

KAPHA KITCHARI CLEANSE GUIDELINES

PRE-CLEANSE	<ul style="list-style-type: none"> • 5 to 7 days
KITCHARI CLEANSE	<ul style="list-style-type: none"> • 7 to 10 days
BEST OIL FOR EXTERNAL OLATION	<ul style="list-style-type: none"> • Kapha Massage Oil • Organic Castor Oil • Sesame-Sunflower Oil blend (1:1)
BEST OIL FOR INTERNAL OLATION	<ul style="list-style-type: none"> • Tikta Ghrita (Bitter Ghee) - take 1 teaspoon to 1 tablespoon each morning on empty stomach (avoid all ghee with high cholesterol) • Flax Oil - use with high cholesterol
BEST SWEATING OPTIONS	<ul style="list-style-type: none"> • Hot Sauna • Ginger Baking Soda Bath (use reasonably hot water)
BEST INGREDIENTS FOR KITCHARI	<ul style="list-style-type: none"> • Millet, quinoa, or no grain • Split Yellow Mung Dal or Red Lentils (soaked overnight)
BEST SPICES FOR KITCHARI	<ul style="list-style-type: none"> • Kapha Churna • Trikatu Churna • Heating spices such as turmeric, dry ginger, brown mustard seed, black pepper, cumin, ajwain, and cayenne pepper; use pink Himalayan salt sparingly
BEST OIL FOR KITCHARI	<ul style="list-style-type: none"> • Olive Oil (best; use in moderation) • Sesame Oil (use sparingly)
BEST VEGETABLES FOR KITCHARI	<ul style="list-style-type: none"> • Bitter greens (kale, collards, dandelion, etc) • Broccoli • Celery • Onion, garlic, and/or hot peppers (as preferred) • Garnish with fresh cilantro, scallions, and lemon juice
BEST HERBS DURING CLEANSE	<ul style="list-style-type: none"> • Daily Detox Formula - ½ to 1 teaspoon before meals • Triphala Churna - ½ to 1 teaspoon before bed nightly • Detox Tea - 2 cups daily
BEST PANCHAKARMA TREATMENT	<ul style="list-style-type: none"> • Vamana (best, but ONLY for experienced individuals) • Virechana (purgative therapy) - Use castor oil in Triphala Tea (for experienced individuals only) or increase Triphala Churna to 1 to 2 teaspoons and take in warm water before bed - perform 1 to 3 nights as suitable
BEST NASYA OIL	<ul style="list-style-type: none"> • Prana Nasya - 3 to 5 drops per nostril each morning; continue post-cleanse as needed • Vacha Oil - same as above • Sesame Oil - same as above
ADDITIONAL RECOMMENDATIONS	<ul style="list-style-type: none"> • Avoid intense activities and exercise (gentle walks are encouraged) • Limit working, social activity, electronics, and stress • Rest, rest, rest!! • Perform gentle Yoga or stretches daily and nightly • Meditate for at least 10 minutes daily and nightly

