



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

TOPIC OF THE MONTH

March 2014

SPRINGTIME DETOX – Ayurvedic Style

Spring Detox time :) Spring is a good time of year to detox. In the winter we are indoors more (breathing less fresh air), eating more foods for warmth. Come spring we need to clean out some extra fat and toxins from the winter.

Why do we need to do this? We live in a fairly toxic environment these days . . . from pesticides to preservatives to plastics to household toxins (cleaning agents, perfumes, cosmetics . . .) to environmental pollution from factories and cars not to mention that most of the Mainland has been covered by mercury laden coal dust from many years of mining . . .

Our body is a good detoxer; just like vitamins . . . **some toxins are water soluble and some are fat soluble.** The water soluble toxins we flush pretty easily from our system with our kidneys

The fat soluble toxins get flushed by our liver; our liver performs many important functions in the body;

- ॐ It filters the blood that comes off our digestive tract filtering toxins out of what we eat.
- ॐ It handles the flow of bile and its diversion to the intestines which helps our body get rid of toxins.
- ॐ It has a big role in digestion and metabolism
- ॐ It coagulates blood when necessary.

When the liver is too busy from all these duties . . . or can't detox a toxin, that toxin is sent to fat stores around your belly, hips, and thighs for storage to be dealt with later.

When these toxins start to build up in your system you don't feel as good, you are sluggish, foggy, you show signs of aging, you start to have digestive issues, you have a higher risk of cancers and diseases, among other symptoms. Detoxing our tissues is one of the many ways to tap into the Fountain of Youth and avoid cancer!

It has been noted in some research documents that the inner "skin" of our intestines and arteries is indicative of our outer skin. Beauty really does come from the inside . . . when our intestines are sluggish we show signs of aging including wrinkles and saggy skin . . .

Digesting or Detoxing?

Our body uses the same organs and means to detox as it does to digest. This means when you are digesting foods you can not detox. During fasting periods is when your body



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

detoxes. In our busier lifestyles we eat later and/or bigger dinners followed by TV and snacks that easily go from cupboard to mouth. Then society has taught us to eat breakfast as soon as you awaken. Our detox periods have gotten shorter with our modern lifestyles. In the 'old days' we had less snacks and less excuses to eat at night -- this gave your body a detox period every night, hence the name of our first meal of the day Break-the-fast = breakfast.

I personally like to have a daily detox period. I usually eat my main meal mid-day (around 2:00-3:00) and the next day stall eating breakfast until after my practice, usually around noon. Sometimes I do eat a little at night when I get home from teaching, when I have to eat at night (because I'm hungry from teaching and adjusting!) I keep it light with easy to digest foods like cooked vegetables and vegetable soups, etc. Most days I can get in a fasting period from late afternoon until almost noon the next day . . .

In addition to having a small daily fast I like to each Spring do an Ayurvedic detox to get a deeper detox of the tissues, fat cells and emotions . . .

ISSUES ARE IN THE TISSUES – Detoxing emotionally and physically . . .

Molecules of Emotion, a controversial book by Candace Pert and new buzzword lately . . . The "science" from the NIH (National Institutes of Health) behind this shows we have peptide receptors all through our body, not just in our brain but in our stomach, colon, muscles, and other organs giving each cell its own intelligence and our body a communication map to communicate what it needs when, like the timing of digestion, when and where certain hormones or chemicals are needed, etc. Negative emotions were found to block the flow of the body's information network which can lead to disease of the cell that does not get to communicate well.

Ayurveda and more recent research at the NIH, shows negative emotions are **lipophilic** and store in the fat cells (lipophilic in Greek means "fat friendly" or liking fat and refers to the ability of a [chemical compound](#) to dissolve in [fats](#), [oils](#), and [lipids](#)) – these molecules of emotion can also be "pulled" out of their hiding places as are other fat stored toxins. When we detox we are not only physically detoxing but we are also emotionally detoxing negative feelings from the past.

NO STARVING

During a fast -- especially an Ayurvedic fast -- there is no suffering :) If you are starving yourself or "punishing" yourself you are putting stress in your body. Stress will interfere with the detoxing process in much the same way stress ruins your digestion. Remember how it feels in your stomach to eat if you are upset or stressed? Remember your digestive and detox pathways are the same. When stressed you will not detox very well either.

Austere fasting can be a strain and deplete blood sugar reserves. Then you get hungry, irritable, and end up with a low blood sugar headache or crash. While the goal of a fast is to



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

shift the body into fat metabolism and detox the fat cells, this will not happen if the body is under stress and strain as a result of a difficult fast.

Stress = Fat storing
No Stress = Fat burning

If you are attempting to detox heavy metals, preservatives, chemicals, pesticides and environmental toxins from your fat cells with a cleanse, make sure that you are not straining, or the amount of fat burned will be minimal. Ironically, the body may react to the cleanse as a fat-storing emergency!

The goal of any effective cleanse should be to convince the body and the cells that life is not an emergency and that it is okay to burn that stored fat and release toxins.

SPIRITUAL SIDE

You may experience the spirituality of fasting . . . It can be a spiritual experience feeling your toxins burn from your body, mind, heart, and soul. The state of fat metabolism facilitates a deep inner calm, making it the natural state for spiritual inquiry and practice.

In the yoga text “Yoga Yajnavalkya” it lists 10 yamas and 10 niyamas (yes 10 of each instead of 5 . . .) One of the 10 niyamas is tapas as we have heard in the texts that only list 5. However it does not describe tapas as “discipline” like most texts, it describes the tapas burning as fasting. Burning toxins from our body and mind. Here is some text from the book:

“The word for fasting in Sanskrit is “upavasa”, “upa” means near and “vas” means to reside. Residing near or staying close to the Divine or to one’s Self is upavasa. Limiting food intake can facilitate this goal. A light stomach aids both pranayama and meditation; it is instrumental in focusing the mind. Fasting may help restore physical health and detoxify the body.”

Rumi has written about it, as they fast each year during their Ramadan:

There’s a hidden sweetness
in the stomach’s emptiness.

We are lutes, no more, no less.
If the sound box is stuffed
full of anything, no music.

If the brain and the belly
are burning clean with fasting,
every moment a new song
comes out of the fire.

The fog clears, and a new
energy makes you run up the
steps in front of you.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Be emptier and cry like
reed instruments cry.
Emptier, write secrets with
the reed pen.

When you're full of food and drink,
Satan sits where your
spirit should, an ugly metal
statue in place of the Kaaba.

When you fast, good habits gather
like friends who want to help.

Fasting is Solomon's ring.
Don't give it to some illusion
and lose your power.

But even if you've lost all
will and control, they come
back when you fast,
like soldiers appearing out
of the ground, pennants
flying above them.

A table descends to your
tent, Jesus's table.

Expect to see it, when you
fast, this table spread with
other food better than the
broth of cabbages.

FOR MORE INFORMATION

I learned this detox from my
Ayurvedic Doctor. If you can get to
the Allentown, PA area I would highly recommend a consult with him.

Dr. Shekhar Annambhotla

ॐ www.ojas.us

ॐ doctorshekhar@gmail.com

ॐ 484-347-6110

ॐ 567 Thomas St., Coopersburg, PA 18036



Another good resource is a Western Ayurvedic doctor in CO named John Douillard, PhD.
www.lifespa.com He has many good articles on the detox and why we do it along with a
book called 'Colorado Cleanse' which is his version of the ayurvedic detox.

GETTING STARTED

If you eat the Standard American Diet (SAD) full of processed foods and grains and meat
from suffering animals I recommend you take a week prior to doing your cleanse and eat a
vegetarian diet with lots of vegetables. This will make your detox a little easier. If you



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

already eat a yogi clean diet then the detox “diet” is not too far off from foods you are used to.

There are a few pre-requisites to the timing of your fast. The fast can be done in 3 – 6 days depending on your dosha and your time. Vata people need to keep the fast minimal, 3–4 days, pitta people do good at 4–5 days and kapha people need 5–6 days.

NO detoxing during MENSTRUATION. My Ayurvedic Dr. said to detox during menstruation is too much detoxing at once for the body.

In an ideal world you rest, take off from work, and have only light home/family duties. It is a time for inner research, meditation, turning inward and rejuvenating to emerge with a fresh perspective.

You will feel low energy, maybe a little nauseous at times, especially the first couple days as your body shifts into detoxing and the toxins come out. Even though you can eat all the vegetable soup you want . . . you are not taking in any protein or fat (other than ghee in the morning and castor oil at night) and you will feel low energy, so relax and enjoy some down time.

During the detox you also want to do only a restorative yoga practice, no ashtanga series during detox!

HOW IT WORKS

Each morning of your detox you wake up early and drink warm milk with spices (chai like spices) and ghee -- each morning the ghee increases. You do the same at night with castor oil . . .

You skip breakfast, and make a big pot of vegetable soup, vegetables and water only! Whenever you get hungry you eat the vegetable soup. If you have to work or take care of family then you can also have a little rice and lentils mid day with your vegetable soup for sustenance. Remember no suffering . . .

After your determined period of time for fasting, on the morning of the last day you take a wonderful (not really) little poop pill called abhaya. This little pill makes you go to the bathroom about 22 times in a few hours . . . Then you are clean . . .

Your first meal after you are done cleansing is kitchari. Khichadi, pronounced kich-ah-ree and sometimes spelled “kitchari” or “khichdi” is a simple porridge like soup of beans and rice with some herbs. It is very comforting in your belly, it is an Indian comfort food. In India this is the food you get to nourish babies, the elderly, the sick, and even the healthy during times of detox or spiritual practices. In India it is believed that kitchari helps to facilitate spiritual growth and you can find it on many dinner tables even on normal days.



Bobbi Misiti
 2201 Market Street
 Camp Hill, PA 17011
 717.443.1119 befityoga.com

Kitchari has a nourishing and cleansing benefit. It heals and soothes the intestinal walls. (More information on Kitchari and a recipe below.)

HOME DETOXIFICATION (FOR ONE WEEK ONLY)

Day	Between 5:30 - 6:30 AM	Between 9:00 – 10:00 PM
Mon	1 teaspoon Ghee + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)	1 teaspoon Castor oil + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna (All blend thoroughly)
Tue	2 teaspoons Ghee + 1 cup hot 1% organic milk + ½ teaspoon Rasyana Choorna + (All blend thoroughly)	2 teaspoon Castor oil + 1 cup hot 1% organic milk + ¼ teaspoon Rasayana Choorna + (All blend thoroughly)
Wed	3 teaspoons Ghee + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)	3 teaspoon Castor oil + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)
Thu	4 teaspoons Ghee + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)	4 teaspoon Castor oil + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)
Fri	5 teaspoons Ghee + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)	4 teaspoon Castor oil + 1 cup hot 1% organic milk + ½ teaspoon Rasayana Choorna + (All blend thoroughly)
Sat	1 cup hot 1% organic milk + 2 teaspoons Castor oil + ¼ teaspoon Rasayana Choorna + (All blend thoroughly) Take 1 Tablet Abhaya	Light Dinner – Soups, Kichadi etc.,

Note: If you are allergic to milk use RICE MILK or SOY MILK or ALMOND MILK (use only hot milk)

WRITE JOURNAL EVERYDAY

AVOID:

- Breakfast (if you feel hungry you can have some fresh fruit)
- Animal meat, eggs, fish etc.,
- Hard, soft cheese
- *During menstruation for ladies*
- Raw foods
- Excessive physical exercise
- Exposure to cold, hot weather

FAVOR:

- Green vegetable soups (see attached sheet)
- Light Lunch - Vegetables, rice, pasta, lentil soups etc.,
- Light Dinner – Vegetable soups
- Hot water or ginger tea sipping throughout the day
- *Saturday Stay at home – observe bowel movements – color, consistency, quantity, smell, etc.. You may experience nausea, vomiting sometimes. Keep me informed how you are feeling. For electrolyte balance keep Gatorade or Emergen-C packet in water to sip several times.*

During the Detox

Relax, rest, take it easy . . .

Wake up early and make your ghee/milk/spice drink. After drinking it go back to bed and/or relax or read. Meditate.

To the left is a paper from my Ayurvedic Doctor with recipe for ghee and castor oil drinks.

Sip warm water all day long.
 Plain warm water or water with a



little ginger in it if you feel nauseous.

- ॐ Boil your water then let it cool to drinkable temperature. Bringing the water to a boil for a few seconds is not only a tenet of Ayurvedic hydration therapy, but also for drinking Japanese green tea :) Boiling makes it easier to absorb into the cells (human cells and tea leaf cells :). It also makes the water molecules very active, which is why boiled hot water is more cleansing than cold water.
- ॐ Warm water is better absorbed by your cells, cold water sometimes just runs right through you (meaning it escorts you to the bathroom) . . . without rehydrating the cells.

In the afternoon make a big pot of the vegetable soup (recipes below), eat it whenever you feel hungry.

ॐ A good soup recipe:

- Carrots, Potatoes, Peas, Green beans, Leeks
- Cover with water, boil briefly then add:
- Cabbage, Mustard greens, Spinach, Cilantro
- Add more water if necessary and simmer covered until potatoes are soft, about 15–20 minutes.

© Dr. Shekhar Annambhotla, Doctor of Ayurvedic Medicine

www.ojas.us

If you are having lentils, save some broth from this soup to cook your lentils in. Then mix lentils with rice for a little sustenance if you need to work or deal with kids etc.

To the right are soup recipes from my Ayurvedic Dr:

In the evening continue your resting, reading, and meditating. Take a hot bath each night.

VEGETABLE SOUP / BROTH

Try to prepare fresh vegetable soup / broth daily if possible.

DAY 1	DAY 2	DAY 3
1 cup Carrot 1 cup Radish 1 cup spinach 1 cup Beet greens 1 teaspoon fresh ginger 1 teaspoon Celery 1 teaspoon Parsley 1 teaspoon Watercress 4 cups water	1 cup Carrot 1 cup Spinach 1 cup Cabbage 1 cup Collard greens 1 cup Squash 1 cup Radish 1 teaspoon Parsley 1 teaspoon fresh ginger 4 cups water	1 cup Cucumber 1 cup Spinach 1 cup Cabbage 1 cup Beets 1 teaspoon fresh lemon juice 1 teaspoon cut Green pepper 1 teaspoon cut Parsley 1 Tablespoon Leeks 4 cups water
DAY 4	DAY 5	DAY 6
1 cup Carrot 1 cup Spinach 1 teaspoon Green Pepper 1 cup green beans 1 cup Beets 1 cup Celery 1 teaspoon fresh lemon juice 4 cups water	1 cup Pumpkin 1 cup Cabbage 1 cup Spinach 1 teaspoon mint 1 cup Beets 1 Beet greens 1 teaspoon fresh lemon juice 4 cups water	1 cup Kale 1 cup Mustard greens 1 cup Carrot 1 cup Potatoes 1 cup Peas 1 teaspoon fresh ginger 1 teaspoon Green peppers 4 cups water
DAY 7		
1 cup tender Asparagus 1 cup Cabbage 1 cup Carrot 1 cup Collards 1 teaspoon fresh ginger 1 teaspoon Dandelion greens 1 cup Kale 1 teaspoon Burdock root 4 cups water		



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

One of the nights of your detox do the Ashtanga Oil Bath (called abhyanga in Ayurveda):

- ॐ Take a shower.
- ॐ Rub castor or sesame oil thickly head to toe -- yes even in your hair -- if you have long hair you might not want to use the castor oil in your hair though. Use sesame or coconut oil for your head instead.
- ॐ let it soak in for 10 minutes
- ॐ Wash it off, oil again, a more lightly.
- ॐ You can wash that off or leave it on the skin.

Remember the oil on your skin will help your body pull the toxins out it is dislodging.

Another evening of your detox if you like you can take a different detox bath:

- ॐ To your bath of warm to hot hopefully filtered water add
 - 2+ cups of epsom salts
 - 1 to 2 cups or more of baking soda (a.k.a. sodium bicarbonate). Baking soda is known for its cleansing ability and even has anti-fungal properties. It also leaves skin very soft.
 - Add ground ginger or fresh ginger tea. While this step is optional, ginger can increase your heat levels, helping to sweat out toxins. However, since it is heating to the body, it may cause your skin to turn slightly red for a few minutes, so be careful with the amount you add. Depending on the capacity of your tub, and your sensitivity, anywhere from 1 tablespoon to 1/3 cup can be added.
 - Soak for 20 minutes. 10 minutes to detox, and 10 minutes to absorb the minerals from the water.
- ॐ As an alternative to the detox bath above you could use 32 – 64 ounces Hydrogen Peroxide instead of baking soda for an additional detox or fight off infections.

On the last day, wake up early, drink your milk and spices with castor oil instead of ghee and take your abhaya pill . . .

- ॐ It may hit you quickly or not effect you for 2-4 hours . . . you have cramping you may not . . . you may vomit you may not . . .
- ॐ Stay close to your bathroom.
- ॐ Don't do anything but rest on the couch or bed until you are done. Not like you could anyway . . .

Rest again, in the afternoon make Kitchari:

Cleansing Kitchari Recipe

Rinse one cup of split yellow mung beans (lentils can be substituted) and soak for several hours.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

In a blender (or use a submersion blender) liquefy one tablespoon of peeled chopped ginger, two tablespoons of shredded coconut, and a handful of chopped cilantro with one half cup of water.

In a large saucepan lightly brown in 3 tablespoons of butter or ghee: ½ tsp cinnamon, ¼ tsp each of cardamom, pepper, clove powder, turmeric, salt, and 3 bay leaves (remove the bay leaves before serving).

Drain the mung beans (mung dal) and stir them into the spice mixture in the saucepan, next add one cup basmati rice (uncooked), stir in the blended ginger/coconut/cilantro mixture, followed by 3–4 cups of water.

Bring to a boil, cover, and simmer on low heat for approx. 25–30 minutes or until soft.

After KITCHARI day, EASE BACK INTO YOUR **SPRING** diet; eat what's in season and nature will continue our gut cleaning on a daily basis :)

- ॐ Spring provides us first with roots like burdock root and bitter greens dandelion which are liver cleansing, bile moving, and intestinal scrubbing.
- ॐ Next comes greens, sprouts and fluorescent greens :) These greens are loaded with chlorophyll which encourage the growth of our good intestinal microbes boosting our immunity and digestion.
- ॐ Finally we get berries as late spring matures :) Berries are lymph movers and help to flush congestion build up in the gut.
- ॐ BEANS! Beans are back with the spring menu as well. Winter time is not a good time for beans as they are wind producing and the cold winds outside make our bodies more susceptible to internal winds. Comes spring though beans are a good antidote -- they are loaded with fiber to help us clean out from winter and many minerals and nutrients, also on beans:
 - Researchers have discovered the “hunger hormone” and it is called ghrelin. The key to losing weight and fighting hunger cravings, say some researchers, is to block ghrelin, as less ghrelin means a smaller appetite and fewer cravings.
 - An active constituent in beans is called phyto-agglutinins. This is the key component that inhibits the hunger hormone and stimulates the release of other hormones that are responsible for the “I am full” message.

Why Ghee?!

Ayurveda uses ghee for just about everything . . . and puts it in every orifice in your body . . . even your eyes . . . As it turns out it serves many healthy purposes and our gut can even make its own! Below is some information on ghee, for more information and info on the studies see John Douillard's website www.lifespa.com.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Ghee is aromatic and solid at room temperature, melting into a liquid as it warms. Ghee is made by boiling off the milk solids from unsalted butter, leaving only the golden oil behind.

Ghee has a very high flashpoint of 485°F, which makes it one of the best oils to use for cooking.

In Ayurveda, ghee is used as a carrier for the nutrients in herbs and to lubricate the intestinal tract and all the tissues inside the body. It lubricates the connective tissues and makes the body flexible.



This is what my Ayurvedic Dr. has told me about ghee:

Ghee helps to improve absorption and assimilation of foods in to the cells. Ghee is known as a yogavahi -- a catalytic agent that carries the medicinal properties of herbs into all the tissues of the body (the 7 dhatus). It nourishes ojas, tejas, and prana. Ghee pacifies pitta and vata and in moderation is ok for kapha. It is good for improving memory.

OLEATION

During an Ayurvedic cleanse, it is used as the preferred vehicle for oleation, a process of ingesting increasing amounts of oil over a series of mornings (oleation can also be external). This actually helps pull fat soluble toxins (the stubborn ones - water-soluble toxins usually flush out with our urine) out of the cells and triggers fat metabolism, a process whereby the body begins to burn its own fat for fuel.

Butter, the raw material from which ghee is made -- the primary fatty acid in butter and ghee is butyric acid, so named because it was first discovered in butter. Butyric acid, also known as butyrate, is a short chain fatty acid (SCFA) that the intestinal tract thrives on, as it helps to protect the integrity of the gut wall.

We Make Ghee in our GUT?

Much of the healthy fiber that we eat directly feeds the intricate microbiology in the gut. In turn, the gut bugs convert this ingested fiber to butyric acid, the primary ingredient in ghee.

ॐ The cells of the colon use butyric acid as their preferred source of energy and their major agent for supporting the health and integrity of the intestinal wall. (1)

Studies show that having enough butyric acid in the gut is no laughing matter:

ॐ Research has shown that patients with unhealthy digestive tracts do not produce butyric acid, and have low levels of fatty acids or related oils in the gut. (2)

ॐ Studies have also shown that adequate production of butyric acid supports the production of killer T cells in the gut, and thus supports the gut-related immunity (2), which many experts believe delivers up to 80% of the body's overall immunity.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

In Ayurveda, taking ghee internally through ingestion and ghee enemas (Ayurvedic oil enemas are referred to as basti) has been done successfully for thousands of years to support intestinal health and function.

References:

- doi: 10.1128/AEM.66.4.1654-1661.2000 Appl. Environ. Microbiol. April 2000 vol. 66 no. 4 1654-1661
- doi: 10.1128/AEM.66.4.1654-1661.2000 Appl. Environ. Microbiol. April 2000 vol. 66 no. 4 1654-1661
- World J Gastroenterol. 2012 Aug 28;18(32):4278-87. doi: 10.3748/wjg.v18.i32.4278
- lifespac.com/panchakarmaresearch

Cleanse with Ghee?

Ayurveda instructs that we take increasing amounts of melted ghee every morning for a series of days and follow with a no-fat diet. There are a few reasons why we do this:



Swap Old Bile for New

During an Ayurvedic cleanse, ghee is taken daily at increasing dosages to force the gallbladder to flush out its existing bile, which is often thick and viscous from multiple uses (the body reuses bile about 17 times), and stimulate the liver to make new bile. Bile acts as an intestinal scrub and, in concert with the butyric acid from the ingested ghee, helps to support the health of the gut wall and the microbes who manufacture butyrate all along it.

Soften Hardened Tissues

Ghee also has a saturating effect, called oleation, on the body. This is a process whereby, during the cleansing period of taking ghee daily, the oil penetrates the soft tissues, lubricating and softening the hardened tissues of the entire body. This oleation helps to increase flexibility and heal joints and tissues helping to prevent and cure arthritis.

“Pull” Toxins Out of their Hiding Spots

The ghee has a lipophilic effect on other fatty acids and fatty toxins in the body (which are lipophilic, meaning they are attracted fat -- lipophilic means fat friendly :), acting like a chelating agent to pull stored fat soluble toxins out of the body and back into the intestines for removal from the body. In one study, fat soluble heavy metals and pesticides like dioxins were pulled out of the body, and continued to be detoxed for 3 months after the cleanse had ended.

Burn Your Calm, Stable Fuel

During a ghee cleanse, the diet is classically one of no fat. Ingesting ghee first thing in the morning forces the body directly into a fat metabolic state. By not having any fat in the diet during the cleanse, the body quite naturally stays in a fat metabolic state. This allows for the burning of fat, a detoxification effect as mentioned above, and an experience of stable energy and mood.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

The ancient wisdom of using ghee for cooking and cleansing may provide needed butyric acid that helps support the health, integrity and function of the gut wall with extended benefits throughout the entire body.

Other benefits of ghee and butter:

- ॐ A full spectrum of short (SCFA), medium (MCFA) and long chain fatty acids (LCFA), both unsaturated and saturated
- ॐ Omega 3 and Omega 9 essential fatty acids
- ॐ Vitamins A, D, E and K
- ॐ 9 phenolic antioxidants
- ॐ Numerous other minerals
- ॐ Ghee made from organic butter of pastured cows is one of the highest natural sources of CLA (Conjugated Linoleic Acid). Grain fed cows do NOT produce CLA in their meat or dairy (remember the tests that tell us meat is bad were done with grain fed cattle). Why is this important? CLA:
 - Increases your metabolism, helps you lose weight while preserving muscle tissue
 - Reduces tumors
 - Helps to cure asthma
 - Reduces Inflammation
 - Prevents Cardiovascular disease
 - Lowers high blood pressure
 - Lowers cholesterol and triglycerides
 - Helps to prevent osteoporosis
 - Prevents Diabetes by improving insulin actions and reduces blood sugars
 - Helps the immune system fight off invaders
 - Reduces food allergies

SCFA's, like butyric acid in ghee, are used immediately by the body for energy and do not have to be broken down by bile to be digested and utilized, while MCFA's require minimal digestion and LCFA's require much digesting by the liver and gall bladder.

Here is a link to purchase Grass Fed Ghee: <http://www.pureindianfoods.com/grass-fed-organic-ghee-p/ghee.htm>

WHY OIL FOR DETOXING?

Oils are lipophilic, meaning they attract other oils and fat soluble toxins, "pulling" them out from any surface an oil is introduced to.

This can be observed when oil is applied onto the skin or massaged on the body, or introduced into the digestive tract via edible oils. Or used to clean your iron skillet as I do ;)



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

This amazing property to chelate, or pull, toxins out of the body has been employed for centuries during classical Ayurvedic detox therapies like Panchakarma. (1, 2)

1. Sharma HM, Midich SI, Sands D, Smith DE: J Res Educ Indian Med, 1993; 12(4); 2-13.
2. Heron, Fagan. Alternative Therapies in Health and Medicine in its September/October 2002 issue, two

Castor oil dislodges the toxins from our digestive tract. When someone swallows castor oil, ricinoleic acid latches onto molecules in smooth muscle cells on the walls of the small intestine and causes contractions, explaining castor oil's effectiveness as a laxative. Similarly, the researchers showed that ricinoleic acid binds to the same molecules in the uterus and causes contractions. These results have been published in the Proceedings of the National Academy of Sciences.



Here is a link to purchase organic castor oil: <http://heritagestore.com/featured-items/best-sellers/castor-oil-organic-16oz-liquid.html>

FAT BURNING

Taking the ghee (fat) in the morning then fasting all day helps your body burn fat for fuel and stay in its fat burning state. When you eat a meal your body will burn the carbs first for fuel, then the fat. If you eat just fat without the carbs your body will start to burn the fat immediately and continue to burn stored fat as you fast. If you are a sugar burner you will have a harder time shifting to fat metabolism and therefore a little harder time detoxing the toxins from your fat cells.

ॐ How to tell if you are a sugar burner? Can you go three hours without eating and feel good? If you can't you probably are more of a sugar burner than a fat burner. Fasting will help your body reset to being a fat burner, it just will be uncomfortable for a while . . . but once you make the shift you will feel much better and have more stable mood and energy levels.

Uth Pluthi breathing . . . ? :) AND YET ANOTHER WAY WE DETOX

I have heard some opinion about why we pump our breaths and hold ourselves up after an hour+ of intense practice . . . David Swenson's explanation I like the best; he says its a contract-release for rest pose. I also now have my own opinion, I came across some interesting detox information when I was researching pranayama:

And the other side of breathing – the release of CO₂. Health is also dependent on how effectively toxins and waste can be removed from the body.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Cellular waste is removed from the body in several ways:

- ॐ some is dissolved in water or fat and transported to the kidneys or liver (respectively) where it can be excreted in our urine or bowels.
- ॐ **Some of the most toxic poisons in the body can only be “burnt up” and neutralized through oxidation.** This is the job of O2 rich blood cells. Have a good Pranayama session and “POOF” toxins gone ;)

Breathe deep and Oxgenate your cells while you burn up toxins :)

FYI here is the first part of the above paragraph:

Filling your body with O2 and getting more O2 to your cells and tissues is preventative medicine at a CELLULAR level.

Cellular Health depends upon 2 processes -- getting nutrients into a cell and toxins out.

Oxygen plays a vital role in every metabolic process in our body. Health depends on how effeciently nutrients can be absorbed and utilized at a cellular level. Oxygen is what breaks down food in the cell turning sugar into energy, remember the Krebs cycle? I love how we are one with the universe :) Photosynthesis and Respiration are the same in reverse . . . Photosynthesis is a plant turning the Suns energy into Sugar, Respiration is the process of turning that sugar back into energy :)

- ॐ Healty cells are aerobic -- meaning they have adequate levels of O2. When cells are deprived of O2 decay sets in and cells can mutate or die.
- ॐ The primary cause of cancer is directly related to cells deprived of O2. Cancer cells are anerobic and thrive in an oxygen-deficient environment.

Here is more information on **Kitchari** from John Douillard's newsletters (www.lifespa.com):

The term khichadi is used to describe any dish made with a mixture of rice and beans. For the traditional, cleansing khichadi, split yellow mung beans were used along with a long grain white or basmati rice, and a blend of traditional Indian spices. Let's take a look at the constituents of kitchari on their own before we talk about how to blend them together.

Why White Rice?

During a cleanse, long-grain white rice may be preferable for ease of digestion.

The first question you might ask is, why white rice? During a cleanse, the metabolism slows down and the digestive strength weakens, so any food eaten must be very easy to digest.

For khichadi, white rice is used because the husk has been milled off to make the rice easier to digest. While brown rice may be used - and will actually supply more nutrients - the husk makes brown rice much harder to digest. During cleansing, a time of already compromised digestion, this can irritate the intestinal wall and cause digestive gas or abdominal pain.

Traditionally, farmers would bring their rice to the miller and have the rice de-husked based on their needs. If someone was sick, elderly, or there was a baby in the house, all of the husk would come off, making white rice for the ease of digestion. Brown rice was used only if digestive strength was optimal or when funds were short, as it was expensive to have the rice prepared and de-husked.



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

Typically, long grain white rice was used over short grain rice because it was believed to be more nutritious. Even without the husk, it was considered a more stable food than short grain rice. Now, studies have shown that long grain white rice has a lower glycemic index than short grain rice.

Why Split Yellow Mung Beans?

According to Ayurveda, split yellow mung beans are the one type of beans or lentils that will not produce gas.

To be called khichadi, the rice has to be cooked with a legume. Traditionally, that legume was split yellow mung dahl beans. These are the only legumes that are classified as “vata balancing” in Ayurveda. This means that, unlike every other type of beans or lentils, they will not produce any intestinal gas.

Split yellow mung beans also have their husk naturally removed. When they are split, the husk, which is very hard to digest and gas producing, naturally falls off. This process naturally renders them much easier to cook, digest, and assimilate.



Mung Bean Benefits

- ☪ Packed with minerals – including magnesium – and phenols.
- ☪ Powerful antioxidant properties support heart health.
- ☪ Support healthy blood sugar levels.
- ☪ Produce the fatty acid butyrate in the gut, thus supporting the health of the intestinal wall.
- ☪ Support healthy weight loss and cravings by increasing the “I am full” hormone (satiety), cholecystokinin (CCK).
- ☪ Heart Health – When certain types of cholesterol called LDL's are oxidized, they can damage the arterial walls as well as other tissues in the body. Mung beans have been found to be highly effective in blocking the oxidation of the LDL cholesterol due to their powerful antioxidant properties. (1)
- ☪ Magnesium Deficiencies – It is estimated that 7 out of 10 Americans are deficient in magnesium. (2) In one large study of more than 58,000 people, those with the lowest intake of magnesium had a 51% increased risk of dying from heart related issues. (3) Mung beans are a great source of magnesium.
- ☪ Blood Sugar – As a naturally low glycemic index food, mung beans have been shown to support healthy glucose, insulin and fat levels in the blood. (4) Mung beans were also shown to block the production of advanced glycation end products (AGEs), which wreak havoc on the body when blood sugar levels rise. (5)
- ☪ The Gut – Mung beans contain a high amount of insoluble fiber, which ferments in the gut to produce a fatty acid called butyrate – which is the primary constituent in ghee. (6) The colon cells thrive on this fatty acid, and it is required for the optimal health of the colon. (6)

A Perfect Protein

The combination of rice and beans has been a staple around the world for 10,000 years, and for good reason. You have probably heard the term “complete protein,” but let’s take a minute to really understand what that means.

- ☪ There are 20 amino acids that combine with one another to make the proteins the body needs. Ten of them, the body can synthesize on its own. The other ten, called essential amino acids, the body does not make, meaning we must get it from our foods. Animal proteins are “complete” in that they contain all ten essential amino acids, but plant foods need to be combined to make a “complete protein.”
- ☪ Rice, like most grains, is very low in the amino acid lysine. As a result, if you live on grains alone, you will likely become protein deficient. Legumes and lentils, on the other hand, have lots of lysine, but



Bobbi Misiti
2201 Market Street
Camp Hill, PA 17011
717.443.1119 befityoga.com

they are generally low in methionine, tryptophan and cystine. Fortunately, grains are high in these three amino acids.

The marriage of rice and beans, as found in khichadi, has been providing the ten essential amino acids and making complete proteins for cultures around the world for thousands of years. For cultures that have subsisted on a plant-based diet, this marriage is often what allows their diet to be nutritionally sustainable.

Here is a link to purchase yellow split mung dal: http://www.nuts.com/cookingbaking/beans/mung/moong-dal.html?utm_source=google&utm_medium=cpc&utm_campaign=pla&utm_content=Mung%20Beans&gclid=CIDoodmurrOCFUNqOgodOwMADg