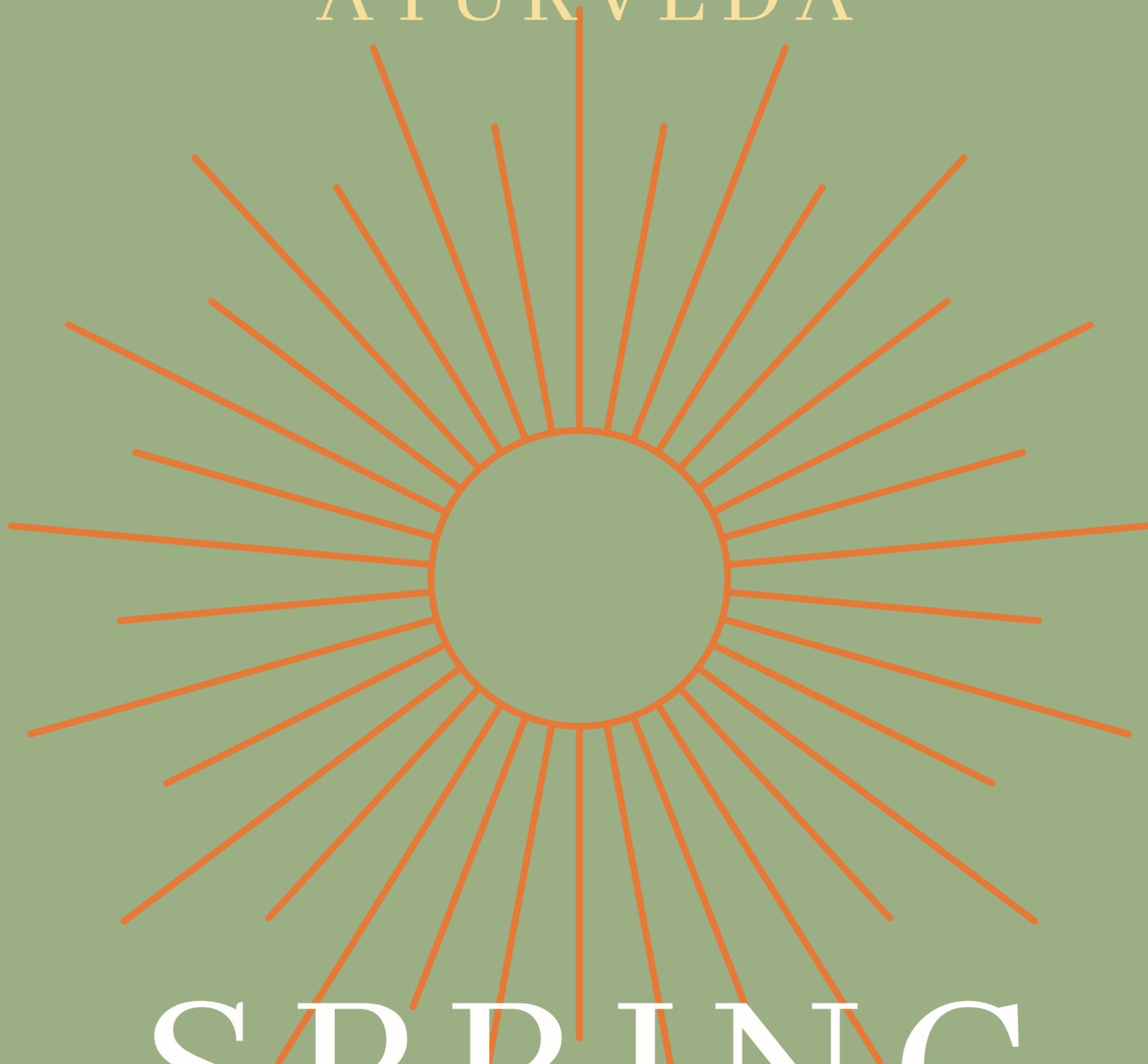


ROOT AND RISE

AYURVEDA



SPRING
CLEANSE

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AYURVEDIC SPRING

Spring is kapha season and therefore made up of the elements of earth and water and categorized as being wet, cold, and heavy. Ayurvedic wisdom teaches that *'like attracts like'* and with some awareness we can begin to see how this principle affects us. Spring is already a heavy, wet, and cold time and without awareness we will do things to increase those qualities within ourselves even more than nature already does. We will see the sun and go outside without a coat - this will exacerbate the cold within us and lead to imbalance and illness. We will feel lazy and sluggish (the heavy quality) and take this to mean that we need to take naps frequently. This, again, accumulates too much of the heavy quality within us and we will find ourselves further imbalanced and feeling totally in the dumps. Excess of the wet quality leads to problems with mucus and congestion. When imbalance starts to occur and we begin to feel heavy, lethargic, and congested there are natural ways to feel better. Using the principle, *'opposites heal'* you can return to being the way nature intends for us to be in the spring. Cultivate lifestyle and diet choices that bring in the opposite qualities: dry, light, and warm. Below are some suggestions on how to pull that off.

Stay Warm and Dry

Be sure you dress warmly enough, even though it looks sunny or it feels "warm enough" to not wear layers. Get out your raincoat, umbrella, and duck boots, but don't put away your winter sweaters, socks, and hats. Choose warm food and drinks, as well.

Dont Stagnate

Use this time to start programs and projects that inspire you. This can be starting to walk after meals, doing yardwork, organizing the closets and cupboards, finally starting an online course that intrigues you, or creating. Getting moving towards your goals, although you might dread it at first, will really help you feel invigorated.

Eat Appropriately

Now is a great time to start eating cleanly. Because food is part of nature it, too, is made up of the elements. The sweet taste is made up of the elements, earth and water just like Kapha and spring. So, it is best to reduce this taste from your diet this season (for many of us we will be able to add this taste back in the summer during Pitta season.) Also, reduce or moderate salty and sour tasting foods. Stay away from heavy, cold foods like ice cream and heavy dairy for now as well. The guide below will help you to make more natural dietary choices in the spring.

QUALITIES TO INVITE

When the seasons change we automatically adjust. We get out a different set of clothes, our activities change, we even change our clocks! It makes perfect sense then, that we should also change our diet. Spring is the optimal time to cleanse and purify our bodies and minds. As the ground opens up with all of the spring rain, so do our tissues, making spring the optimal time to purify and detoxify the mind/body system. In the spring, our appetite naturally trails off and we find ourselves knowing that we need to burn off the fat we accumulated in the winter. We may even find that we have an excessive amount of mucus and hopefully we are able to ward off a spring cold. Ayurveda, the ancient science that helps us to tune into Nature, has some very sensible suggestions for making this a reality. Following these taste and quality guidelines, will help you to lose your extra weight and your sense of lethargy will lighten up..

LIGHT

During the winter we ate more protein and fat than usual. Nuts, meats, oils, and dairy kept us warm and grounded. In spring, we can back off of those heavy items as we aim for lighter, lower - fat fare like sprouts, berries, and salads made with leafy greens.

DRY

Spring is already wet so, we can respond intelligently by emphasizing the opposing quality of dryness to our diet. We don't need to eat yeasty whea tbread or mushy cooked oats. Opt for crackers and other dry grains like barley and cornmeal.

WARM

Let's face it, spring around here is still pretty cold so, be sure to continue to drink warm drinks like herbal teas and lean towards well-spiced and cooked vegetables. Beware of cold milk and ice water as these will have the tendency to slow down or dampen our digestion.

TASTES TO INVITE

Ayurveda recognizes six tastes (sweet, sour, salty, bitter, astringent, and pungent) by which all foods can be categorized. Each taste can increase or decrease a dosha. It is ideal to have all six tastes in every meal so that there is complete nourishment and satisfaction. This practice is helpful in managing your cravings

ASTRINGENT... TO DRY

Astringent foods and drinks make for a dry and chalky taste in the mouth. Think black beans, apples, popcorn, and baked potatoes.

PUNGENT... TO HEAT

Now is the time to use ginger, onions, hot peppers, and garlic in everything you cook in order to get your digestive fire burning strong.

BITTER... TO DETOXIFY

Turmeric, kale, dandelion, and dark chocolate will do the trick!



SPRING PANTRY

Veggies

Arugula
Asparagus
Broccoli
Cauliflower
Brussel sprouts
Collards
Kale
Onion
Spinach
Peas
Bell peppers
Alfalfa sprouts
Bean sprouts
Cabbage
Celery
Collards
Garlic
Green beans
Hot peppers
Mushrooms
Peas
Leeks
Lettuce

Fruits

Apples
Dried fruits
Raisins
Cranberries
Pears
Berries

Grains

Barley
Dry oats
Buckwheat
(soba noodles)
Corn
(polenta and tortilla)
Rye
(whole-grain cracker)

Legumes

Black beans
Chickpeas
Lentils
Split peas
Kidney beans
Mung beans

Nuts and Seeds

Pumpkin
Sunflower
Popcorn (plain)

Oil (in moderation)

Sunflower
Corn
Flax seed

Sweetener (in moderation)

Raw uncooked honey

Herbs and Spices

Basil
Black pepper
Cayenne
Cinnamon
Cumin
Curry
Dried ginger
Garlic
Crushed red pepper
Mustard seed
Paprika
Parsley
Rosemary
Sage
Tarragon
Thyme
Turmeric

Dairy

Low-fat cottage cheese
Low-fat plain Greek
yogurt
Ghee

Meats

Chicken
Turkey
Freshwater fish

Teas

Turmeric
Ginger
Hibiscus
Cinnamon
Dandelion
Tulsi

Supporting Spring Practices



**INCLUDE THESE IN YOUR
SPRING YOGA PRACTICE**



Sun Salutations



Inversions

Standing Poses



Back-Bends



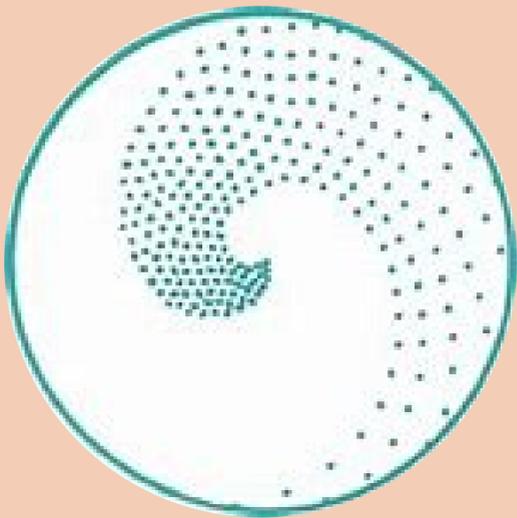
Twists



Core Work

Doshic Modifications

Spring foods and practices pacify the kapha dosha, but what if you need to pacify another dosha? How can you harmonize nature around and nature within you? Here are some tips:



VATA

- Use olive oil generously in cooking
- Avoid cruciferous vegetables, beans, and salads.
- Be careful on windy days- wear a hat
- Practice ***routine*** with extra discipline
- Don't give up your naps
- Include more resting poses like 'legs up the wall' in your yoga practice
- Hang out with laid-back people



PITTA

- Use cooling herbs like cilantro, basil, mint, dill, fennel, and cardamom, instead of the pepper family.
- Be extra careful with coffee and alcohol
- Pay attention to the moon
- Allow room for the sweet taste
- Include more soothing poses in your yoga practice like folds



KAPHA

- Follow the spring diet and use the supportive practices with discipline



DIGESTIVE FIRE

Our digestion works so hard all day and all night; add processed foods and stress to that, and our systems become overloaded. Then starts the struggle with all sorts of annoying issues like body weight fluxuation, low energy, poor sleep quality, headaches, congestion, depression, anxiety, burnout, inflammation, and allergies. We start to feel heavy, dull, clogged, confused, and lethargic. It does not have to be this way! If you do the work to establish and keep a strong digestive fire you will not have these issues and you will be able to transform your life for the better on all levels of your being. You will radiate vitality, contentment, confidence, clarity, health and beauty. Sound better? According to ayurveda, a strong and healthy digestive fire is the cornerstone of health. This digestive fire is called *agni*. The words ignite and ignition actually come from this ancient sanskrit word. Your agni or digestive fire refers to your power to process all aspects of your life- food and drink, emotions, experiences, and sensory information. A strong balanced agni leaves you feeling light and clear. If your digestive fire or agni is weak, much goes undigested. That which goes undigested becomes a toxic sludge-like substance that is called *ama* and is considered the root of all disease. When ama accumulates, the body deteriorates, our hormones go out of balance, inflammation gets carried away, and our emotions get stuck. We must honor these processes within us if we want to feel and look our best. It is good to know that doing so doesn't have to be complicated. Just have the intention to follow this simple mantra: "*I stoke my sacred fire and I do the work to clear out toxic sludge.*" But how do you do that? The best way that I have found is to conduct an ayurvedic cleanse at the change of season in the fall and spring. These cleanses allow your digestive system to rest from the overtaxing lifestyle that we have become accustomed to. By eating a diet that is simple and nourishing and by observing certain daily practices that, by nature, stoke agni and expel ama you can find the health and balance you are looking for.

8 DAILY SPRING CLEANSER PRACTICES

1. Wake up and scrape your tongue.

Sleep is so important in ayurveda because while we sleep we digest. When you wake up in the morning you may notice a coating on your tongue; this is ama, the undigested toxins that your body was unable to digest in your sleep. Use a tongue scraper to remove that first thing every morning

2. Drink warm water throughout the day.

The warm nature of the water helps to cleanse the digestive tract of blockages and impurities. This practice will help the digestion and absorption of foods and maybe even help to reduce cravings between meals.

3. Do a short spring-themed yoga practice.

This practice should build heat by providing some challenge with strengthening poses and vigorous movement coordinated with breath. An emphasis on the subtle body and chakras counterbalances a kapha tendency to overly associate with the physical body.

4. Follow a limited and spring-appropriate diet.

Spring is the time to burn the heavy fat we have been storing over the winter months so, the food we eat should be lighter in nature. To balance the moisture, we should choose to eat drier foods. To help with the digestive process, we should keep our foods and drinks warm. Nature's ayurvedic antidote in the spring calls for us to taper off our intake of meats, oils, salt, nuts, sweeteners, dairy, wheat products, and rice.

8 DAILY SPRING CLEANSE PRACTICES CONT.

5. Eat lunch as your biggest meal.

Agni or digestive fire is associated with the power of the sun. In the morning as the sun rises, our digestion is not yet at its peak so it is recommended by ayurveda, to have a light breakfast or to skip it entirely if you can make it through to lunch without discomfort. When the sun is at its highest peak, between noon and 2 pm, it is the best time to enjoy the largest meal of the day. Doing so ensures that we will have time to digest what we ate. Dinner takes place as the sun is setting and again is not an optimal time for digestion so, use this time to eat a light dinner.

6. Do not snack between meals and do not eat after 7pm.

These practices ensure that our body has time to digest the meals we have eaten which regulates our blood sugar and boosts the ability of our cells to cleanse themselves. These sister practices promote a small period of fasting between our meals, with the longest break between dinner and breakfast (get it?) the next day.

7. Practice mindful walking after each meal.

This will encourage your body's flow of metabolic hormones to help support your digestive health. This practice will also help you come closer to nature, your body, and the present moment.

8. Complete the daily Self-Study Reflection Assignments in the Facebook Group, [Ayurvedic Spring Cleanse Group](#).

LIMITED DIET

Don't

Pastry
Cereal
Pasta
Bread
Milk
Cheese
Processed Food
Refined Sugar
Coffee
Alcohol
"Gluten Free" Products
Red Meat
Pork Products
Chips
Crackers
Dough
Candy
Energy Bars
Ice Cream
Jelly
Ketchup
Mayo
Fried Food

Do

Unsweetened Almond Milk
Protein Powder (made from whey isolate or hemp)
Oats
Barley
Rye
Quinoa
White Basmati Rice
Millet
Buckwheat
Legumes
Fruits
Veggies
Raw Honey
Real Maple Syrup
Ghee
Plain Greek Yogurt
Herbal Tea
Chicken
Turkey
Wild-Caught Fish
Fresh Herbs and Spices
Egg
Tofu
Balsamic Vinegar
Extra-Virgin Olive Oil
Coconut Oil
Sunflower Oil

OPTIONAL 1-DAY FAST

If you are **not** suffering from a vata imbalance, it may be worth trying a one day liquid fast. Fasting is a proven method for boosting mental clarity and even metabolism. This practice can help to regulate your unnatural cravings as well. It is incredibly important that if you choose to do this you are able to stay at home all day and keep an inward focus.

How to:

When you awaken early in the morning make and drink this concoction. 2 tbs castor oil and 1/2 cup fresh squeezed orange or grapefruit juice.. Mix well and drink quickly. Consume only liquids for the rest of the day. This can be brothy soup, protien shakes, teas, and fresh squeezed juice. Walking is about as active as you want to be. Stay close to the bathroom. Please let me know if this is something you would like to try so we can discuss what to expect further.

MONO - DIET:

Eating only one type of food like *kitchari* for an intentional amount of time.

This really simplifies digestion and preparation.

See below for the recipe.

KITCHEN PRACTICES

PRAYER

Let us eat together,
Let us radiate truth,
Let us radiate life.

Growing, preparing, cooking, and eating are the most sacred practice in ayurveda. The extent to which you are able to give reverence to the Earth, to the farmers, to the preparers, to the providers, to the cooks, the better you will be able to digest your food. Equally important to your digestion is your ability to be at peace while cook and eat. While cooking the magic is in putting your love and kindness into your creation and when eating you seek to receive the love and kindness.

Tips For Cooking

Offer food to the ancestors
Check your negative emotions at the kitchen door
Use your hands way more
Use non electric tools when hands cannot be used.
Cut back on meat, fat, and salt
Wash hands and tie back hair
Keep nails clipped and unpolished
Remove jewelry
Find others to cook when you are on your cycle
Only make enough food

Tips While Eating

Silence or pleasant talk during the meal
Eat at the same time everyday
Rest on your leftside after eating for a few minutes
Take a gentle walk after resting
Chew thoroughly
Smell, see, feel the texture, and taste the food
Say a prayer
Invoke feelings of gratitude

Tips For Your Kitchen Space

Start a small garden
Get rid of utensils and appliances you do not use
Ween off of electric appliances
Get rid of old spices, grains, legumes and start fresh
Shop for fresh produce often
Clean kitchen right after eating
Have soft music and lighting in the kitchen
Sage the kitchen
Reduce, reuse, recycle
Compost veggie, fruit, and grain scraps

RECIPES

Making Ghee

Ingredients:

One pound organic unsalted butter

Preparation:

1. Place the butter in a saucepan on medium heat.
2. The butter will melt and then begin to boil and make a lot of noise.
3. Let the butter boil until the butter is clear and you can see the bottom of the pot. You may have to skim back the foam to see.
4. Pour the clarified butter through a strainer covered with cheesecloth into a mason jar.
5. Let it cool to touch.

Tips:

- Never walk away from your pot after it has been boiling for a while because the ghee can burn quickly.
- No need to refrigerate your ghee.

Making Kitchari

Ingredients:

1 cup *soaked, rinsed* basmati rice
1/2 cup *soaked, rinsed* yellow split mung dal
1 tsp. mustard seed (pitta should skip)
1 tbs. dosha specific churna (see below)
Salt (only vata)
1 1/2 inches fresh ginger
2 tbs. ghee
Cilantro for garnish
5 cups water or broth

Preparation:

1. In a medium pot on medium heat, heat the ghee until melted.
2. Toast the mustard seeds until you can hear them start to pop.
3. Toast your churna for 10 seconds.
4. Add rice and dal and stir together.
5. Add broth and ginger.
6. Bring to a boil with high heat.
7. Reduce to simmer and cover until moisture is absorbed.
8. Garnish with fresh cilantro and salt
9. Serve with seasonally appropriate veggies

Pitta Churna

1 tbs coriander
1 tbs turmeric
1/2 tbs fennel
1/2 tbs ginger
1/4 tbs cumin
1/4 tbs cinnamon

Vata Churna

1 tbs turmeric
1 tbs ginger
1/2 tbs fenugreek
1/2 tbs cumin
1/16 tsp hing
1/16 tsp licorice

Kapha Churna

1 1/2 tbs turmeric
1 tbs ginger
1/2 tbs cumin
1/2 tbs coriander
1/4 tbs black pepper
1/4 tbs cinnamon
1/4 tbs garlic powder

PICK YOUR PRACTICE

WHAT DOES YOUR BODY NEED?

TUNING -IN PRACTICE (30 min - art
supplies needed).

MEDITATION (12 MIN)

SIMPLE FLOOR YOGA PRACTICE (23
MINUTES).

STANDING MORNING STRETCH (6
MINUTES).

References

Ayurveda: A Life of Balance by Maya Tiwari

The 3-Season Diet by John Douillard

The Hot Belly Diet by Dr. Suhas Kshirsagar

Heaven's Banquet by Miriam Kasin Hospodar

Yoga: Mastering the Basics by Sandra Anderson
and Rolf Sovik