



## **Cleansing Protocol**

### **Symptoms of Toxicity**

Energy: Tiredness, fatigue, brain fog, insomnia

Digestive issues: indigestion, heartburn, acidity, constipation, diarrhea, foul smelling flatulence/feces, food sensitivities/ intolerances/ “allergies”

Skin issues: Dry, scaly skin, pimples, acne, boils, puss/ mucus release, skin rash/ irritation/redness, hives

Mental/Emotional issues: Anxiety, nervousness, restlessness, depression, lack of enthusiasm, mood swings, inability to focus, etc.

### **Why Cleanse?**

Our bodies are always eliminating waste. In fact, every cell in our body must digest and eliminate metabolic waste. When our various channels of elimination become overwhelmed and unable to deal with the accumulating waste we experience the negative consequences, or symptoms of disease. These symptoms can range in severity from acute eliminations (vomiting or diarrhea) to more chronic conditions. (Internal or external lesions, ulcers, tumors, cysts, nodules, growths etc.) Temporarily consuming nutritious, simple, and easy to digest meals may help the body more efficiently and effectively do what it is already doing. Cleansing!

### **Our Approach to Cleanse**

We believe it is as simple as focusing on foods that are nutritionally adequate as well as historically easy to digest, assimilate and eliminate efficiently. We aim to temporarily remove any food item from the diet that is suspected of not being tolerated well by the body. Avoid heating spices like turmeric, ginger, black pepper, chilis, etc. This simple approach may allow the digestive system to function more optimally while relieving the burden of further accumulating undigested uneliminated waste matter. When you couple a simpler yet nutritionally adequate diet with other beneficial lifestyle alterations you may give your body the opportunity to recover optimal function.

*\*Although great care is taken, this is NOT an allergen free kitchen. Your food may contain traces of gluten, tree nuts/ shells, peanuts, sesame, coconut, mushroom, dairy. SUNstenance, LLC, Nicole Hauk/ Robert Cox are not responsible for any damages incurred. Thank you for your understanding.*

***\*We do not promote a starvation-based cleanse or detox. We do not promote complete fasting, intermittent fasting, calorie restriction or following any dietary program that is not sufficient in both calories and nutrients.***

**Our protocol calls for the elimination of salt, overt fats and spices. Why?**

- Salt is considered heating and Rajasic (stimulating) in nature according to Yogic Science. Sodium in the form of added salts can cause cellular dehydration, leading to water retention, increased thirst and hunger. Excess sodium can cause internal and external dryness, inflammation, puffiness, swelling, constriction of blood vessels, heightened blood pressure and increased risk of heart attack and stroke. Salt is also very harsh on the kidneys and not advised for anyone suffering from kidney disease. To promote healing and the release of toxins we recommend consuming less added salt on an ongoing basis. During a cleanse it is important to gradually reduce salt intake if the body is accustomed to high amounts of dietary sodium to avoid electrolyte imbalance. Therefore, we may include a small amount of added salt in our protocol. This amount is adjusted to the specific needs of the individual based upon their dietary history.
- According to research (See video list), excessive dietary fat consumption is the cause of insulin resistance. Dietary fat sludges the blood and impairs the ability for insulin to shuttle blood glucose into various cells where it may be properly metabolized. Via this mechanism, dietary fat is the underlying cause of hyperglycemia and not sugar. Whether sourced from plants or animals' excessive dietary fat consumption impairs optimum cellular metabolism. A diet consisting of whole natural foods sufficient in calories will always contain adequate essential fatty acids. There is no need for concern when restricting or limiting the use of nuts, seeds, avocados, processed oils or other "fatty foods". Limiting the fat content of the diet to 10 percent or less of the total calories consumed has been shown to increase insulin sensitivity leading to optimum cellular metabolism and stable blood glucose levels.
- Spices can have tremendous healing properties, and we do use them for various conditions. However, they can have adverse effects when the body is in a state of toxicity. Spices are usually hot in nature and can cause inflammation and overheating. Fresh cooling herbs like cilantro, basil or mint are preferred.

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### What does our cleanse consist of?

- Kitchari is a traditional ayurvedic food used for cleansing and healing. It's often given as a baby's first food, to the very ill and to everyone in between. Basmati rice is a fragrant, aged, long grain white rice. It's calorie dense and easy to digest, supplying sufficient energy without burdening the body. Mung dahl is considered tri-doshic in nature, meaning it is suitable and balancing for all body types (kapha, pitta and vata). Split yellow mung beans are specifically used in kitchari because the outer green skin of the mung bean has been removed making them substantially easier to digest. The rice and beans are soaked overnight to further enhance digestibility. It is traditionally cooked with digestive spices like cumin, coriander, fennel, turmeric, etc. We only include a small amount of turmeric and Himalayan salt if necessary. We occasionally alternate between mung beans and red lentils as both are equally easy to digest, and while they have a similar macronutrient content each one offers specific micronutrient advantages. Alternating red lentils and mung beans allows for a wider and more balanced micronutrient profile.
- Juicing, in our opinion, is the most effective way to cleanse and detoxify our bodies. Juicing allows the digestive system to have a break from solid food while simultaneously increasing the intake of nutrients from fresh fruits and vegetables. Fresh juices are hydrating, satiating, nutritious and cooling. Consuming more fresh fruit and vegetables may help to relieve inflammation and improve many of the conditions that often drive people to seek out a detox program in the first place. Juicing may also re-hydrate hardened ama, or toxic matter, within the walls and pockets of the intestines that have been there for years. We have seen some of the most profound eliminations take place during and after a juice cleanse.
- Miso is a common ingredient used in macrobiotics. It is a fermented soybean paste, which contains living probiotics and enzymes. Miso is wonderful for gut health and can be used to add some more flavor to the kitchari.
- Neem has been called the "poor man's pharmacy" as it is utilized for nearly every ailment. You can use the bark, leaf and oil of the neem tree for various applications. It is cooling in nature, providing anti-inflammatory properties. Neem is anti-bacterial, anti-fungal, anti-microbial and can be used internally or externally. **DO NOT USE if you are pregnant or trying to become pregnant as neem is also used as a natural contraceptive.**

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## Menu

- 3 fresh fruit and vegetable juices during the first half of the day.  
\*Approximately 200 calories per jar (600 calories).
- 2 servings of Kitchari seasoned with 1/8 teaspoon of Himalayan salt.  
\*Approximately 600 calories per serving (1200 calories).
- Optional: Each day you may also consume fresh fruit until you begin eating kitchari. Do not have fresh fruit after consuming cooked food.
- Wait at least 2 hours after your last juice/ fruit meal before consuming the kitchari. You can also prepare some steamed or water roasted veggies (without seasoning or oil) to have with your kitchari if desired. For flavor, dissolve ¼- ½ tsp miso in 2 tbs hot water for a sauce.
- Optional: Consume 1 tsp of neem powder mixed in ¼ cup water every morning or before bedtime. (Follow or chase with 1tsp of honey or syrup... you will be glad you did).  
**\*Consult with your physician before supplementing with neem.**

\*This works out to approximately 1,800 calories per day as a starting point. Serving size and portion quantity may be modulated up or down by monitoring satiety level and adjusting portions as needed. We encourage you to eat and drink to satiation but take care not to over burden your stomach. We strongly recommend becoming acquainted with the concept of the first burp (principle number 3) from “Charaka Samhita’s Ten Conscious Eating Principles” and learning how to gauge what the appropriate portion size is for your stomach.

*NOTE: At first the food may taste bland with the reduction of sodium, however your taste buds will adjust within 3-4 days. You can add more ‘flavor’ to the food by adding some maple syrup, honey, unrefined sugar or dissolved miso. DO NOT add any fats such as ghee, oil, nuts, seeds, avocado, etc.*

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## Daily Protocol

- Stay hydrated!!! Hydrate sufficiently to help flush out toxins from the body. However, do not over consume water. Never drink more than 1 liter of fluids per hour. This will prevent electrolyte imbalance due to dilution.
- Incorporate gentle movement to help initiate detoxification. This includes gentle spinal twisting, forward and backbends (seated), and side bends (standing/ seated).
- Try to incorporate daily lymphatic and intestinal massage, self-performed or otherwise. Consider strategically using enemas or colonics to speed up the elimination of waste.
- Do not overexert yourself as this can lead to depletion and be counterproductive for your healing. The body needs to focus its energy on eliminating and healing. Consider light exercise like walking, yoga, somatic movement, etc.
- Try to get at least 8-12 hours of sleep each day. This is when the body truly goes into detox and rejuvenation. You may be able to lay in bed looking at your phone too much, but we don't believe you can sleep too much. Sleep as much as you are able each day. It will change your life.
- Try to reduce exposure to loud noises and bright lights in the nighttime, etc. It helps to keep your bedroom as dark and quiet as possible at night as this will aid in more rejuvenating and relaxing sleep and rest.
- Detoxification doesn't only take place in the physical body. We need to have mental and emotional cleanses as well. Be mindful of the media, entertainment and information you consume. Instead of mindless consumption perhaps choose to journal, draw, paint, sing, dance, cry or scream if need be. Mind and body work together. We often clear emotional and mental blockages during physical detoxification and vice versa. Ever remember feeling a sense of renewal and happiness after recovering from a period of illness and elimination? Cleansing is a rebirth. Embrace it!

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### ***Re-heating Instructions***

*Remove items from refrigerator & let come to room temperature for at least 30 minutes prior to re-heating. Slightly warm in a suitable pan, but never re-heat to the point of “re-cooking” as this will alter the chemical makeup of the food. NEVER boil anything with miso, which is a living food with enzymes & probiotics which will die above boiling. Do not use a microwave. We recommend steaming, stovetop on medium heat or the oven.*

**\*If you have any specific medical conditions or needs, please contact a licensed medical practitioner for further information. We are not medical practitioners and are not qualified to treat medical conditions. Please consult your medical practitioner before starting this program.**

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