

Day Eight | Part Two A



5:00 AM Wake Time | 10 PM Sleep Time

YOGA	AM AYURVEVA	EVENING ROUTINE
Short Pranayama So Hum Meditation	Splash face cold water Tongue Scraping	Chant Meditation Ginger Turmeric Honey Tea
Morning Stretches	Kavala (oil mouth) 8 oz hot water + ¼ fresh lemon juice	CASTOR OIL 10 PM

CASTOR OIL PURGATION

Do castor oil in the evening around 10:00 pm at least 3 hours post meal.

Take 4 to 8 tablespoons of castor oil before bedtime.

How much you need depends on your bowels. Loose and soft bowels will purge fine with 4 TBSP but stubborn, hard and dry bowels will need higher amounts to get good purgation.

After castor oil it can be useful to immediately take a hot bath and rub the belly with some sesame oil or massage oil to help GI track empty out.

Do not bathe right after evacuations; wait until later in the day. If you are feeling dehydrated please drink Ayurvedic Gatorade.

DIETARY | HERBAL INTAKE

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

Castor Oil Drink Instructions

Mix with 3/4 cup of orange juice - blend and drink. If you have high Pitta then use Apple Juice. You will need to get up early in the morning to evacuate. This can take from 6 to 8 hours to take effect. The consistency and frequency will vary.

AYURVEDA SELF-CARE

Light afternoon walking	DAY	OPTION 1	OPTION 2	OPTION 3
Take an herbal bath	Day 5	4 TBS	6 TBS	9 TBS