

"Healthy tissues bestow happiness and vitality. Polluted tissues bring misery and disease." – Kashyapa Samhita



14 DAY CLEANSE & PURIFY WITH AYURVEDA

WHY DETOX? & WHAT TO EXPECT

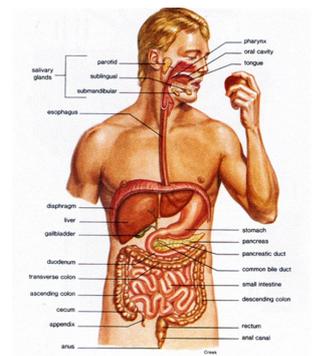
Our bodies are clever machines and detox all by themselves but sometimes our systems struggle to function effectively. Emotional trauma, busy schedules, poor food & drink choices, chemicals that make their way into our bodies from cosmetics & toiletries and food preservatives & flavour enhancers, stress, over or under eating & over or under exercise, illness & injury (the list could go on) all negatively challenge the body's natural functions.

In this program we will focus on cleansing the digestive tract, as most detox programs do, but also cleanse and purify the liver & the lymphatic system known as the drains of the body.

The digestive system becomes stressed & slows down naturally as we get older but also with the factors we all experience in life (mentioned above), the lymphatic system (the drains of the body) becomes clogged with a toxic substance called Ama and so does the liver.

What does the digestive system do?

Takes the fuel, lubricates it, breaks it down, burns it, divides the substance into the nutritive part & the waste part, generates energy, moves the substances around & waste products out and nourishes the 7 main body tissues. The 3 main organs of the digestive system are; stomach - Kapha, small intestine - Pitta & large intestine - Vata.



What's the lymphatic system & what does it do?

It's the tissues & organs that rid the body of toxins, waste products & other unwanted materials and is a large part of our immune system. It moves the toxins away from our vital organs & acts as a filter for foreign particles traveling in the blood. Poor function is linked to **psychological, cognitive & immune** weakness, deficiency & disease. Lymph moves throughout our system with muscle contractions, hence lack of proper exercise leads to congestion. For this reason I have developed a specific 30 minute Yoga asana routine for you to follow every day to boost your lymph flow during your Cleanse & Purify Program, and beyond.

Signs of lymph blockage;

Bloating Fatigue Stubborn weight gain Brain Fog Headaches
Sinus infections Skin conditions

What is Ama?

Ama is a sticky, smelly & heavy substance which clogs & blocks the channels of the body (digestive tract, lymphatic system & liver) and prevents the body from functioning properly. Blockages prevent nutrients from circulating to the body tissues and areas of the body become malnourished, weakened and prone to diseases & injuries. This becomes a vicious cycle, the more clogged, the less able to digest, the more clogged we become. There's just no space. We develop food intolerances and allergies, gain weight, lose our glow and we're unable to think properly, the list goes on. The Cleanse & Purify Program creates space in your body & mind which helps the body to start functioning properly. It has the potential to alleviate issues but we must remember that as long as it took the issue to develop, they cannot be resolved overnight, right effort & motivation is required.

What's the aim of the Cleanse & Purify Program?

The nemesis of Ama is Agni - our internal fire. The Cleanse & Purify Program will do exactly as it says, which will result in a proper balance Agni which means your body functioning effectively, healthily & happily. The aim is to boost & balance your Agni.

What do I need to do?

The Cleanse & Purify Program requires motivation, effort & will-power. It requires understanding that most 'treats' are actually the opposite, keeping us disengaged from our true-selves & breeding illness & disease.

So, honestly it will be two challenging weeks but the benefits will speak for themselves and next time round it will be much easier, speaking from experience.

You will need to dedicate approximately 2 hours per day to your detox program.



The Cleanse & Purify Detox may not be for you if;

- You are pregnant, nursing or trying to conceive
- You are severely depleted (see my Rejuvenation program)
- You are suffering with a degenerative disorder
- You have severe digestive issues (Ulcerative Colitis, Irritable Bowel Syndrome, GERD). You will need rejuvenative therapy before detox
- You are taking blood-thinning medication
- You are recovering from major surgery
- You cannot do The Big Cleanse Day on day 11
- You have reaction or allergy to herbs, grains & lentils
- You suffer with anxiety or panic attacks
- You have stomach ulcers
- You are suffering with chronic constipation or intestinal blockage
- You have heart disease
- You have had lymph nodes removed

Please discuss all medical history with me before starting the program

Please discuss the Cleanse & Purify Program with your doctor

What's included?

Ayurvedic recipe booklet & nutrition plan

Ayurvedic toothpaste

Copper tongue scraper

Customized herbal preparations

Daily emails with instructions & strategies

Detoxifying Yoga Asana sequence

Detoxification herbal medicines

Digestive teas

Dry lymphatic body brush

Elimination herbal formula

Incense

Initial mini-consultation (full consultation optional extra)

Journal for Self-Inquiry & emptying mental Ama

Kitchardi ingredients

Meditation instruction booklet

Personal rejuvenation herbs

Oils & herbs for massage (at home, professional massage is an optional extra)

Telephone & email support

Special spice mix

Two week Cleanse & Purify program (which you can repeat again and again) plus The Mango Wisdom Cleanse & Purify After-Care booklet (The Mango Wisdom Ayurvedic Lifestyle Plan is an optional extra)

What does it cost?

14 day Personalised Cleanse & Detox program

£350

One to one Yoga (1 hour)

£50

14 day Personalised Cleanse & Detox program + Ayurvedic consultation	£390
14 day Personalised Cleanse & Detox program + full Ayurvedic Life-style consultation + Personalised Ayurvedic Life-Style Plan	£490
Ayurvedic Massage & Steam	£50
Introduction to Ayurveda Workshop (4 hours)	£40
Ayurvedic Nutrition, Your Gut & Your Mind Workshop (4 hours)	£40
Ayurveda Life-Style Consultation (per hour)	£50
Personalised Ayurveda Life-Style Plan	£125

