

Day Five | 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
- Take an herbal bath