

Seasonal Cleanses

Cleansing Diet

Omit heavier foods: oils, meats, dairy, breads.
Favor fruits and veggies, soups, lighter grains (quinoa, millet)
Best when becoming sick (at first symptom!), or after holiday overindulgence.

Juicing/Fasting

Start with a cup of fresh vegetable juice every 3 hours for one day; supplement with water and herbal teas. Start with one day; can continue for up to 3 days.
One day /week; 1-3 days every season; 1-2x/year – all good.

Upper Wash

Removes excess mucus (Kapha)
Great for quickly resolving the beginning of a cold/congestion.
Good during Kapha seasons: winter and spring (0-12 times /year)

Complete Wash

Removes excess heat/bile (Pitta); clears stagnation in small and large intestines.
Good when inflammatory conditions are predominant
May also be necessary during or after Pitta season (summer, fall).

Enemas

Large volume (0.5-1.0 liter) salt water; remove compacted stool in colon
Small volume retention enemas: oil or nutritive tea; 1-2 ounces only
Pacify wind (Vata)
Helpful during or after stressful times, travel, or transitions
Also in fall or winter season

Colonics

Like an enema under pressure; a flushing of fecal matter out of the colon
Good for those with chronic constipation

Bulking Agents (Psyllium)

Soluble fiber to “sweep” the colon of debris; clearly helps to prevent colon cancer and normalize cholesterol.
May be taken daily for prolonged periods.

Herbal Cleansers for blood and/or liver

Only taken after bowels are normalized (bowel movement daily)
Take for 3 months and reassess
Best to have the guidance of an experienced herbalist or health practitioner

Probiotics and Prebiotics

Agents that help normalize colonic bacteria: acidophilus, bifidus, fermented foods (like kefir, kombucha and kimchi), fiber, FOS; Fine to take for prolonged periods