Pure Rejuv™
The Science of Vibrant Health

Daily Cleanses

1) Hot Lemon Water with salt and honey on rising
Squeeze ¼-1/2 lemon into a cup; add a pinch of salt and fill the cup with boiled water; wait for it to cool a bit before adding 1 tsp honey.
Salt and lemon help pull toxins out of the body; facilitate bowel movement; tone kidneys and digestive tract. Drink 1-4 cups – until desired result (bowel movement!).

2) Clean Mouth: Brush Teeth, Scrape Tongue
Removes Ama; also makes one more aware of toxic load.

3) Nasal Wash with Neti Pot
Washes away excess nasal mucus and particulate matter (germs, dirt, pollen)
Helps prevent sinus problems and colds; improves allergy symptoms.

4) Bowel Movement
Obvious benefits. Necessary for good digestion/assimilation and good health.

5) Self Massage
Brief oiling all over with good quality (sesame or olive) oil. Moves ama out of the tissues, increases circulation, and enhances immune function.

6) Exercise – Aerobic and Hatha yoga
Creates heat, promotes detoxification via sweat, enhances digestion and increases agni.
Builds strength and stamina; burns up ama/toxins.

7) Whole Foods Diet
Fruits, vegetables, grains and beans are fiber-rich to support cleansing; they are also nutrient-rich to support nourishing. Avoid processed, chemical-ized (Ama-laden) food.

8) Drink Adequate Fluids
Water and electrolytes keep our bodies hydrated and facilitate cleansing processes.
Remember: "The solution to pollution is dilution!"

9) Take Triphala or other cleansing herbs
Tone bowels; remove ama; prevent disease.

10) Practice Diaphragmatic Breathing and Relaxation
Relaxation supports both nourishing and cleansing by removing tension patterns that interfere with both these processes; nutrients can flow in, and wastes can leave the cells.

11) Practice Mindfulness, Journaling, Contemplation and Meditation
All these practices help to cleanse and calm the nervous system and mind

Over time, these small daily cleanses clear toxins very well. They are what make up a good health maintenance program, and lessen the need for more intense cleanses.