

## Day Seven| Part Two B



5:45 AM Wake Time | 10 PM Sleep Time

YOGA	AM AYURVEVA	EVENING ROUTINE
Short Pranayama	Splash face cold water	Chant Meditation
So Hum Meditation	Tongue Scraping	Ginger Turmeric Honey Tea
Morning Stretches	Kavala (oil mouth)	
Namaskar	8 oz hot water	
	Nasya	

### AYURVEDA SELF-CARE

**Best done away from food. Some are best in the evening.**

Oiling feet and Ears at bedtime.

### DIETARY | HERBAL INTAKE

Mono Diet	MEALS	TEA
The goal is to strengthen Agni	Follow Recipes Cleanse Detox and Evolve Recipe Book ONLY	Sip Agni tea with meal 8 oz with lunch and dinner
Resting digestive system	Your lunch and dinner should be same meal. Digest the same thing all day long is BEST.	Drink 10oz hot water

HERB	DOSAGE	PART 2B
<b>Triphala</b>	2 at bedtime	x
<b>Hingvastak Powder</b>	¼ tsp on tongue before lunch and dinner	x
Blood Cleanse or Liver Formula	2 with meals	x
Tranquil Mind	2 @bedtime	x
Healthy Skin	2 with lunch + dinner	x
Avipattikar	1/4 tsp on tongue with meals	x