

## PITTA KITCHARI CLEANSE GUIDELINES

<b>PRE-CLEANSE</b>	<ul style="list-style-type: none"> <li>• <b>3 to 5 days</b></li> </ul>
<b>KITCHARI CLEANSE</b>	<ul style="list-style-type: none"> <li>• <b>5 to 7 days</b></li> </ul>
<b>BEST OIL FOR EXTERNAL OLATION</b>	<ul style="list-style-type: none"> <li>• <b>Pitta Massage Oil</b></li> <li>• <b>Brahmi Oil</b></li> <li>• <b>Refined Coconut Oil</b></li> <li>• <b>Ghee</b></li> </ul>
<b>BEST OIL FOR INTERNAL OLATION</b>	<ul style="list-style-type: none"> <li>• <b>Tikta Ghrita</b> (Bitter Ghee) - best! - take 1 teaspoon to 1 tablespoon each morning on empty stomach</li> <li>• <b>Ghee</b></li> <li>• <b>Unrefined Coconut Oil</b></li> </ul>
<b>BEST SWEATING OPTIONS</b>	<ul style="list-style-type: none"> <li>• <b>Mild Sauna for short increments</b> (10 to 15 minutes)</li> <li>• <b>Ginger Baking Soda Bath</b> (use warm water, not hot!)</li> </ul>
<b>BEST MAIN INGREDIENTS FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Basmati Rice</b></li> <li>• <b>Split Yellow Mung Dal</b> (soaked overnight)</li> <li>• <b>Bone broth can be used as a base to avoid depletion</b> (as preferred)</li> </ul>
<b>BEST SPICES FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Pitta Churna</b></li> <li>• <b>Bitter or cooling spices</b> such as turmeric, fresh ginger, fennel, coriander, cumin (in small amounts), pippali, and cardamom; use pink Himalayan salt sparingly</li> </ul>
<b>BEST OIL FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Ghee</b></li> <li>• <b>Coconut Oil</b></li> </ul>
<b>BEST VEGETABLES FOR KITCHARI</b>	<ul style="list-style-type: none"> <li>• <b>Bitter greens</b> (kale, collards, dandelion, etc)</li> <li>• <b>Summer squash</b></li> <li>• <b>Celery</b></li> <li>• <b>Garnish with fresh cilantro and lime juice</b></li> </ul>
<b>BEST HERBS DURING CLEANSE</b>	<ul style="list-style-type: none"> <li>• <b>Daily Detox Formula</b> - ½ teaspoon before meals</li> <li>• <b>Triphala Churna</b> - ½ to 1 teaspoon before bed nightly</li> <li>• <b>Detox Tea</b> - 1 to 2 cups daily</li> </ul>
<b>BEST PANCHAKARMA TREATMENT</b>	<ul style="list-style-type: none"> <li>• <b>Virechana (purgative therapy)</b> - 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</li> </ul>
<b>BEST NASYA OIL</b>	<ul style="list-style-type: none"> <li>• <b>Prana Nasya</b> - 3 to 5 drops per nostril each morning; continue post-cleanse as needed</li> <li>• <b>Brahmi Ghee</b> - same as above</li> <li>• <b>Coconut Oil</b> - same as above</li> </ul>
<b>ADDITIONAL RECOMMENDATIONS</b>	<ul style="list-style-type: none"> <li>• Avoid intense activities and exercise (gentle walks are encouraged)</li> <li>• Limit working, social activity, electronics, and stress</li> <li>• Rest, rest, rest!!</li> <li>• Perform gentle Yoga or stretches daily and nightly</li> <li>• Meditate for at least 10 minutes daily and nightly</li> </ul>

