



The Mindbody Cleanse: A 14-Day Detox and Rejuvenation Program from Ancient Ayurveda

Ronly Blau, Adrian Nowland

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The Mindbody Cleanse: A 14 Day Detox and Rejuvenation Program from Ancient Ayurveda is a complete guidebook for following traditional panchakarma methods at home. It provides you with clear, easy-to-understand protocol, complete yoga practices with photos, meditation and pranayama (breath work) practices for cleansing and over 100 recipes to make your experience delicious.

Whether you are new to Ayurveda or have been following the path for some time, this book will guide you gently through the entire cleansing process for renewed vitality and clarity of mind & body. It is a beautiful and holistic process that cleans and strengthens the digestive system, removes toxins from the body and nourishes all tissues.

The Mindbody Cleanse is based on the ancient time-tested cleansing process from Ayurveda known as panchakarma. It is a deep and profound cleansing technique because it supports clearing on the physical, mental and emotional levels. Unlike other cleansing methods, it pulls the fat-soluble toxins from the tissues and out of the body by a unique protocol in panchakarma called oleation, which means oiling the body inside and out to saturate the cells so that toxins can be released. In conjunction with this is a simple, easy-to-digest diet using traditional healing foods from India, as well as stress management and self-care practices for a complete, holistic cleanse of the entire mindbody.

In short, the protocol is:

4 days of Preparation: This entails a whole foods, easy-to digest diet, liver cleansing practices, stress management and self-care. A wealth of delicious recipes are provided to support you in this phase.

7 days of Purification: This entails the oleation protocol, a traditional cleansing diet of primarily kitchari (spiced split mung beans and basmati rice), taking a laxative on day 7 and continued stress management and self-care. Again, a variety of recipes are included specifically for this phase, as well as several meal plan options and guidance in individualizing your cleanse for your mindbody type.

3 days of Rebuilding: Return to the clean, easy-to-digest, whole foods diet with a focus on digestive strengthening practices. Stress management and self-care practices continue in a sustainable way.

Rejuvenation: For several days to several months after the cleanse, foods, herbs and lifestyle practices that support the strengthening of the immune system, digestion and all tissues of the body are taken in. In Ayurveda, the process of rejuvenating the body is the main purpose of cleansing. Once the channels are clear and digestion is strong, rejuvenating foods and herbs can be properly absorbed and utilized by the body.

Discover the deep wisdom and beauty of Ayurveda through this practical and easy to follow book. Align with your true nature and experience healing on all levels of your being.

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Precisely why? Because this The Mindbody Cleanse: A 14-Day Detox and Rejuvenation Program from Ancient Ayurveda is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will surprise you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such wonderful way makes the content on the inside easier to understand, entertaining way but still convey the meaning thoroughly. So, it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking technique. So, still want to hold up having that book? If I ended up you I will go to the guide store hurriedly.

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