

Day Four | Part Two A



5:00 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)	Slice of ginger post ghee
	8 oz hot water + ¼ fresh lemon juice	

DIETARY | HERBAL INTAKE

INTERNAL OILING	MEALS	TEA
The ghee phase is based upon internal oiling	ALL MEALS COOKED WITH GHEE ONLY. NO OTHER OILS.	Sip Agni tea with meal 8 oz with lunch and dinner
EVERY OIL MUST BE GHEE	Follow Detox and Evolve Cleanse Recipe Booklet	Drink 20 oz hot water throughout the day

HERB	DOSAGE
Triphala	2 at bedtime
Hingvastak Powder	¼ tsp on tongue before lunch and dinner
Avipattikar (Pitta)	1/4 tsp on tongue with meals
Blood Cleanse or Liver Support	1 with lunch and dinner

DAY	OPTION 1	OPTION 2	OPTION 3
Day 1	1 TBS	1 TBS	2 TBS
Day 2	2 TBS	2 TBS	4 TBS
Day 3	3 TBS	4 TBS	6 TBS
Day 4	4 TBS	4 TBS	8 TBS
Day 5	4 TBS	6 TBS	9 TBS

AYURVEDA SELF-CARE

Light afternoon walking
 Oiling feet at night

Ghee Phase

Why Ghee? To loosen impurities, toxins lodged deeply in the cells and tissues. The ghee loosens the impurities and acts as a solvent to dissolve and mobilize the impurities so they can easily be eliminated in the laxative phase of therapy.

Drink **Ghee Drink** early morning at 5 am (or as early as possible). See morning ghee drink recipe and suggestions. It is important to drink ghee after a warm glass of water and then allow for meditation or rest time so the ghee can settle in your stomach. When you increase in number if you don't rest and let the ghee settle it will not have you feeling very good. You will notice that the ghee drink fills you up and you won't be as hungry. THAT'S OK !

Rest after Ghee and chew on a piece of ginger before the ghee (while warming it up and after the ghee with room temperature water, just a sip)

If you are not hungry for breakfast then skip it and eat an earlier lunch

Follow the guide table to increase the amount of ghee each day. You can either just spoon out the ghee from the jar and eat it or make a blended ghee drink.

1. Drink a glass of warm water (6 oz)
2. Warm ¼ to ½ cup of Milk (Optional: add a pinch of cardamom and trikatu remove from stove.)
3. Add ____ amount of ghee.
4. Mix in a blender the milk and ghee and honey if you like (but make sure milk mixture has cooled down)
5. Drink and Lay down/res on your right side. Do not move around, as your body needs to digest ghee. You can read, relax, and meditate but no pranayama until 45 minutes after ingesting ghee.