

LIVER CLEANSE CHART

6am	<ul style="list-style-type: none"> • Wake-up, scrape the tongue, brush the teeth • Drink 16 ounces of hot lemon water
6:20am	<ul style="list-style-type: none"> • Take 1 tablespoon of Tikta Ghrita in 1/2 cup of warm water
6:30am	<ul style="list-style-type: none"> • Perform a gentle home Yoga session; this should include gentle twists, forward folds, and seated reclined postures to focus on stimulating and cleansing the liver
7am	<ul style="list-style-type: none"> • Perform a 10 minute mediation or sit quietly and take 10 to 20 deep breaths envisioning the breath (aka prana) is being pulled into the liver
7:15am	<ul style="list-style-type: none"> • Take 5 dropper “fulls” of Love Your Liver Tincture in 1/4 cup warm water • Breakfast: Liver Cleansing Kitchari; medium portion, about 1.5 to 2 cups
8am	<ul style="list-style-type: none"> • Take a peaceful 10 to 30 minute walk
930am	<ul style="list-style-type: none"> • Drink 12 ounces of the Pitta-Reducing Tonic
1030am	<ul style="list-style-type: none"> • Drink 1 cup of Detox Tea (substitute with CCF tea or ginger tea)
11:30am	<ul style="list-style-type: none"> • Take 1 tablespoon of Tikta Ghrita in 1/2 cup of warm water
12pm	<ul style="list-style-type: none"> • Take 5 dropper “fulls” of Love Your Liver Tincture in 1/4 cup warm water • Lunch: Liver Cleansing Kitchari; large portion, about 2.5 to 3 cups
1pm	<ul style="list-style-type: none"> • Take a peaceful 10 to 30 minute walk
2pm	<ul style="list-style-type: none"> • Drink 12 ounces of the Pitta-Reducing Tonic
4pm	<ul style="list-style-type: none"> • Drink 1 cup of Detox Tea (substitute with CCF tea or ginger tea)
4:30 pm	<ul style="list-style-type: none"> • Take 1 tablespoon of Tikta Ghrita
5pm	<ul style="list-style-type: none"> • Take 5 dropper “fulls” of Love Your Liver Tincture in 1/4 cup warm water • Dinner: Liver Cleansing Kitchari; small portion, about 1 to 1.5 cups
7pm	<ul style="list-style-type: none"> • Ginger-Baking Soda Bath, soak for a minimum of 15 to 20 minutes
8pm	<ul style="list-style-type: none"> • Apply a self-oil massage (abhyanga) using a medicated oil
8:30pm	<ul style="list-style-type: none"> • Perform a 20 to 30 minute mediation or lay in shavasana quietly, taking deep breaths and envisioning the breath is being pulled into the liver
9pm	<ul style="list-style-type: none"> • Take 1 teaspoon of Triphala Churna in 1 cup of warm water
9:30pm	<ul style="list-style-type: none"> • Bedtime

