



Common Cleanse Alterations

When ordering your Short Home Cleanse, you are given options for alterations depending on whether or not you tend to experience constipation or have candida.

The following are instructions for each alteration.

Constipation / Sluggish Bowels

This alteration adds *Elim 1* to your kit.

Elim 1 Protocol:

- Start by taking 2 capsules first thing in the morning (AM) and 2 capsules before bed (PM).
- If you do not move your bowels early the next day, take 3 capsules each in the AM and PM.
- Continue increasing daily until you start eliminating once a day in the morning. The max dose is 6 capsules in the AM and 6 capsules in the PM.
- Once you start eliminating 1–2 times per day within 1-2 hours of waking up, stay at your current dose in the AM and PM for an additional two-week period.
- After two weeks, slowly wean off by decreasing your dosage by 1 capsule in the AM and PM every two weeks.

Candida

This alteration, designed for those who struggle with candida or fungal overgrowth, substitutes the default 6 *Kitchari Packets* for 3 of LifeSpa's *Organic 1lb Mung Dahl Beans*. It also adds the *Gut Revival Probiotic* to your kit.

- **During the Cleanse:** Instead of using kitchari as your meal staple throughout the cleanse, use only the mung beans. Add candida-diet-approved grains such as buckwheat, quinoa, millet and amaranth. Add plenty of greens and lean chicken and/or beef to your meals during days 1-4.
- **After the Cleanse:** Follow up with a high-quality colonizing probiotic regimen. For one month, take 1 sachet of *Gut Revival* per day while also sipping LifeSpa's *Slippery Elm Prebiotic* throughout each day.

Suggested Add-Ons

- **Sugar Destroyer Protocol:** Take 1-2 capsules of *Sugar Destroyer (Gymnema)* before meals during the cleanse. Finish off the bottle in the 2 weeks post-cleanse.
- **Whey Pure Protocol:** Get your extra protein with Whey Pure (an undenatured whey protein powder). Mix two scoops into water and drink with your main meal or mix into oatmeal (see Polydiet Meal Option on page 26).

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 milk, such as rice, almond, coconut, or organic vat-pasteurized, non-homogenized cow's milk. Wait 30 minutes before eating anything.

- **Digestive Herbs**

Take 1 capsule (500mg each) of *Warm Digest*, *Cool Digest* OR *Gentle 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. Please see Meal Options on pages 25-29.

- **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.

- **Daily Stress-Relief Practices**

- Meditation
- Yoga
- Breathing (pranayama)
- Light exercise
- Before bathing, use raw silk skin brushing *Garshana Gloves* to alkalize your blood and stimulate your lymphatic system.
- Take hot Epsom Salt baths: add 1 quart of Epsom Salt to your baths 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 (choose based on your digestion – read more details on page 30):

- 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** 1-1/2 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.

After the Cleanse

After you complete the cleanse, to repopulate the gut with good bacteria, LifeSpa recommends a series of colonizing probiotics:

Gut Revival: Restores probiotic balance in the gastrointestinal tract. Take 1 sachet a day for 1 month.

Slippery Elm Prebiotic: A soluble fiber tea to soothe the intestinal lining and feed good bacteria. Sip throughout the day for one month in conjunction with Gut Revival.

Flora Restore: A unique blend of colonizing probiotics to help breed healthy microbial diversity in the gut. Take 1 a day for 3 months following the Gut Revival. (The more concentrated formula *Flora Restore Max* is available if needed).

Optional - Elim I: If you experience bowel sluggishness during or after the Short Home Cleanse, consider taking *Elim I* to soothe and reset bowel function without creating a dependency.



STEP ONE: Start Herbal Support

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

Note: If you experience *any* discomfort during the SHC, stop or reduce the herbs, then slowly re-start at a lower dose, until you find the dose that feels best this cleanse.

Digestive Formula

Take 1 capsule of *Warm Digest*, *Cool Digest* OR *Gentle 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 supports your body's own digestive enzyme production to improve digestion. It is helpful for occasional flatulence, 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. 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 supports the mucosa of the stomach wall and balances excessive stomach acid. Take *Cool Digest* if you experience occasional 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.

Gentle Digest: The five spices in *Gentle Digest* are extremely gentle and help to reset digestive function while balancing acute digestive issues such as gas and bloating. Studies show that they support fat and sugar metabolism by boosting bile acid and pancreatic enzyme flow.

Alternative to *Gentle Digest*: Toast $\frac{1}{3}$ teaspoon of cumin seeds in a pan using NO oil, until slightly brown. Ground toasted seeds into a powder. Mix with $\frac{2}{3}$ teaspoon of dry ginger powder. Put the teaspoon of powder in 1 $\frac{1}{2}$ cups of water and boil down to $\frac{1}{2}$ the volume ($\frac{3}{4}$ cup). If desired, add a pinch of black salt and a few drops of lemon juice. Sip this warm “tea” before each meal.

Manjistha

Take 2 capsules, 2 times per day after meals. *Manjistha* is one of the most powerful blood purifiers and lymphatic de-stagnators in Ayurveda. It 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 reddish, which is normal.

Alternative to *Manjistha*: Take Red Root tincture, a commonly available herb that helps de-stagnate and detox the lymph. Take 1 full dropper 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.

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, sip boiled warm-to-hot water throughout the day. Take **1-3 small sips** of warm-to-hot boiled 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 Water?

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 hydrating 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, please follow these guidelines.

- *If you do not have a gallbladder, please substitute the ghee with coconut oil, as coconut oil is 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 2 teaspoons of coconut oil each morning during the SHC, and do not increase.*
- *Check with your medical doctor or with Dr. John Douillard if you have challenges with fat metabolism. If you have high cholesterol, use olive oil instead of ghee or coconut oil.*

Morning Ghee Protocol:

- Each morning, melt the prescribed **teaspoons** of ghee and drink on an empty stomach.

Day One: 2 tsp. of ghee

Day Two: 4 tsp. of ghee

Day Three: 6 tsp. of ghee

Day Four: 8 tsp. of ghee

- 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 30 minutes before drinking or eating anything.
- If nausea occurs, sip ½ to 1 cup of warm-to-hot water with fresh grated ginger root.

If nausea persists, *do not increase the dose of ghee the next day*. Take the same dose or less! Be sure to eat breakfast (from your Meal Option of choice) 30 minutes after your Morning Ghee, even if you feel full. This will help settle the stomach.

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, screens, or electronic devices – perhaps just some good company and calm conversation. This will help you leave the table satisfied.

From there, you can aim for a lighter, smaller, and earlier 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. This includes oil, butter, avocado, nuts/seeds, 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 (dairy) foods and spicy foods.

STEP FIVE: Follow One of These 3 Meal Options

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. Considering this, please choose a Meal Option that will not cause stress or strain.

Kitchari (also called khichadi, kichari or khicharee) is an Ayurvedic superfood, and the staple of each of the three SHC Meal Options. A simple, porridge-like blend of beans and rice, kitchari is often referred to as the 'Indian comfort food'. But perhaps contrary to the Western idea of comfort food, kitchari has many nourishing and cleansing benefits.

We have included the recipe for DIY kitchari below, or you can purchase LifeSpa's easy-to-prepare *Organic Kitchari packets* (included with our SHC kit). The packets are a mixture of delicious organic rice, beans, and spices. The spices come in a separate spice packet so you can add as much or as little as you like according to your taste.

Kitchari is high in protein and is extremely comforting to your digestive tract and intestinal mucosa.

You can learn more about kitchari at:
lifespaspa.com/diet-detox/kitchari-ayurvedic-cleanse-detox/

Polydiet 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 Polydiet Meal Option.

The Polydiet Meal Option is 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 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 into an easily digestible, porridge-like consistency.

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



If you wish to eat fruits, Ayurveda recommends that you always eat them separately from other foods.

Additionally: 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.

Duodiet Meal Option:***Kitchari and Steamed Vegetables****

If you feel ready for a more limited variety of foods, you can try eating just kitchari with steamed vegetables or vegetable soup (homemade and nonfat vegetables cooked with herbal seasonings and optionally pureed).

The Duodiet 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 Polydiet plan.



Monodiet Meal Option: *Kitchari Only**

Please only attempt the Monodiet Meal Option if you have successfully 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 for three meals a day. This will be incredibly beneficial 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. This meal plan 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 at midday, when your digestion is the strongest. For dinner, eat early and eat a smaller serving.

If needed, on this Meal Option you can add a lean protein or Whey Pure and/or eat up to 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 two scoops of nonfat protein powder, such as LifeSpa's *Whey Pure*, 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, make sure you are on the Polydiet plan, 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 should you feel like you are starving or suffering, as it is very important that your nervous system stays calm.

If you need extra blood sugar support: You can take 1-2 capsules of LifeSpa's *Sugar Destroyer* before meals.

If this is your first time, I recommend that you begin with the Polydiet Meal Option and, in future cleanses, work your way to the Duodiet and Monodiet. You will still benefit from a thorough detox on the Polydiet plan.

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 after dinner and then take a hot Epsom salt bath. If you cannot take a bath, take a hot shower, then rest with heat 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.

Some cleansers do not have a laxative effect.
If you've been eliminating well throughout the cleanse, it's possible your bowels were already flushed out, taking the built-up toxins along. If you have not been eliminating well, you can take another dose of the same laxative therapy the next morning or evening.

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.

STEP SEVEN: 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 baths – 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. Breathe through your nose, rather than your mouth, while exercising.

*Learn an effective 12-minute workout at:
<https://lifespa.com/ayurvedic-lifestyle/exercise/12-minute-workout/>*

Breathing Technique

Each morning and evening before meditating, follow this cooling and calming 8-minute technique:

- With your right hand, take either your thumb + middle finger or thumb + ring finger – whichever is more comfortable – to either side 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, which also explains how to do an extended meditation:

lifespa.com/ayurvedic-lifestyle/meditation/one-minute-meditation/

Learn more about LifeSpa's meditation eCourse,
**Transformational Awareness Technique: Six
Meditations to Emotional Freedom:**

store.lifespa.com/product/transformational-awareness-technique-online/



Self-Massage (Abhyanga)

Before bathing, use *Garshana Gloves* (made of raw silk) or a body brush to alkalize your blood, enhance circulation and stimulate your lymphatic system.

While dry, briskly massage your whole body moving towards your heart. Use long strokes on the limbs and circles on the joints.

Perform Abhyanga in the shower using warm herbalized *Lymphatic Massage Oil*.

Here's how:

1. Before (or 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 exit the shower, use a wet wash cloth to rub the oil off your skin.



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.

Epsom Salt Baths

Take hot Epsom salt baths: 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 carry 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, for ease of digestion, 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 (*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 use YELLOW 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. Choose organic when possible. Different spellings include “moong” and/or

“dal.” 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 in a fine mesh colander until the water runs clear.
2. Optional: 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.
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 experiment 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, avocado, seeds or butter).* If you add vegetables, just remember that it will be considered the Polydiet or Duodiet Meal Option - not the Monodiet.

Cleansing During the Seasons

*Let's examine how nature ensures us
good health with its natural detoxification cycles.*

Winter Cleanse

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:**
lifespaspa.com/ayurvedic-lifestyle/seasonal-living/fall-winter-guide/vatta-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 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 (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 have 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:***
lifespa.com/intro-ayurveda/doshas/kapha/kapha-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:***
lifespa.com/ayurvedic-lifestyle/seasonal-living/summer-guide/pitta-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*. You can also download them off my website for free.

To receive a FREE monthly guide delivered to your email inbox, join our 3-Season Diet Challenge. Each month's guide includes seasonal grocery lists, superfoods for that season, recipes, lifestyle tips, an article, and a video.

Sign up here:

lifespaspa.com/diet-detox/diet/3-season-diet/3seasondietguide/

Integrating the Benefits After the Cleanse

Ending the Cleanse

On the day after the SHC, break the cleanse gently with a soup or soupy hot cereal of well-cooked veggies and grains. My favorite first meal is baked sweet potatoes.

Eat Seasonally

Continue to eat seasonally when possible. My book, *The 3-Season Diet*, is an in-depth guide to eating with the seasons, regularly eating 3 meals a day, and recipe ideas. You can find it at store.lifespaspa.com.

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 $\frac{3}{4}$ of the way full – rather than all the way full.

Eat 3 Meals a Day, No Snacks

Continue to eat three meals per day without snacks.

Eat enough at breakfast to make it through to lunch.

Enjoy a big, relaxing lunch.

Eat an early, light supper.



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

Learn more at:

lifespa.com/herbs-supplements/probiotics-prebiotics/fermented-foods-and-ayurveda/

Gut Revival

LifeSpa's *Gut Revival* is a high-potency probiotic that is ideal for individuals seeking a truly comprehensive revival and restoration of healthy intestinal micro ecology, while neutralizing the proliferation of toxins. The specific probiotic strains of bacteria in this therapeutic formula have been shown to survive the digestive tract, adhere to the gut wall, restore healthy flora, and support the production of short-chain fatty acids.

- **Protocol:** 1 packet each day with your main meal for a month.



Flora Restore MAX

For quick reintroduction of healthy gut bacteria, *Flora Restore MAX* is a clinically researched, heat-stable, four-strain probiotic that contains 100 billion CFU per capsule. We recommend a course of *Flora Restore Max* between courses of *Gut Revival* and *Flora Restore*.



- **Protocol:** 1 capsule each day with your main meal for 1 month.

Flora Restore

After taking *Gut Revival* for one month and then *Flora Restore MAX* for one month, consider following 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.

Elim I

For prebiotic nutrients and further support for the bowel, *Elim I* combines moisturizing herbs with the famous Ayurvedic bowel toner *Triphala* and a small amount of psyllium for easy movement of the bowels, moving



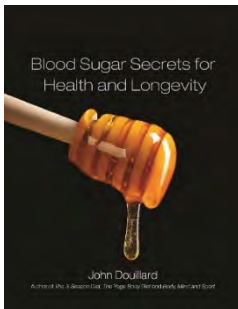
waste out of the system and providing nourishment for new beneficial bacteria to flourish in the intestines.

- **Protocol:** 2-4 caps in the am or pm without food, or as directed by your healthcare professional. After 2 weeks at the effective dose, begin to wean.

Further Knowledge

Enjoy additional FREE eBooks available on LifeSpa.com:

Blood Sugar Secrets for Health and Longevity



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.

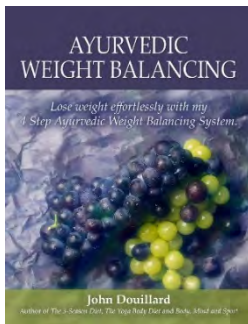
Safe Liver and Gallbladder Cleansing



I have been administering this liver and gallbladder flush in my practice for more than 30 years with great success. Until now, I have never publicly published this cleanse. I have always felt that, while it is a very effective protocol, it is not meant for *anyone anytime*. To ensure the best

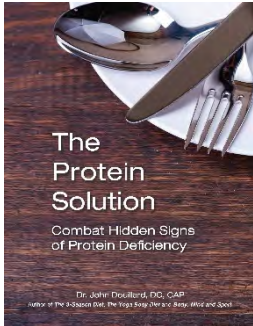
results and avoid any potential side effects, there are a series of preparatory steps that I feel everyone should take before proceeding with the flush. In this eBook, I will guide you through the steps to prepare you for a safe and effective Liver and Gallbladder Bile Flush.

Ayurvedic Weight Balancing



For decades, I have helped thousands of patients lose weight simply and naturally ...and rebalance their health, energy, and life in the process. To learn how, download this free 44 page eBook. Includes a free one hour mp3 audio lecture and quick overview tip sheet.

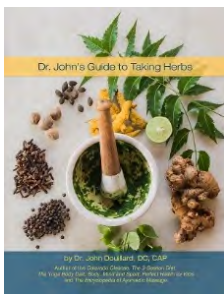
The Protein Solution: Combat Hidden Signs of Protein Deficiency



A host of recent fad diets have been emphasizing protein as a key component of a healthy diet. Some fads say you need more, claiming it will increase energy levels, activate fat-burning, and help stave off hunger. Other fads say you need less, claiming too much protein can actually be detrimental to your

health. People's curiosity has been piqued by the many theories and controversies circulating about protein. In this eBook, I aim to shed some light on what you need to know about protein for optimal health from an Ayurvedic perspective, where ancient wisdom is supported by modern science. My goal is to empower you with the knowledge you need to successfully navigate maintaining balanced, healthy protein levels for optimum vitality.

Dr. John's Guide to Taking Herbs



Are you taking a herbs and supplements that you would like to get the most out of? Now that you have figured out which herb to take, let's focus on how to adjust when and how you take them. This will help to quickly boost their positive impact on your well-being.

Ayurvedic eCourses available on store.LifeSpa.com:

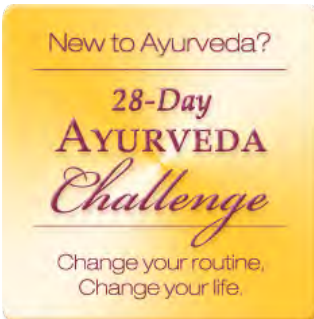
Transformational Awareness Technique: Six Meditations to Emotional Freedom



Using the meditations taught in this eCourse, we teach our minds not to incur stress in the first place, and we intentionally replace old mental and emotional patterns with new, healthier ones. This course is a practical extension of the

burning of fat cells that we do in the Short Home Cleanse, as these fat cells are where the molecules of emotion are stored.

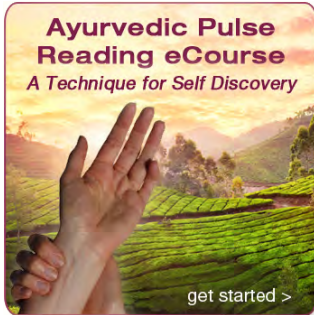
28-Day Ayurveda Challenge



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, I will show you how to implement a new Ayurvedic technique through a daily email, video and tip sheets.

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.

FREE 3-Season Diet Challenge



Join Dr. John Douillard for The 3-Season Diet Challenge. It's free! This challenge takes you through a year of eating seasonally with monthly support and guidance. Nature provides the ideal harvest for each season to keep you strong, healthy, energized and focused.

Your free Monthly Guide includes seasonal grocery lists, superfoods for that season, recipes, lifestyle tips, an article and a video.

About John Douillard



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 over 5.8 million views on YouTube.

LifeSpa.com is evolving the way Ayurveda is understood around the world, with over 900 articles and videos proving ancient wisdom with modern science.

Dr. John is the former Director of Player Development and nutrition expert for the New Jersey Nets NBA team, bestselling author of 7 health books, and has been featured in USA Today, LA Times, and dozens of other national publications. He has been in practice for over 30 years and has seen over 100,000 patients. Dr. John directs LifeSpa, the 2013 Holistic Wellness Center of the year in Boulder, CO.

Sign Up For John Douillard's Free Video-Newsletter at
<https://lifespacommunity.com/newsletter-signup/>



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