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THE BRIDGE
A CUSTOM DETOX
& BREATHWORK PORTAL

TRANSITION WEEK | OCTOBER 1-8

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Dietary Guidelines | Post-fasting

GO SLOW - RE-ENTRY

After your Virechana purge and 3 days of liquid fasting, it's crucial to ease back into solid foods and your regular diet slowly, gradually. Do not rush back. Stick to easy-to-digest foods that won't overwhelm or shock your system. One by one, little by little.

HOW TO BREAK THE FAST

The very first food you eat should be something unctuous, warm, and easy to digest, combining soluble fiber + good fats.

Good options are:

- **Avocado and olive oil, salt and lemon**
- **Steamed zucchini and/or carrots with ghee, any spices or herbs.**
- **Stewed apples with hemp seeds + ghee**

Then you can move into your next phase of eating. One or two meals per day.

OPTION ONE

OMPD - ONE MEAL PER DAY FOR 5-7 DAYS MAX POST FAST.

CHOOSE EITHER THE BRUNCH OR
DINNER IN OPTION TWO

(When is your hunger strongest?)

OPTION ONE

TWO MEALS

BRUNCH: 11:00 AM

- COOKED PORRIDGE w/ FATS

EARLY DINNER: 5-6 PM

- COOKED KICHIDI w/ FATS

starting with an ACV shot and ending
with WALKING.

Dietary Guidelines

BE PATIENT WITH YOUR DIGESTIVE SYSTEM AND YOUR BODY

Your body may need time to adjust to digesting solid foods again. Be gentle with yourself and give your digestive system the time it needs to acclimate. It's normal to experience a few days of irregular elimination, and some gas or bloating may occur as you reintroduce different foods. Don't worry—just listen to your body's signals and be patient with the process.

SMALLER PORTIONS

As you reintroduce solid foods, keep your portion sizes small to give your digestive system the support it needs. Build up your plate size gradually, do not overload your digestive system

NO SNACKING

Avoid if you can. Eat with nice, strong hunger. This is key to metabolic health. If you are in need of a snack, chose some berries, or a quick broth.

SLOWLY ADDING VARIETY

Aim to eat just one type of food at a time and gradually introduce more varieties over the next 5-7 days.

So for example, start with simple porridge, then you can begin to add cooked apples, and then goji berries, and then some cacao nibs or hemp seeds.. each day adding a new ingredient.

Or, for the kitchidi, start with simple rice and mung beans, then you can begin to add more cooked vegetables like sweet potato, carrots, turnips, pumpkin, beets, and eventually greens like kale, swiss chard etc. Each day adding a new ingredient.

FOOD CHOICES AS YOU MOVE BACK INTO MEALS

AVOCADOS

Avocados are an excellent choice and you can have one a day as you come out of your fast. You can have it alone, or with your brunch or dinner. PREFERABLY BEFORE YOUR MEAL.

FRUIT

When you add fruit, add one type at a time. Stewed or roasted fruits are great. Low sugar fruits are best like berries, kiwis, apricots. I like cooked apples and pears because for the fibre.

FERMENTED FOODS

Start to go back to fermented foods into your diet, such as sauerkraut, miso, kimchi, or pickles. These are great with meals or in between meals. Great for chewing.

HEALTHY FATS

Continue to include healthy fats in your diet, such as **ghee**, olive oil and **coconut oil**. Drizzle on your meals.

FIBER

The EASIEST way to up the fibre is with Psyllium husks. Simply make sure you are sprinkling on your food, just like you would salt. Keep it in a little container close to the salt and oils in your kitchen so you remember to add it.

Then simple things like organic vegetables with the peels on.

Practices to continue

IF YOU STOP THE PRACTICES AND GET OVER FOCUSED ON THE DIET, YOU WILL LOSE THE POTENTIAL FOR LONG-TERM GAIN.

WATER ENEMAS

It will take a few days before you are regular again. This is normal. You are not eating so you are not eliminating. And, you have substantially changed the state of your digestive system, so it can take a minute to recalibrate. I would say, keep up with the water enema practice at least every other day for the next 7-14 days. And then, you can enjoy a quick water enema whenever you feel constipated, low energy, or just “crappy.”

ACV BEFORE MEALS (EXCEPT BREAKFAST)

If you have been enjoying boosted digestion from drinking warm, diluted apple cider vinegar before meals, keep doing it!

SUPPLEMENTS

For now, I suggest you stick with:

The living Silica

Vitamin C Burst X1

D3 Maximus X1

Magnesium Replenish

CASTOR OIL PACKS

Castor oil packs can be continued with indefinitely. Chose a nice rhythm for the practice, and stay committed to this soothing, enjoyable and healing practice. CONTINUE ON THE PROBLEM AREAS OF THE NECK, KNEE and anywhere else inflamed.

MORNING AND EVENING DINACHARYA

This can be amended and adapted, but a useful tool to stay with. It will support your nervous system, your natural detox systems, your menopause, your skin and your longevity. keep them going!

MOVEMENT | IMPORTANT

The 4-minute Nitric Oxide workout - 2 - 3 X PER DAY.

Your primary objective is weight loss so If you do this consistently, it will leverage the dietary changes because it will keep you metabolism and glucose handling active.

MOVE AFTER MEALS | IMPORTANT

- 1.Finish eating
- 2.Sit or lie down relaxing for 10 minutes
- 3.Walk around the block for 10-15 minutes

Drinks to continue

ANYTIME

Nettle tea supports minerals and circulation.

Yarrow tea calms the system and aids gentle detoxification.

Ginger tea warms digestion and boosts circulation.

Any broth recipe I've sent you nourishes and restores minerals.

Any of the hot tonics can be enjoyed as soothing, healing support.

BEFORE MEALS

Warm apple cider vinegar primes digestion and supports metabolism.

AFTER MEALS

Dandelion root tea is great for liver support and digestion.

DAYTIME

Green tea or matcha provides energy and focus without overstimulation. The Green Machine delivers deep nourishment and cleansing in the first half of the day.

AFTERNOON

Almond cacao is grounding, satisfying and stabilises blood sugar.

DAILY

CCF-F tea, or any variation of herbs and spices with the flax seeds, keeps the digestive fire strong and supports elimination.

EXPLORE THE MEDICINAL DRINKS OF MEXICO!!

OATMEAL PORRIDGE

OF THE COMMON GRAINS, OATS ARE THE EASIEST TO DIGEST.

Oatmeal porridge is mostly complex carbs with soluble fiber. When eaten with good fats, like coconut oil or ghee, they will regulate blood sugar and supports cholesterol balance, while providing a great sustained energy.

When oatmeal is paired with fiber like psyllium husks, seeds, protein (hemp, chia, nut butter) and warming spices (like cinnamon, clove), it becomes grounding and balanced rather than a sugar spike.

For post-detox, it's a great choice because it is gentle on digestion, easy to flavor and make taste nice and the **fiber helps sweep out bile and toxins released during fasting.**

GOOD TYPES OF OATMEAL

- Oat Groats - (long cooking time)
- Steel-Cut Oats
- Scottish Oats
- Rolled Oats (Old-Fashioned Oats)

This is your objective:
cooked, warmed, liquidy foods that
provide a slow release of energy and
do not aggravate the digestive system.

OATMEAL ALTERNATIVES

- Buckwheat whole or flakes - (hojuelas)
- Rice whole (white or brown) or flakes - hojuelas
- Quinoa whole or flakes - hojuelas
- Amaranth whole or flakes - hojuelas

Make in the same way you make the oatmeal porridge. You can also alternate the grains and/or try different ones according to the amount of variety you want, and what you can find.

OATMEAL PORRIDGE

BASIC INGREDIENTS

1/2 cup organic oats of your choice
2.5 cups of water
1 extra-large tablespoon of **ghee (or coconut oil)**
1 extra-big pinch of salt

OPTIONAL SPICES OR ADDITIONS TO ENRICH THE WATER AS IT COOKS

1-2 whole cloves
Sprinkle or small stick of cinnamon
1 whole star anise
Small handful of raisins or goji berries (they become nice and plump)
Small handful of macerated coconut, unsweetened
Any herbal tea bag, to add flavour to the water
(Chai tea is nice)

TOPPINGS TO ADD GRADUALLY

Stewed apples, pears or kiwis to accompany
Shredded zucchini or carrot or apple
Tahini or Almond butter
Hemp seeds
Pumpkin seeds or sunflower seeds
Bee pollen
Cacao nibs
Ground flax seeds or chia seeds
Psyllium husks, sprinkled overtop
Almond or walnut pieces
MCT OIL
PSYLLIUM HUSK SPRINKLE

DIRECTIONS

In a medium saucepan bring the water to a low boil

Add the salt and ghee

Add the herbal tea bag, coconut, raisins or anything else you're using to enrich the water.

Reduce heat and remove the clove (and tea bag if using)

Stir in the oats, reduce heat and simmer, uncovered, for 5 minutes, stirring often. Amend the cooking time to the type of oats you have chosen. Add more water if needed.

Feel free to add extra ghee and/or salt to serve

The key to tasty oat porridge is.... the salt!

ALTERNATIVE OPTIONS TO KITCHIDI

- Steamed vegetables with brown rice, or alone.
- Vegetable juice or berry smoothie
- Miso soup with scrambled eggs or tofu
- Cooked Adzuki/black beans mash with cloves and cinnamon, or savoury, with tamari and ginger, or miso.

EXIT THE FAST AS YOU GOT INTO THE FAST

BREAKFASTS OPTIONS MOVING FORWARD

1. Oatmeal Porridge
2. Cacao Chia Almond Milk Pudding
3. Coconut milk, chia and berries pudding
4. Quinoa bowl with w/ avocado, sautéed greens, tamari, nori sprinkles
5. Protein Shake with berries

LUNCH/DINNER OPTIONS MOVING FORWARD

START WITH ACV SHOT - END WITH WALK

1. Kitchidi with cooked vegetables, grated ginger, lime, coconut yogurt
2. Big Salad - steamed kale, cucumber, sprouts, grapefruit or apple, smoked almonds, sauerkraut, light vinaigrette
3. Black Beans with Quinoa, Arugula & Sauerkraut
4. Blue Balance Bowl
5. Vegan Bone Broth with Buckwheat Dosa
6. Mung Bean Soup with Greens
7. Any vegetable soup
8. Tofu, Mushrooms, Arugula + Sweet Potato
9. Kelp Noodles with Beetballs Sauce
10. Steamed Veg + Quinoa + Tahini Sauce Bowl

KITCHIDI

DIGESTIVE SPICES

Cumin seeds, Coriander seeds, Fennel seeds
Turmeric powder, Ginger. Black Pepper ,
Mustard Seeds, Cardamom, Cinnamon,
Cloves.

OR PRE-MADE SPICE BLENDS

Garam Masala

Madra Curry Powder

Chaat Masala

INGREDIENTS

1 cup organic white rice, well rinsed

1/4 cup green mung beans (or split mung
dal, or lentils)

2 tbsp. ghee, or coconut oil, or untoasted
sesame oil

3 teaspoons of digestive spices- listed
above

1 teaspoon any Indian spices for flavour
-listed above

1 tbsp. salt

6 cups water

1-3 cups of cut vegetables of your choice
(OPTIONAL)

BEST VEGETABLE OPTIONS

Cauliflower, courgette, pumpkin/squash,
spinach, asparagus, peas, kale, carrots, and
beets.

YOU CAN NOW HAVE ONIONS, GARLIC,
MUSHROOMS, TOMATOES AND EGGPLANT
- ONLY IF DESIRED.

SERVING ADDITIONS (OPTIONAL)

Full-fat yoghurt (organic) or Kefir

Coconut yogurt

Hand-torn coriander leaf

Cayenne pepper

DIRECTIONS

Prepare all your digestive spices in a bowl, rinse and measure your rice and mung beans, and wash and cut any vegetables you plan on adding.

Over high heat, add a big dollop or two of ghee or coconut oil to a deep saucepan.

Once the fat is melted and sizzling, add in all the digestive spices and stir around with a wooden spoon or spatula for 1 minute, dissolving and 'blooming' the spices into the fat. Keep it moving so it doesn't burn.

Add in the washed rice and mung beans and stir into the fat and spice mix. This is called “dry frying,” which you can do for a good 3-5 minutes over medium-high heat.

Now add in all the water and allow it to come to a boil and add the salt. (You can add more before serving too)

When the water starts to boil, stir another minute and then turn the heat down low, cover with a lid, and leave for 45 minutes. You may set your timer.

After 45 minutes, check to see if the mung beans are soft enough to eat. They usually take an hour, so this is a good time to see if you need more water and reset your timer.

At the 45-minute mark, you can now **stir in any raw vegetables** so that they are all submerged in the hot mushy rice mixture.

Cover again for an additional 15 minutes.

Add more hot water if needed to keep your Kichidi on the soupier side.

KITCHIDI ALTERNATIVES

If you want to reduce the amount of rice, you can substitute:

1 cup rice for ½ cup of quinoa + ½ cup of rice

Or, swap out entirely 1 cup of rice for 1 cup of quinoa.

You can also make KITCHIDI entirely with mung bean, and it will be more like a mung bean dal.

- Any Lentils or dal cooked with vegetables
- Steamed white or brown rice with sautéed or steamed vegetables
- Vegetable soup with or without rice
- Mung bean soup - follow the Kitchidi recipe but omit the rice and add enough water to make a soup.
- Lentil soup- follow the Kitchidi recipe but omit the rice, substitute mung beans with lentils, and add enough water to make a soup.

THURS 2		FRI 3		SAT 4	SUN 5	MON 6	TUES 7	WED 8
		BREATHWORK 4						
10 X Intestinal Formula #2	Warm water w/ Living Salsa	10 X Intestinal Formula #2	Warm water w/ Living Salsa	10 X Intestinal Formula #2	Warm water w/ Living Salsa	10 X Intestinal Formula #2	Warm water w/ Living Salsa	10 X Intestinal Formula #2
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TEAS OR OTHER DRINKS		TEAS OR OTHER DRINKS		TEAS OR OTHER DRINKS	DINNER ACV SHOT TO START Kitchadi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA WALK AFTER EATING	TBD	TBD	TBD
10 X Intestinal Formula #2		10 X Intestinal Formula #2		10 X Intestinal Formula #2	10 X Intestinal Formula #2	10 X Intestinal Formula #2	10 X Intestinal Formula #2	10 X Intestinal Formula #2
SECOND MEAL ACV SHOT TO START Kitchadi SAMPLE Kitchadi with Greens OR any veggies FINISH WITH DANDELION TEA WALK AFTER EATING		SECOND MEAL ACV SHOT TO START Kitchadi with Greens OR any veggies FINISH WITH DANDELION TEA WALK AFTER EATING		SECOND MEAL ACV SHOT TO START Kitchadi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA WALK AFTER EATING	ACV SHOT TO START Kitchadi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA WALK AFTER EATING	TBD	TBD	TBD
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