

Detox Preparations

WEEK OF SEPTEMBER 15 | 2025

Practices

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DINACHARYA - A MORNING PRACTICE

The body expends considerable energy throughout the night on natural detoxification processes.

The following morning routine focuses on cleansing accumulated toxins from the mouth, stimulating lymphatic flow, and nourishing the nervous system, skin and tissues.

Your morning Dinacharya should be at least 20-30 minutes long and should be the first thing you do upon waking.

A 3-PART CLASSICAL DETOX DINACHARYA

part one

TONGUE
SCRAPING

+

part two

DRY
BRUSHING

+

part three

SELF-OILING
MASSAGE

1. TONGUE SCRAPING

Scraping the tongue removes “ama” (toxins in Ayurveda) before it can be reabsorbed, which protects the oral microbiome, the community of bacteria in the mouth that directly influences the gut microbiome and overall digestion

You will need a tongue scraper, you can also use a teaspoon.

MORNING TONGUE SCRAPING PROCEDURE

1. Before brushing your teeth, use a tongue scraper (preferably copper) at the bathroom sink.
2. Gently drag it from the back to the front of your tongue to remove overnight toxins.
3. Avoid excessive pressure and gagging.
4. Rinse the scraper after each pass and repeat 5-10 times or until satisfied.
5. A healthy tongue should be clear, pink, and free of white or yellow coating.

2. DRY BRUSHING | LYMPH SUPPORT

Dry brushing is a lovely, quick and easy practice that supports the lymphatic system living just under the skin. The practice is easy and really, you can't get it wrong and only takes about 5 minutes.

As you probably guessed, dry brushing happens with a dry brush and a dry body. No water is involved.

HOW TO DRY BRUSH

The dry brush strokes move in a swift, short (10-15 cm), repetitive, one-way motion. The strokes are short (10-15 cm), one-way brush strokes towards the direction of the heart with medium pressure. The brushing should be stimulating and awakening to the skin, but never painful. Dry brushing can be done in your underwear, tank top, slip dress, or with no clothing at all. You will be avoiding the breasts and private areas and focusing on the arms and legs.

ARMS

1. Start under the arm, gently stimulating the sensitive underarm area where many lymph nodes are located.
2. Move to the elbow and brush the entire upper arm towards the underarm.
3. Brush the palms a few times.
4. Proceed by brushing the entire arm, from the hand towards the underarm.
5. Repeat on the other arm.

LEGS

1. Start at the groin area (the area where you might wax or shave pubic hair), gently stimulating where the lymph nodes are located.
2. Move down to the knee and brush up the thighs, covering the entire upper leg
3. Next, brush the soles of the feet a few times.
4. After that, brush from the ankle up towards the groin, covering the whole leg.
5. Repeat on the other leg.

BELLY AND TORSO

1. Begin at the lower belly, just above the hips, using gentle, circular motions to stimulate the area.
2. Brush from the centre of the chest outward towards the shoulders, using gentle strokes.

3. ABHYANGA

Abhyanga is the Ayurvedic practice of self-oiling — massaging the body with generous amounts of high-quality, unrefined oil. The skin microbiome, like the gut, is home to billions of microorganisms that protect and interact with our inner terrain. Nourishing this outer layer supports immunity, hormonal balance, and nervous system calm. As we age, the body naturally becomes drier. Regular oiling replenishes moisture, slows visible signs of aging, and helps maintain skin elasticity.

OILS TO USE

The best oils for you are Kapha-balancing oils such as **pure sesame oil** or **almond oil**. What matters is that the oils are unrefined, cold-pressed, and unscented, never perfumed or mineral-based. You can also use Ayurvedic oils for Kapha dosha.

SET UP

Prepare your Abhyanga space with an old towel or sarong (to catch any oil) and make sure you will be warm. You may need a space heater. You do need to be warm and relaxed. If it's too cold, skip this practice or opt for an Abhyanga bath. WARMED UP OIL is especially lovely.

APPLY LIBERALLY

Apply the oil slowly and LIBERALLY to the entire body, but not the head. Use double or even triple the amount you would apply at the beach. Start with arms and legs, then move to your middle section. **Use long, loving strokes**, and focus extra attention around the joints. Cover your entire body, avoiding your head. Ensure you stay warm, you might need to wrap up in your dedicated abhyanga towel. **THIS IS A PRACTICE OF BODY ADORATION. YOU MUST SEND LOVING MESSAGES TO YOUR CELLS, THEY ARE LISTENING.**

ALLOW TO SOAK IN

Rest for 15-20 minutes to allow the oil to absorb. You can double up and use this time for a morning meditation or breathing practice.

HOT SHOWER

After 10-20 minutes, take a hot shower to wash away the oil. Soap is not necessary as the heat and oil will remove dirt and bacteria.

DINACHARYA - AN EVENING PRACTICE

SLEEP OPTIMISATION| BASIC SLEEP HYGIENE

1. Avoid blue light from all electronics (laptop, phone, ipad) at least 1 hour before bedtime to minimize blue interference with (precious) melatonin production!
2. Avoid ingesting any news or any stimulating information at least 1 hours before bedtime, preferably 2 hours before.
3. Sleep in a dark, cool room
4. Keep your bedroom free from clutter and dust
5. Try to go to bed at the same time every night, and as early as possible. 6 am - 10 pm is p
6. Make sure your last meal is 2 (preferably 3) hours before you go to bed
7. Get as much natural light into your eyes during the day, preferably by walking into the sun (god willing) every morning which helps regulate your sleep-wake cycle.

BOX BREATHING

BOX BREATHING INSTRUCTIONS

1. Lie down, relax and close your eyes.
2. Put one hand on your belly and one on your chest.
3. Breathe in through your nose for a count of 4.
4. Pause and hold your breath for a count of 4 with a full inhale.
5. Intentionally relax your body during the 4-second hold at the top.
6. Breathe out through your nose for a count of 4.
7. Pause and hold your breath for a count of 4 at the bottom.
8. Intentionally relax your body during the 4-second hold at the bottom.
10. Continue for 10 rounds, or until you choose to stop.

As you breathe, visualise a box or square with each side representing a count of 4.

Optional/tip:

If counting to 4 is challenging, start with a count of 2 or 3. or ff it's too easy, increase to 5 or 6.

FOOT MASSAGE (PADABHYANGA)

Your feet hold over 7,000 nerve endings. Massaging them at night calms the nervous system, supports detox through improved circulation and lymph flow, and eases menopausal tension. This simple ritual grounds you, promotes deeper sleep, and reconnects you with your body.

FOOT MASSAGE INSTRUCTIONS

1. Give your feet a quick wash with some warm soapy water or wipe with a hot washcloth.
2. Use a small amount of body oil or cream for the massage.
3. Massage one foot at a time in slow, deep circular movements using your thumbs for pressure.
4. Massage techniques can include circular motions around the joints, linear motions along the long bones, rolling knuckles, pinching toes, etc.
5. If you find a sore spot, spend some time there applying pressure and breathing into it.
6. When you are finished, cover your feet with socks to avoid getting oil in your bed or slipping.
7. Take as little as 2-3 minutes per foot, working up to a delicious 10 minutes per foot. Your whole body will feel it!

DAYTIME - NAPPING PRACTICE

Just like meditation, napping switches on the parasympathetic nervous system where all cellular repair happens, digestion is supported and all of our natural detoxification pathways are encouraged. **Intentional naps are a pro-active self-healing practice.** Even if you don't sleep, the relaxation state is still beneficial.

20 MINUTE POWER NAP INSTRUCTIONS

- Set your alarm for 25 minutes, allowing you 5 minutes to fall asleep
- Silence your devices and make sure you will not be disturbed.
- Nap in a dark room or use an eye mask or eye covering to create darkness.
- As we drop into sleep, our body temperature lowers so make sure you are extra warm and cosy for your nap.
- Do not oversleep. Once your nap is over, get straight up and drink a full glass of water.
- Make sure you wake up from your nap at least 5 hours before your bedtime as to not disrupt your evening sleep.

CASTOR OIL PACKS

You will need CASTOR OIL FOR THE PURGE DAY - DETAILS COMING.
But we can also use castor oil packs for your neck and knee degeneration issues.

Castor Oil Pack – Knees, neck and belly

1. Generously soak a piece of flannel or cotton cloth in 2–3 tablespoons castor oil. If you buy the packs, they come with everything.
2. Place the soaked cloth directly over each knee (neck area)
3. Cover with plastic wrap or a towel to protect from leaks - or comes with the pack.
4. Apply gentle heat with a hot water bottle or heating pad.
5. Relax for 20–30 minutes, or overnight.

Frequency: 2–3 times per week, or after activity that brings stiffness

MOVEMENT

The 4-minute Nitric Oxide workout boosts circulation, oxygen use, and insulin sensitivity. Doing it three times daily supports fat metabolism, steadier blood sugar, and a natural lift in energy between meals.

[LINK](#)

Meals + Adjustments

MEAL TIMES | CONSISTENCY OVER PERFECTION

Your **meal time irregularity** can be rough on insulin, circadian rhythm, and digestive fire. For you, regulation might even be as healing as the food itself. See if you can commit to a more regular eating schedule while at home.

With three meals a day, you will keep your portions small.

For ease, you can repeat lunch and dinner, having the same meal twice in one day.

EATING THE SAME FOODS REPETITIVELY is helpful for digestion, it means the body doesn't need to make as many digestive enzymes. Once you find meals that you like and you tolerate well, you can repeat for Lunch and dinner.

Breakfast (smallest) meal earlier -aim **9–10 am latest**.

Lunch - main meal of the day. **1–2 pm**

Light early dinner: 6–7 pm

MOVE AFTER LUNCH AND DINNER

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

FOOD SWAPS

Lets lower some of the high-carb choices for more protein options

SWAP > RICE, POTATOES, WRAPS, NOODLES

REPLACE WITH > QUINOA, CHIA, KELP NOODLES, LENTILS

ADDITIONS

MORE FERMENTS, MORE BITTER GREENS, ACV SHOTS

1. SAUERKRAUT OR ANY FERMENTED VEGETABLE (NOT PICKLED, LACTO-FERMENTED)

Snack on while cooking (boosts digestive fire) or on the side of LUNCH AND DINNER plates.

2. BITTER GREENS - STIMULATES BILE - FAT BURNING - Add 1 or 2 daily

- Arugula/rocket
- Watercress
- Dandelion greens - steamed or sautéed
- Radicchio/ endive/chicory
- Broccoli rabe (rapini) - steamed or sautéed
- Mustard greens - steamed or sautéed

3. APPLE CIDER VINEGAR (ACV) SHOTS BEFORE DINNER

Apple cider vinegar lowers the blood sugar spike from your evening meal, supports smoother digestion, and gently stimulates detox pathways. It also steadies energy and reduces cravings later in the night.

1. Shake the bottle first to mix the “mother” culture.
2. Measure ½ tablespoon raw, unfiltered ACV. If well tolerated, you can go higher.
3. Add to a small glass of warm water.
4. Sip slowly from a wine glass or another beautiful glass, 10–15 minutes before dinner.
5. Can sip on this and munch on small amount of sauerkraut or fermented veggies.

4. DANDELION ROOT TEA AFTER DINNER

Mildly bitter, supports liver detox, improves bile flow, reduces heaviness after meals, and steadies blood sugar overnight.

- Steep 1 teaspoon dried dandelion root in hot water for 8–10 minutes.
- Or, use 2 teabags
- Sip warm after dinner, one cup only.

MEAL IDEAS + RECIPE SUGGESTIONS

IDEAS FOR BREAKFAST

1. Your Protein shake. Watch portion size. Keep breakfast small.
2. Experiment with high-protein **Chia puddings**.
3. **Quinoa bowl**, either savoury with some tamari or sweet with stewed apples.

CACAO CHIA ALMOND MILK PUDDING - MAKE ENOUGH FOR 4,5 MORNINGS

This chia pudding is high in protein, rich in fiber, and keeps blood sugar steady for hours.

- 2 cups homemade almond milk in large mixing bowl
- Whisk in until well mixed the following:
 - 3 tablespoons raw cacao powder
 - 2–3 tablespoons monk fruit or tiny pinch of stevia powder
 - 1 teaspoon cinnamon powder
 - ½ teaspoon vanilla extract (optional)

pinch of salt .

- Taste for sweetness.
- Stir in ½ cup chia seeds and mix very well so the seeds don't clump.
- Let the mixture sit for 5-10 minutes as the chia seeds bloom, keep whisking every few minutes so they lump together. Pout into little cups or a Tupperware and refrigerate overnight.



QUINOA BOWL WITH STEWED APPLES

This quinoa and stewed apple bowl is protein rich, fiber rich, and supports steady morning energy.



Make Quinoa

1 cup quinoa, rinsed well, 2 cups water, Pinch of salt

Bring to boil, reduce heat, cover, and simmer 15 minutes until fluffy.

Stewed apples or pears

2 medium apples, peeled, chopped

½ cup water

½ teaspoon cinnamon, cloves, star anise, nutmeg- the spices you like.

1 Large Tablespoon GHEE

1 teaspoon lemon juice and/or orange juice

Big pinch of salt

Simmer apples in water, ghee with spices and lemon juice for 8–10 minutes until soft but not mushy.

MEAL IDEAS + RECIPE SUGGESTIONS CONT'D

BLUE BALANCE BOWL | HORMONE | ANTIOXIDANT | ANTI-INFLAMMATORY | BLOOD SUGAR

½ cup **blueberries** - Frozen OK
2 tablespoons **pumpkin** seeds
2 tablespoons **hemp** seeds
2 tablespoons **walnuts**
1 teaspoon **cacao nibs** or 1 teaspoon cacao powder (optional)
Tiny sprinkle monk fruit powder (optional)
Dash of cinnamon
1 teaspoon MCT oil drizzle



Mix everything together in a small bowl. Enjoy as a power snack or scale up for a light lunch. Play with the mixture making something you enjoy.

BLACK BEANS | BETTER DIGESTION RECIPE

Bean Cooking Protocol – Black Beans (1 cup dry)



Soak 1 cup raw black beans overnight in 3 cups water with ¼ teaspoon **baking soda**. In the morning, discard soaking water and rinse beans well.

Place beans in a pot with 3 cups fresh water and a 2-inch strip of **kombu seaweed**. Bring to a boil, skim off any foam, then reduce to a simmer.

Cook gently for 60–90 minutes, until tender. Add more water if needed.

Toward the end of cooking, stir in digestive spices:

½ teaspoon cumin seed powder
½ teaspoon coriander seed powder
½ teaspoon fennel seed powder
Remove kombu before serving.

Drinks

CCF-F TEA

(CUMIN, CORIANDER, FENNEL + FLAX)

A daily healing detox tea of cumin, coriander, fennel, and flax.

Together they stimulate digestion, reduce bloating, soothe and protect the gut lining, and support smooth elimination. The flax adds extra omega-3s and a gel-like quality that nourishes and heals the intestinal tract.

Try to drink 1 litre of CCFF every day for pre-detox week.

1 tablespoon cumin seeds

1 tablespoon coriander seeds

1 tablespoon fennel seeds

2 tablespoons flax seeds

1 litre (4 cups) water

If you don't like the taste, adjust the quantities or omit a seed if you have to.

DIRECTIONS PER 1 LITRE | DAILY DOSAGE

You do not need to toast the seeds, but if you have time, it makes a more potent medicinal brew!

Put 1 litre of water in a pot and bring to a boil.

Meanwhile, toast the cumin, coriander, and fennel seeds (but not the flax seeds) by adding the seeds to a dry skillet/frying pan over medium heat and toast for 1-2 minutes until fragrant.

Stir frequently or gently move the pan around to prevent burning- DON'T WALK AWAY while toasting the seeds, it happens quickly!

You don't want to brown them, just lively up the oils inside them.

Add the toasted seeds, plus the FLAX SEEDS to the boiling water and reduce the heat to a low simmer. Cover and simmer for 10-15 minutes.

Strain the tea into a teapot, another pot, a thermos, or any heat-proof vessel. Ready to drink throughout the day.