



Δ M Δ V E D Δ
PANCHAKARMA
DETOX RETREAT MANUAL

BY EMILY SHAW

TABLE OF CONTENTS

INTRODUCTION

Tips for a successful detox	1
What is detox?	3
Human Toxicology	4
Ayurvedic Intelligence	6
The Amaveda Panchakarma	6

DINACHARYA | MORNING ROUTINE

Tongue scraping Jihwa Prakshalana	8
Dry Brushing Garshana	9
Aromatherapy	11
Abhyanga	12

ENEMA THERAPIES | BASTI

Enema therapies	15
The water enema	17
The retention enema	19
Coffee enema procedure	19

VIRECHANA | COLON PURGE

Virechana purge day	21
Tips and advice	22

FASTING

Tips for a successful fast	23
Troubleshooting	24

EVENING DINACHARYA

Evening ritual	26
Breathing practices	27

EXTRAS

Napping	29
The emotional detox	30

WELCOME

The goal of this booklet is to help gain deeper insights into the detox practices you will be experiencing during your retreat. Throughout the booklet, you will discover the benefits of different detox practices and how to incorporate them into your wellness routine after the retreat. I hope this booklet will serve as a valuable resource and support your journey towards a deeper level of health and well-being.

PARTICIPATORY MEDICINE

Welcome to the healing power of participatory medicine. When you become an active participant in your own healing journey, you experience the most powerful kind of healing that exists. This approach strengthens your sense of agency and resiliency, which encourages a more profound healing response with lasting results. Participatory medicine is the inspiration and guiding philosophy behind my detox protocols. It is intentional that many of the detox practices that make up the protocol are to be done by you, in your own space. By taking an active role in your healing process, you empower yourself with the knowledge and skills needed to continue your journey towards wellness long after the program is over.

I GUIDE, YOU LEAD

It's okay if some parts of the program don't feel right for you. Please feel free to skip or modify anything that doesn't work for you. Likewise, if you find something enjoyable and beneficial, focus on that. Remember that everything is flexible and adaptable. You're not required to do anything you don't want to do. While I may encourage you to try new things, ultimately the choice is yours.

TIPS FOR A SUCCESSFUL DETOX

REST AND RELAXATION

Rest and relaxation are essential during the retreat to help support your body's natural healing process. Our cells do their regeneration and repair work during periods of deep relaxation and sleep. By making rest and relaxation a priority during the retreat, you'll be setting yourself up for a more transformative and rejuvenating experience.

We mostly do not realize how deeply tired we actually are since we rarely have the opportunity to fully rest and let go. Even if you don't feel sleepy, resting will signal to your nervous system that it is time to let go of any tensions or stressors and it is now safe to focus on the important tasks of digestion, detoxification, and cellular regeneration.

As a group of lovely humans joined together for a common purpose, it is easy to get stimulated with conversation and new connections - and this is wonderful. Please remember though that you are all here for the same purpose and it is OK, encouraged even, at any time for you to choose to retreat to your room or a quiet space and rest. No matter what is on the schedule, if you feel a desire to recluse or nap, please listen to your body and follow this.

"Only when the nervous system is at rest in the restorative parasympathetic mode can the body neutralise, process and excrete digestive wastes, regenerate it's cellular structure and restore itself to a balanced state of health and vitality" – Daniel Reid, Tao of Detox

DRINK UP

Please aim to drink between 2-3 litres of liquids a day. Ideally, this should include at least 1 litre of water but if your total liquid intake is herbal infusions, that is also fine. Room temperature or warm liquids are best, a

KEEP WARM

When we are warm, we are generally more relaxed, expansive and open. When we are cold we are tense, constricted and closed. Our aim is to open up and release. Wherever you are, make sure you are warm and cosy. Move around with layers to prevent getting chilled.

FIND PLEASURE AND JOY IN IT

This is because you are re-wiring your brain to correlate self-care with pleasure. Focusing on any challenging aspects of the program will only bring more energy to these areas and allows them to grow. Focusing on the newness of each day, the gentle unwinding, the new practices, the luxury of time to yourself, the dedication you have to your health, your open-mindedness and adventurousness and the wonderful ways you can feel in your body will bring more energy to these areas of your life.

GO ALL IN

This program is a complete protocol and gets amazing results. Even though results vary from person to person obviously, I have hardly changed much within the protocol over the last 9 years because it works. Please try to follow through on your commitment to yourself by sticking to the protocol as much as you can. A protocol is merely a succession of steps, where one thing intentionally leads to the next. Even though it might seem small, everything plays an important role in your process.

THE CHALLENGE OF CHANGE

For many of us, a dramatic change in routine, space and diet while trying new things can be stressful. Even tiny changes can feel like big challenges for some people. Change is often met with resistance because our 'old selves' naturally resist things we do not know about, or have experience with. This is a protective response. If you are feeling any stress around these changes, all you need to do is be aware that your mind may try to negate some of the new things on the program as a way of protecting the old ways. A gentle awareness of this human response is often all that is needed to break through to new ways that may better serve you.

WHAT IS DETOX?

We are the living, breathing and feeling result of everything we ingest. This includes foods, liquids, herbs, medicine, cosmetics, sunlight, aroma, sound and air and let's not forget thoughts, experiences and energies. You have undoubtedly heard the phrase 'you are what you eat'. More accurate would be 'you are the end result of what you ingest, what you are able to digest, and what you are capable of eliminating'. What you eat is just one piece of the puzzle toward total health and wellbeing.

We take in toxins daily through our food, our water, our environment, our hygiene products, cleaning products, and almost everything we come into contact with. In the past 50 years, more than 75,000 chemicals have been introduced into the environment. Over 300 synthetic chemicals can be detected in any human body.

You are alive because you are basically a detox machine. The body's detoxification systems are on an endless cycle. In fact, detoxification is the main function of most of our internal systems. Our liver, kidneys, lungs, colon, lymphatic system are working day and night to keep us alive by both protecting us from outside invaders and removing toxicity from our body.

Undergoing a detox program means supporting and encouraging the undigested, the useless and the damaging to discharge from our bodies via their specific routes of elimination. The aim is to support the body to rid itself of any excess toxicity stores while simultaneously supporting, cleansing and regenerating the systems that are continuously working to detoxify us.

If there is any discord, imbalance or down-regulation of functionality in the body, the best way to break this feedback loop is by supporting our detoxification efficacy and pathways. This simply means, that if anything is wrong, start with a good detox.

Equally, to prevent any discord, imbalance or down-regulation of functionality in the body, practice regular detoxification to stop the feedback loop before it starts. This simply means, to stop anything from going wrong, we should detox well and regularly.

HUMAN TOXICOLOGY

To assist the body's natural detoxification processes, we need to identify what the toxins are that we're trying to eliminate from our body and where they are stored. There are two types of toxins; exogenous and endogenous.

EXOGENOUS TOXIN

Exogenous toxins are the toxins that we come into contact with every day. We take in exogenous toxins through our food, our water, our clothes, our air etc. Most people are in constant contact with exogenous toxins.

Example of exogenous toxins:

- Industrial pollutants (PCB's in plastic, dioxins, heavy metals)
- Agricultural pesticides, herbicides and insecticides
- Trans-fats, poor quality oils and rancid oils
- Ingredients in household cleaners, cosmetics and personal care items such as fragrances, parabens, sulphates and hundreds more
- Farmed meats and farmed meat bi-products (from antibiotics and hormones)
- Solvents, formaldehyde, and other chemicals in our clothes and bedding that make them fire, odour and stain-resistant

ENDOGENOUS TOXINS

Endogenous toxins are the natural by-product of the body's metabolic processes. Essentially they are the body's metabolic toxic waste. We create and live with our own endogenous toxic waste. Our body is designed to detoxify itself and is doing so every single minute of our lives (and really kicks in when we sleep). Most people don't focus too heavily on endogenous toxins because we are accustomed to living with them as part of our human experience.

Endogenous toxins hanging around in our body cause bacteria overgrowth inflammation and other issues that are now thought to be even more disruptive in the long term than exposure to exogenous toxins, which is quite shocking. So what does that mean? It means that being able to properly eliminate the endogenous toxins we naturally produce is rudimentary to longevity.

HOW TOXINS ARE ELIMINATED

Many of the toxic chemicals we ask our liver to break down are not water-soluble, but rather are fat-soluble. This means if the liver cannot break them down, it sends them to our fat cells for storage. Until we burn those fat cells for energy conversion, they remain stored there. We have fat cells all over our bodies, including our brain (which is 60% fat). There are 10-100 X more toxins in our fat than in our blood so in order to eliminate these toxins, the focus must then be on boosting fat metabolism (AKA burning fat). This is why detox sometimes gets confused with weight loss.

Since the body's natural choice for energy is fructose, when we deprive the body of its first energy source, it chooses fat as the next-best option. This is why it is important to eliminate sugars from our diet for the time dedicated to boosting detoxification. Eliminating sugars forces the body to burn up the fat cells and essentially destroy these little toxic storage units.

Endogenous toxins, the ones we ourselves create through our metabolic processes, can be encouraged out of our bodies by promoting optimal digestion, cleansing and toning the alimentary tract and nourishing the gut microbiome. We also support other important systems and organs such as the nervous system, the lymphatic system, the kidneys, the liver and the precious microbiome of the skin.

This is a full-body approach, supporting and encouraging all the brilliant systems already in place.

AYURVEDIC INTELLIGENCE

Ayurveda is the natural medicine system of India dating back more than 5000 years. Ayurveda is one of the oldest written natural medical systems on earth, and still going strong. Ayurveda goes beyond defining health as a state free from ailments or diseases, but rather as a state of enjoying uninterrupted physical, mental and spiritual happiness and fulfilment. There is so much to draw from this incredible, ancient wisdom.

“The interface between self-healing and self-realisation is the union between yoga and Ayurveda.” -Dr. David Frawley

PANCHAKARMA | THE AYURVEDIC DETOX

The most powerful form of Ayurvedic healing is Panchakarma. 'Pancha' means five and 'karma' means 'action'. Panchakarma is the 5 processes for the internal purification and detoxification of the body. In ancient times Panchakarma was reserved for royalty. A full Panchakarma was traditionally 21-28 days and done twice a year but not all 5 Panchakarmas would be practised, only the ones specific to the person's imbalances and objectives. Panchakarma is an integral part of both prevention and treatment in Ayurveda.

THE CLASSICAL FIVE PANCHAKARMA THERAPIES

Vamana - Induced vomiting or Emesis therapy

Virechana - Purgation of the colon therapy

Basti - Medicated Enema therapy

Nasya - Medicated nasal cleansing

Rakta Moksha - Blood Letting

Most of the original Panchakarma treatments have long been adapted or replaced with gentler treatments that better suit our modern sensibility and physiology. Induced vomiting is almost never practised in the west for example. Bloodletting is rarely used anymore, even in India, and certainly not in the West.

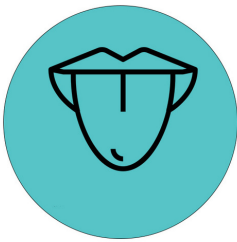
THE AMAVEDA PANCHAKARMA

The Amaveda Panchakarma-inspired program is an amalgamation of traditional Ayurvedic detox practices with the modern understanding of functional nutrition, the roll of the microbiome and neuroscience. The Amaveda protocol is focused on the following principles:

- Resting the digestive system (Fasting and the mono-diet philosophy)
- Rebalancing the nervous system (Abhyanga, nervine tonics, restful states, fasting)
- Stimulating the lymphatic system (Daily dry brushing, liquid flushing)
- Supporting the liver (Supplementation, hepatic herbs, Virechana, coffee enemas)
- Releasing toxins from the colon (Virechana, Basti, colon cleansing drinks)
- Reducing inflammation (Alkaline foods, colon cleansing, liver detox, rest)
- Supporting the skin microbiome (Abhyanga, dry brushing, aromatherapy, nature therapy)

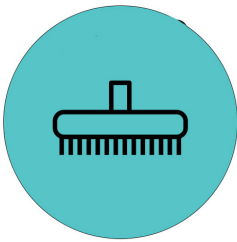
DINACHARYA | THE MORNING ROUTINE

Dinacharya in Sanskrit means daily routine. It can also mean ritual or simply to follow the wisdom of the day. Dinacharya is a foundational piece of Ayurveda and insists on certain self-care and cleansing practices to be honoured every day. Your morning Dinacharya assists with detoxification, pH balance, lymph/blood circulation, supports the nervous system and the skin.



TONGUE SCRAPING

Gently scrape away the toxins that have accumulated on the tongue while you were sleeping with your copper tongue scraper.



DRY BRUSHING WITH AROMATHERAPY

Apply a little Amaveda Detox Aromatherapy roll on to the palm of your hand and wipe the bristles of the brush over your palm. Dry brush your body with quick stimulating strokes in the direction of the heart to stimulate the lymph.



ABHYANGA BODY OILING

Lovingly apply a generous layer of Amaveda Body Oil to the whole body, avoiding the head and allow to absorb naturally over a period of 15-20 minutes.



HOT SHOWER

Rinse off any excess oil still remaining on the skin with hot water, opening the pores, relaxing the body, healing the skin supporting the gut-brain axis.

You should practice tongue scraping as soon as you awaken but dry brushing and body oiling can be done later in the day if you prefer. You decide when is best for you to enjoy these lovely practices. Traditionally dinacharya is a morning ritual, where setting aside time every day for self-care is as beneficial to your wellbeing as the practices themselves.

PERSONALISE YOUR DINACHARYA

Once you have tried the morning Dinacharya, you may want to embellish it with your own morning practices or add in some that you have been wanting to try and know would be good for you. These can be things like; breathing exercises, stretching, journaling, drawing, meditating etc.

TONGUE SCRAPING | JIHWA PRAKSHALANA

Jihwa Prakshalana is the Ayurvedic self-care ritual known as tongue scraping. It is an oral hygiene practise that removes bacteria, food debris, fungi, toxins, and dead cells from the surface of the tongue.

Both Ayurveda and Traditional Chinese Medicine use the tongue to diagnose the level of toxicity in the body. The Ayurvedic system identifies the white substance that sits on top of the tongue as 'ama', or toxicity. In longer detox processes you will surely witness the whitening of the tongue as you move toxins out of the body, especially in the mornings.

If we don't gently scrape away these toxins, they can get reabsorbed by the body. Some dental research indicates that a tongue scraper is more effective at removing toxins and bacteria from the tongue than a toothbrush. Although brushing will loosen and move debris around, it does not actually remove it. Tongue scraping is a fantastic and quick daily practice that eliminates toxins from the tongue and maintains excellent oral health.

Tongue scraping gives us a glimpse into our state of health. A healthy tongue is clear of white or yellow 'fur' or any gunk and should be nice full, clear and pink, but not too red or inflamed.

TONGUE SCRAPING PROCEDURE

Before brushing your teeth, at the bathroom sink, simply drag the copper tongue scraper from the middle/back of the tongue forward so it can remove the toxicity that has accumulated on the tongue overnight. You should not gag and there is no need to use excessive pressure. Rinse the scraper after each pull and repeat 5-10 times or until you feel satisfied.

DRY BRUSHING | GARSHANA

THE SKIN - OUR LARGEST ORGAN

The skin is a complex system of nerves and glands and plays many important roles. First and foremost, our skin is our protective layer, protecting our organs and blood from the outside world. The skin also allows the body to make Vitamin D through exposure to the sun, vital to our wellbeing.

Both the skin and the gut host an inordinate amount of bacteria, fungi, and viruses, all of which we live with daily. Modern science now shows us that the microbes on our skin play a huge role in our overall health as they are in direct connection to the microbes in our gut. Some refer to this as the skin-gut nexus or the skin-gut axis. The relationship between intestinal bacteria and skin health are deeply intertwined. What this means is, in order to fully address your gut health, the skin must also be treated and vice versa.

The skin is the body's largest organ of elimination so logically plays a critical role in supporting detoxification of the body. It is extremely helpful to the detox process if the skin remains clear of toxins and accumulated dead skin cells allowing for the elimination of waste through the pores. The main benefit of dry brushing, however, is not to remove dead skin cells and cleanse the surface of the skin, but to promote the removal of metabolic waste via the lymph nodes within our lymphatic system.

THE LYMPHATIC SYSTEM

The lymphatic system is a crucial yet often overlooked detoxification support system in the body. This intricate network of vessels and nodes is present throughout the body, including the gut, but is predominantly located just beneath the skin. Comprising of lymphatic fluid, lymph nodes (such as those found in the armpit, groin, and neck), lymphatic vessels, and collecting ducts, the lymphatic system facilitates the elimination of metabolic waste from the body.

By transporting lymph fluid throughout the body, the lymphatic system ensures that waste is removed from every cell while also regulating the immune system. However, when the lymphatic system malfunctions, excess fluids can accumulate in tissues, leading to inflammation, which is recognized as a root cause of various diseases. Therefore, it is crucial to maintain a healthy lymphatic system to promote overall well-being and prevent illness.

DRY BRUSHING | LYMPH SUPPORT

As you probably guessed, dry brushing happens with a dry brush and a dry body. No water is involved. Dry brushing can be practised in your underwear, tank, slip dress or with nothing on at all. Dry brushing is always done in the direction of the heart using a swift, repetitive, medium-strength upward stroke. It is best done in the morning as it is stimulating and energising, perfect before a shower. The practice is easy and you can't do it wrong. The process only takes about 5 minutes. After dry brushing, your skin and body should feel invigorated, like a stimulating awakening to the skin, not irritating or painful.

DRY BRUSHING PROCEDURE

1. Start with the legs and begin at the soles of the feet. Again, moving in the direction of the heart, move up the legs towards the groin focussing on the back of the thighs which is generally a trouble area for congested lymph (cellulite).
2. Then move to the arms and begin on the palms of the hands. Still moving in the direction of the heart, stroke down the length of the arm towards the underarm but avoiding the underarm itself or use very light strokes.
3. End with the torso. Move the strokes down the belly from under the breasts to the groin. be gentle here as the skin is more delicate.

DRY BRUSHING BENEFITS

- Cleanses the lymphatic structure
- Aids digestion (through lymph support)
- Supports the immune system (through lymph support)
- Enhances the performance of the nervous system
- Aids digestion (through lymph support)
- Breaks up cellulite
- Eliminates dead skin cells
- Tightens the skin
- Stimulates oil-producing glands preventing drying
- Improves muscle quality
- Stimulates blood circulation
- Reduces water retention
- Bring overall lightness and energy to the body

DRY BRUSHING WITH ESSENTIAL OILS

As a bonus to the dry brushing practice, before brushing your skin you can apply some of the Amaveda Detox Aromatherapy to the dry brush bristles. You do this by first rolling the metal roller over the palm of your hand and then wiping the dry brush bristles over your palm to gently pick up the essential oils onto the bristles. The Amaveda Detox Aromatherapy has been formulated with essential oils that support the skin's microbiome and stimulate and support our lymphatic system.

AROMATHERAPY

Aromatherapy refers to the therapeutic use of essential oils to affect a living organism on a physical, mental, emotional and energetic level.

ESSENTAIL OILS

Essential oils are not essential, nor are they oils; they are the concentrated extracts of plants. They can come from the leaves, petals, stems, barks, nut kernels, stalks, gum, resin, fruits or the roots of plants. Essential oils are obtained through either water or steam distillation, solvent extraction or cold press. They are phenomenal healing tools and are the oldest form of plant medicine in existence.

Essential oils directly influence the brain and the nervous system through either the limbic system of the brain (via the olfactory bulb with inhalation) or transdermally (through application to the skin). They can also be ingested but this is a little controversial and has shown to be the least effective way of using essential oils.

Essential oils are very powerful antioxidants and have antimicrobial, antiviral, anti-fungal, and antiseptic properties. They support the immune system by providing oxygen and nutrients to the cells. They can be described as 'biotic', meaning they strengthen living tissues while destroying harmful bacteria. Essential oils assist in keeping our stress levels and subsequently our nervous system in check.

Aromatherapy is most beneficial with the application of an organic carrier oil containing a small percentage of essential oils applied to the skin. Or, the skin is soaked in a bath containing essential oils diluted in a carrier oil. Their teeny weeny tiny molecular structure allows them to penetrate the skin easily and mix with our fatty tissues, lymph system and bloodstream. This is how they affect the entire human physiology.

AMAVEDA DETOX AROMATHERAPY | ROLL ON

Here are some other supportive ways you can use the roll on throughout the detox retreat and beyond.

- Rubbed between the palms of hands and inhaled with a round of 4-5 deep breaths
- Directly applied to the temples, palms, wrists, third eye, chakras, acupressure or marma points, soles of the feet or armpits
- Roll onto a tissue and insert between pillow and pillowcase
- Roll onto a tissue, handkerchief and tuck into car air vents or any forced-air ventilation
- Apply to fingertip then apply to inner nostrils before a hot steamy shower
- Roll onto a face towel and drop into a hot bath

ABHYANGA - BODY OILING

Abhyanga is the Sanskrit word for the practice of *self-oiling*. Applying oil to the body is an integral part of overall health and well-being systems defined by traditional Ayurvedic texts. The Sanskrit word Snehā means both *oil* and *love*. Ayurvedic texts teach that to anoint the body with oil is to saturate it with the love-of-self. Hello! According to Ayurveda, the body has seven layers of tissues and only pure unrefined oil has the ability to pass through all seven layers entering our bloodstream, our bones and even our bone marrow. It basically becomes part of us.

OIL, HEAT AND DETOX | OLEATION AND SUDATION

The combination of fat (from oil) and heat (generated from friction of massage) is known as Oleation and Sudation and is used throughout all Panchakarma protocols. In the context of detox, the combination of heat from oils and fats agitate, lubricate and loosen the tissues which helps to release the toxins from their tight grip inside our body. In a panchakarma program the skin is repeatedly lubricated with hot oil just as the intestines are lubricated with good fats and gelatinous, unctuous warm drinks and foods.

THE SKIN MICROBIOME

As mentioned, the skin, like our intestines, is populated with billions of microorganisms. This is sometimes called skin flora or the skin microbiome. The skin's microbiome is important to protect as it is in direct communication with the other microbes inside our body including our gut and our brain.

Using products on our skin that contain chemical fragrances, foaming agents or antimicrobial compounds like sanitising soaps can be incredibly disruptive to this delicate and important community of microbes. Practices like Abhyanga with 100% pure unadulterated plant oils on the other hand is extremely supportive to our skin's microbiome. This in turn means that it is a practice that supports full-body wellbeing.

Isn't it amazing that thousands of years before the discovery of the human genome or the microbiome, Ayurvedic texts taught about longevity through oiling the skin?

“The body of one who uses oil massage regularly does not become affected much even if subjected to injury or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age.” - Charaka Samhita Vol. 1, V: 88-89, 6th century BCE

ABHYANGA SET UP

You will want to set up your Abhyanga space for a warm, comfortable, private little self-massage session. Lay out your Abhyanga towel or sarong (that you don't mind getting stained with oil) and have your oil bottle close by.

You may choose to warm the oil slightly (nice!) by soaking the closed bottle in a mug of very hot/recently boiled water or running it under a hot tap.

If you are lucky enough to do your Abhyanga treatment in the warm sun, this is ideal as the sun's healing rays drive the oil into the skin. The ultimate sudation with your oleation.

ABHYANGA PROCEDURE

APPLY LIBERALLY

Apply the oil liberally to the entire body, excluding the head. You want to soak the skin with oil. Think double or even triple the amount you would apply at the beach. It's best to start with arms and legs and end at your middle section. Abhyanga is a PLEASURABLE experience: so don't rush! Apply the warm oil with long, loving strokes. Circle around the joints a few extra times to make sure they get a nice amount of oil.

SOAK IT UP

Now wrap up in your designated Abhyanga towel or just rest for a minimum of 15-20 minutes while the oil absorbs into your skin. You can double up and use this time to do a short morning meditation or some pranayama breathing. The idea is to allow the oil to absorb into your skin, that's it.

ABDOMINAL MASSAGE

To support your colon, you could add in a little abdominal massage. You can go quite deep here, as your strokes will help stimulate the large intestine. Remember to always follow the natural elimination route by massaging clockwise around the abdomen. This means starting at the top, just under the breastbone moving down to the left, across the lower abdomen and up along the right side forming a circle.

HOT SHOWER

After 15-20 minutes, or once you feel the majority of the oil has been absorbed, take a nice hot (more sudation) shower. You really do not need soap, as the heat + oil will wash and melt everything away, including dirt and any harmful bacteria.

NERVOUS SYSTEM RELIEF

Rituals like Abhyanga are soothing to our nervous system which in turn signals to the brain that we are in a period of restoration and regeneration. These practices allow us to bring the parasympathetic nervous system online, allowing important repair work happens. So above and beyond the benefits of oiling the body, a soothing, loving abhyanga practice also has the deeper benefits of promoting cellular regeneration.

It is counter-productive to massage yourself with negative body image thoughts and feelings. The subtle body is 'listening' to your shame or disapproval. On the contrary, when we take the time to incorporate a loving, healing touch towards our own bodies, we are sending our bodies the subtle message of love (Sneha) and kindness (Metta) which promotes healing to every cell.

BETTER BELIEVE IT

The mind loves to find evidence of what you believe to be true, right or wrong, true or false, you will find it. This is called confirmation bias. Believe all politicians are criminals? Turn on the news and you'll find your evidence. Believe life is a beautiful masterpiece? Walk the streets and you see art everywhere.

One thing we know through neurosciences is that your neurological body does not know the difference between an actual experience in your life that creates an emotion, and an emotion that you can create by thought alone. A perceived threat acts just like a real threat in the biology of the body, A perceived pleasure acts just like a real pleasure.

Stress, whether perceived or real, activates the secretion of cortisol and other stress hormones. These hormones in excess down-regulate gene expression and can cause our cells to lose integrity. Yet the reverse is also true. The release of 'happy hormones' like endorphins, dopamine and serotonin can upregulate gene expression, which boosts cellular integrity. Remember, the experience can be either PERCEIVED OR REAL. So you might as well send loving, positive messages to your body.

This nugget of neuroscience brilliance translates into every single facet of self-healing. We must be working in partnership with the operating system already installed, shifting our confirmation bias to *I am well. I love and respect my body. I heal from any imbalance.*

Feel good now, find evidence of it, repeat. Sometimes easier said than done, but this is the ultimate energetic practice for obtaining high states of well-being.

BASTI | ENEMA THERAPIES

If you have never self-administered an enema, you are in for a real treat! Therapeutic enemas (known as Basti or Vasti in Sanskrit) are foundational to Ayurvedic healing and are used to treat the entire body as well as the mind with a recorded usage of almost 5000 years. In 400 B.C. Hippocrates, the father of modern medicine, recorded using enemas for fever therapy. During the middle ages, enema popularity continued to grow and they became a stylish practice of the wealthy and even royalty. During the detox program, you will have plenty of opportunities to get comfortable with this wonderful self-care treatment.

CONTRAINDICATIONS

If you suffer from haemorrhoids, enemas can be uncomfortable or painful and can agitate the haemorrhoids. It is not recommended that you do enemas if you have haemorrhoids. If you suffer from rectal or colon prolapse, enemas are contraindicated and to be avoided. Otherwise, enemas are safe and beneficial.

WATER ENEMA VS. RETENTION ENEMA

There are two types of enemas that you will benefit from during your detox program. They differ in both intention and method. These are the water enema (sometimes called a high enema) and the retention enema (sometimes called medicated enemas).

THE WATER ENEMA

The centuries-old practice of water enema is intended to cleanse the lower bowels by promoting the elimination of impacted faecal matter and toxic waste that can accumulate in the colon. This, in turn, reduces the amount of toxins that can seep into the bloodstream. Warm water is used to irrigate the last meter of the colon, which is where most of the waste and toxins accumulate. You may be surprised and amazed at what you are carrying around with you every day inside your body. It's time to go!

The benefits of water enema include relief from pain and constipation, which can lead to improved mood and renewed energy. This practice is particularly useful if you are feeling drained or low. Water enemas are sometimes referred to as 'high enemas' because the water source should be elevated to allow gravity to work in your favour and add force to the water flow.

WATER ENEMA BENEFITS

1. PAIN RELIEF

Up until about 20 years ago, water enemas were standard practice in hospitals prior to most surgical procedures because of their ability to instantly and dramatically reduce pain in the body, often ceasing the need for medical intervention altogether.

2. CONSTIPATION RELIEF

Constipation is extremely common, but not a condition to take lightly as it has serious long-term health implications. Although constipation must be remedied through diet and lifestyle, a self-administered water enema is a quick solution for immediate, albeit temporary relief to a very uncomfortable state.

3. IMMEDIATE ENERGY BOOST

Residue faecal matter residing in the lower colon will leach into the bloodstream causing low energy, pain and a depressive state. As soon as this toxic waste has been flushed away, there is an immediate resurgence of energy to the body. Yipee!

THE RETENTION ENEMA

The goal of the retention enema isn't to clean out the lower colon, like the water enema, but to encourage the body to absorb the liquid solution inside the enema bag by retaining it in the lower colon for long enough that it passes through the colon membrane and into the bloodstream.

Retention enemas are used to introduce medicinal solutions into the bloodstream via the colon, bypassing the entire digestive system.

The membrane of the colon is the most permeable surface in our body. Any solution retained in the colon for long enough will be absorbed into our bloodstream; It takes a minimum of 12-15 minutes for this process to happen. If the liquid is not retained in the colon for this amount of time, the retention enema is of little use and must be attempted again until the liquid is retained for a minimum of 12-15 minutes. Instruction on the retention enemas you will practice to follow. This section is simply to highlight the two different types of enemas.

THE WATER ENEMA - CLEANING OUT

SET UP THE SPACE

Before filling the bag with warm water make sure your space is set up. First, find a place to hang your enema bag. The most logical place is on the showerhead, but the shower curtain rod can also work, the higher the better but make sure the end of the hose can reach you while lying on the floor. You may need to get inventive, a clothes hanger can assist in hanging it over a door or towel rack.

It is often easiest to give yourself the enema lying on the bathroom floor either beside the shower, in the bathtub or really wherever is most comfortable where you can hang the enema bag so that the hose can reach you on the floor, and you have quick access to the toilet. You may want to lay a towel down on the floor or bath to lie on. If it's cold, maybe an extra towel to cover up with although you won't be on the floor for long.

PREPARE WARM WATER

If you have filtered water, this is ideal. The colon has an extremely permeable membrane so use the best quality water you have access to. If you only have tap water, this is also fine.

You want to fill the enema bag with warm water. **NOT BOILING WATER. OUCH!** Think 'baby-bottle' warm. Do not pour boiling water directly into the bag in case you spill some and burn yourself. Once your water has boiled, add cold water to the kettle to create warm water before filling your enema bag with warm water. Or, just fill the bag with warm water running from the tap.

IT'S ENEMA TIME

REMOVE THE BLUE CAP, JUST LIKE A PEN CAP

Do not insert the tip with the cap on. Please. You should be able to see the tiny hole at the end of the tip as well as a tiny hole on the side of the hose near the tip for a little shower effect.

GET CONTROL OF THE ON/OFF VALVE

You will need to be able to turn the flow of water on and off. This is important. Test you can start and stop the water flow by pinching and un-pinching the on/off valve that comes attached to the hose.

FLOW THE WATER BEFORE INSERTING

To avoid inserting air, before inserting the tip, allow the water to run from the bag down the hose and out the spout. Then turn the valve off. The entire hose should be filled with water before you begin.

FIND YOUR POSITION

Get yourself into position on the floor on all fours, on your back or lying on your side. You might need to experiment to see what is most comfortable for you but generally being on all fours is the easiest position. Make sure you can reach and operate the on/off valve with both hands (or at least one hand). During the enema you will need to be able to turn the water flow on and off without removing the hose.

A LITTLE LUBE

Use some Amaveda Abhyanga body oil to lubricate the tip for easier insertion. Relax and gently insert the tiny little catheter into the rectum, You only need to insert it **TWO OR THREE INCHES ONLY. THAT'S IT.** You can then open the valve and let the water flow in. If you feel discomfort or fullness, you may need to stop and start the water flow by turning the valve on and off. You may feel a little crampy; usually, a few deep breaths will help this pass. You can easily stop the water flow at any time.

LET IT GO

If you need to evacuate, go for it, no need to wait or squeeze. Just close the valve, remove the hose and jump over to the toilet. It may happen after just a few seconds, or it might take a few minutes for your body to want to evacuate the water. Your body will tell you, don't worry.

If you can only get a little bit of water in before you need an evacuation, no problem. Continue to go back into position until the entire bag is used up. You do not need to hold the water inside the colon or get it all in at once. The idea is simply to clean, so when you need to evacuate, let it go and say bye bye!

WATER ENEMA TIPS

- Sometimes (rarely) it can take what feels like ages for the water to evacuate. The toilet is the best place to wait. If no water comes out this means the colon is congested and dehydrated and has absorbed all the water. If this happens, try another water enema either immediately or soon after until you get some evacuation happening.
- Your ideal water enema is complete when you are eliminating clear water, so if your water is still coming out 'dirty' after one full bag you may choose to go for a second full round. Or, you may feel one is enough for one day.
- Once you get comfortable with the whole procedure, you will find it takes no time from start to finish. You will be amazed at just how quickly and easily you can transform the energy of the body with a simple water enema.

THE RETENTION ENEMA | HOLDING IN

THE COFFEE ENEMA

The medicated liquid you will be using for your retention enema is an organic green coffee solution. So instead of cleaning the colon with water, this is a practice to support liver detoxification. We use a coffee solution for the retention enema because caffeine stimulates the production of glutathione S-transferase (GST) in the liver. GST is said to be the 'master detoxifier' in the body. Dr Max Gerson was the pioneer in researching the science of using the components of coffee for healing the body. He reported that coffee enemas reduced toxicity in the body by 700%. The caffeine in coffee has been shown to dilate the bile ducts which increases the production and flow of bile. This is important because bile helps to break up fats into fatty acids that the body can absorb. Optimal bile flow from the liver is critical to our health.

ADDITIONAL BENEFITS OF COFFEE ENEMAS

- Boosts energy levels and can dramatically improve mental clarity and mood
- Helps eliminate parasites and candida
- Coffee enemas not only aid the liver to detoxify but also in repairing any tissue damage
- Coffee enemas can ease chronic pain in the body as well as ease 'die-off' discomfort during a detox regimen

COFFEE ENEMA PROCEDURE

12-15 MINUTES RETENTION TIME

The coffee enema is different from the water enema because it is a retention enema. Our aim is to get the coffee solution retained inside the lower colon for a minimum of 12-15 minutes so it can pass through the colon membrane and into the bloodstream to reach the liver.

SAME SETUP

The bathroom set-up is the same as with the water enema. You may need to warm the coffee enema solution by running the bottle under hot water.

500 ML IS MORE THAN ENOUGH FOR ONE ENEMA

Fill your enema bag with all of the liquid, which will give you enough for two separate coffee enemas. Only insert half the liquid at a time, which is 500 ml for one complete coffee enema. The quantity of liquid being retained is less important than the time retained so you may choose to use less than 500 ml for your enema if that is easier for you to hold.

REST LEFT AND WAIT

Once you have administered 500ml (or less) of warm coffee solution, it is recommended to lay on your LEFT side in the fetal position (allowing the solution to absorb closest to the liver) but chose which ever side is most comfortable for you. Watch the clock/phone for retention time. Relax.

DON'T FORCE IT

It is quite possible you may not be able to retain the liquid for a full 12-15 minutes. If you gotta let it out, remove the hose and jump to the toilet. Don't force it. Never mind, you can try again with the second half.

ONE DONE, GO FOR TWO!

Once you reach the 12-15-minute mark, your treatment is complete and you can now move to the toilet to eliminate any unabsorbed solution. Don't worry if it takes you some time to eliminate, your body will know what to do. You could then choose to go for the second treatment using the last half of the solution, giving yourself a fantastic double treatment!

COFFEE ENEMA TIPS

- To improve your chances of being able to retain the coffee solution, it is very helpful to prepare with a quick water enema. This will alleviate the issue of a quick evacuation if the colon is congested.
- For some, it is much easier to retain 300-350ml of the coffee solution than the full 500ml. Since it is better to retain 300 ml for 15 minutes that 500 ml for less than 15 minutes, if you are having trouble retaining for the full time, try a smaller amount.
- One way to help retain the liquid is to only allow a little liquid in at a time, opening and closing the valve several times allowing your body to rest in between.
- Caffeine in the bloodstream can have a stimulating effect so to be safe, don't administer the coffee enema too late in the afternoon, certainly no later than you would have a caffeinated drink. Earlier in the day is generally best.

BASTI IN AYURVEDA - ENEMA TREATMENTS

For our purposes, we are using green coffee for our medicated enemas but medicated enema solutions are widely varied in Ayurvedic medicine. Since the idea of medicated enemas is to bypass the digestive system for a more direct and almost immediate route to the bloodstream, there are almost limitless alternatives for the liquid medication. Other types of enemas used in Ayurvedic Basti treatments are medicated ghee, herbal oil infusions, aloe vera juice, garlic, herbal extracts and herbal infusions. Some more modern health hackers use spirulina, mineral salts, probiotics etc. Medicated enemas should be prepared by an experienced practitioner.

VIRECHANA | THE COLON PURGE

Virechana is one of the five purification methods used in Panchakarma detox. Virechana is for the purification of the alimentary system by induced purgation (toilet time!). This is a wonderful and powerful way of clearing stagnation in the colon. Your Virechana purge day should be treated as a special day and is a day of quiet and rest.

CASTOR OIL

Castor oil usage dates back to the time of the Ancient Greeks and is a common home remedy for constipation and colon cleansing. Ingesting castor oil works by stimulating the walls of the large and small intestines, which helps promote the movement of the impacted stool as well as hindering the absorption of moisture by the intestines (keeps faecal matter from becoming dry). In other words, Castor oil will glide through and lubricate your bowels without absorbing any moisture from the walls of your intestines, removing and cleaning out existing faecal matter in the process. This is a quick and powerful way to empty and detox the colon.

THE VIRECHANA PURGE: DIRECTIONS

After you drink the castor oil dosage, you must go directly back to bed. This is essential. If you get up and move around too much, it will delay the process for hours and not have the desired effect. You **MUST** go back to bed and relax immediately after you drink the castor oil. **PLEASE DO NOT GET UP AND MOVE AROUND.**

Try not to drink anything after you drink the castor oil, just rest. Once the purge has begun, you must drink a glass of water after every evacuation. Drink only warm water or gentle herbal tea until late afternoon.

THE VIRECHANA PURGE: WHAT TO EXPECT

Even though you may think it will be hard to go back to bed after a full night's sleep, it is not. Your body is now consumed with the digestion of the oil and it generally feels very natural to lie down and allow the oil to move through the body.

The objective for the purge day is 4-7 bowel movements, but everyone is different. Count them for your records. The evacuations should start approx. 1-3 hours after ingesting the castor oil and stop after around 4-6 hours. But it may be different for you. It can take as long as 6 hours for the first evacuation for some so be patient and please don't move around too much until you're finished.

It is not unusual to experience some bouts of nausea and mild cramping throughout the purge. This does not happen for everyone or every time. A hot water bottle on the tummy as you rest can feel very soothing. If you do feel any discomfort, know it will pass and you will feel light and clear after the purge.

THE VIRECHANA PURGE: TIPS AND ADVICE

Most people enjoy periods of deep sleep during the purge day. This is always welcome and truly healing. But you do not have to sleep, in fact, it is *recommended not to sleep* simply because sleeping may prevent you from acting upon the urge to evacuate - which could get messy. If you feel like falling asleep, do, but be aware you may need to wake up and go quickly to the toilet.

If you think you might need to pass gas (AKA fart), don't assume it will be only air today. Yay! I suggest you pass gas on the toilet on purge day, just in case. Don't squeeze, don't wait, go!

As mentioned the castor oil will not be absorbed by the colon, meaning, you will see it come out. Do not be alarmed if you see an oily substance in the toilet, especially towards the end of the purge. You may also be experiencing watery evacuation throughout or at the end of the purge, this is fine and normal. You may also see some mucous, which can get stagnant in the lower colon, its exit is most welcome.

Beware of the 'false ending'. Even though by late afternoon you may have already eaten a few times and feel your energy back and clear, it is highly possible you will have another final sneaky evacuation so don't go too far from a bathroom or get distracted and lose the focus of the day.

Some people are up and about soon after the purge is over by the early afternoon. Some people feel the need to stay in bed and keep to themselves for the entire day and evening, enjoying the deep rest and quiet. Please trust whatever it is that feels natural and right for you.

The Virechana purge can on occasion be a beautiful, deeply cathartic healing experience, way beyond what emptying the colon might suggest. Since the physical body and the energetic body can not be separated, stay open to a day of deep release and peace.

FASTING

Fasting is an effective and safe method of detoxifying the body. There are hundreds of scientific and independent studies on the practice of fasting as a way of healing the body and as a way to fight off illness and other degenerative diseases. It is also one of the oldest healing modalities on earth.

RESTING DIGESTION

Eating requires a lot from our bodies, the entire process of digestion from start to finish is extremely detailed including various organs, thousands of processes and responses. Fasting provides a period of physiological rest during which time the body can devote all self-healing mechanisms to repairing and strengthening biological functions and damaged organs. Our bodies need energy to function and we make this energy from the foods we eat. When we deprive our body of its main fuel source, it must find a way to make energy. Fortunately, our bodies have plenty of internal energy stores, our fat. Boosting fat metabolism during a detox process is a primary goal since we use our fat to store non-water-soluble toxins

AMAVEDA FUNCTIONAL FASTING

During the program, you will practice a more gentle and supportive type of fasting called functional fasting, something that I have developed over years of practice. Functional fasting involves primarily drinking liquids made from functional ingredients. Functional ingredients are high in bioactive compounds which outperform other foods.

The functional fast is comprised of less cold-pressed green juice than conventional detox fasting menus and includes more warm soups, tonics and teas. Amaveda functional fasting is designed to soothe and heal the intestinal mucosal lining as well as promote fat metabolism and cellular repair.

TIPS FOR A SUCCESSFUL FAST

KEEP DRINKING

Physically, your body is expecting food. It is neurologically addicted to eating and so it sends 'hunger' messages to the brain. You can quickly divert these messages by simply drinking more liquids and changing your focus. You should ideally be drinking something every 30-40 minutes. You should also be urinating frequently, 10-15 times a day at least.

DRINK IN ANY ORDER

The order in which you consume the different types of liquids is of little relevance. It is best to follow your cravings and desire for each specific taste.

ROOM TEMPERATURE IS BEST

It is best not to drink any cold or ice-cold liquids unless you are extremely hot and you need your liquids to help cool you down. In fact, Ayurveda recommends that all your liquids are room temperature to prevent extinguishing your precious digestive fire.

FASTING TROUBLESHOOTING

Rarely do clients complain of hunger. More often I am asked why they are not hungry or how shocked they are at how easy the fasting days are. Occasionally they do not even want to return to food. You can expect this to be easy and pleasurable. If you do experience hunger, however, here are some tips:

MOVE

Although this may seem counter-intuitive, engaging in physical activity will often eliminate the hunger response as well as alleviate the negative emotions of hunger. Long bursts of cardiovascular exercise are not necessary. More appropriate are short bursts of energetic movement like a fast-paced 15-minute walk, doing some jumping jacks, a little boogie to some music or going for a swim.

NAP

You can't be hungry or grumpy if you are sleeping. Give yourself permission to nap, this can quickly move you beyond focusing on the hunger sensation. It also allows the body to move deeper into states of repair.

THE CHEW CHEAT

Sometimes when fasting on liquids, we crave the primal urge to masticate (the chewing action). Chewing releases digestive enzymes that will calm the hunger messages coming from the brain. If you need something hard to chew on, just ask.

NON REACTIVE

On an emotional level, not eating can bring up many psychological responses. The most common emotional responses are anger, loneliness and sadness. This is not surprising since we so often eat to satiate these uncomfortable feelings. The most important thing here is to just observe, not react. You do not need to fix or change anything in your life or present circumstances, just observe, and let it pass.

ENERGY SURGE

Sometimes during a fast, you may feel large surges of energy which is usually very welcome! You might be inspired to do some exercise, some 'brain-work' or feel creatively inspired. These surges are extremely useful when channelled into something productive. If you do have an energy surge, try not to waste this precious moment with manic behaviour.

FEELING STUCK

It is to be expected that your regular digestion process will be disrupted. If you are very 'regular' at going to the toilet, you will notice that this has changed. In fact, whatever your transit time is usually, or how well or quickly you metabolise your food, things will have slowed down. And this is completely fine and will stabilise with time. It makes sense that while you have very little to digest you have less to eliminate. You can give yourself a quick water enema anytime to move things along, but know that all will return to normal, or better than normal in due course.

SLEEP DISRUPTION

Fasting can sometimes disrupt sleep patterns. This is normal and not a problem except that it can be upsetting when you are trying to do something and it's not working, like sleeping. This is generally caused by a reserve of energy and your body may not want to shut down. You may find relief in just getting up, going to look at the stars, doing some journaling or using the time in a positive way. The sleep patterns will recalibrate once the fasting period is over and normal eating is reestablished.

CHANGE THE FOCUS

Where your attention goes, energy flows, so move away from the topic. Don't complain about it or try to engage others in a negative conversation around hunger. Move your physical and mental attention to positive images, experiences, stories, art, music, nature, loved ones, anything that raises your vibration.

BREAKING THE FAST

You can break your fast at anytime so if you are suffering or worried, please come and speak to me and we will find the perfect break to you fast.

SECONDARY NUTRITION

"Diet is defined through Ayurveda is something you take in from any field of perception, from any mode of intellect. What this simply means, is that when you are looking at your food, you are looking at 1/5th of your diet. You take in what you touch, what you smell what you feel, what you hear and what you think. Everything that goes in becomes a part of your nutrition."-Dr Robert E. Svoboda

DETOX SYMPTOMS

If you feel any detox symptoms such as a headache or low mood there is no need to remedy this. Simply drink more water and rest. Almost everything experienced throughout the detox process happens in phases and none of it is long-lasting. Listen to your body's desire to sleep and nap throughout the fast as much as you can. In fact, experiencing any physical detox symptoms is a good sign that things are moving and generally an indication of great rewards to come.

EVENING DINACHARYA | RITUAL

Your evening dinacharya is a series of actions that encourage your body and mind to shut down in preparation for restorative sleep. Your evening dinacharya creates the liminal space between waking and sleeping, traversed with soft and gentle actions.

Ritual is about creating a sequence of activities that are carried out consciously, peacefully and intentionally. An evening ritual can be as easy as a 5-minute breathing practice, abhyanga oiling, a short journal entry or a loving foot massage. You can add anything you like to your evening ritual to make it your own.

SLEEP MANTRA | 21 TIMES IN SILENCE

I now drift into deep, restorative sleep. I release the day behind me knowing tomorrow will take care of itself.

FOOT MASSAGE (PADABHYANGA)

Foot massage with oil in Ayurveda is known as Padabhyanga and is a beautiful self-care practice, easily incorporated into your evening routine. There are over 7000 nerve endings in each of your feet, all of which are very grateful for some end-of-the-day attention.

Stimulating the energy zones or pressure points on the feet improves circulation and lymph flow. It has also been shown to induce better sleep. This is ultimately a mindfulness practice, giving you a chance to connect to your incredible body as you unwind and retire.

1. Give your feet a quick wash with some warm soapy water or a hot washcloth
2. Use a small amount of Abhyanga body oil or any unrefined oil or natural lotion 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. Just play and experiment until you find a nice rhythm that feels good
6. If you find a sore spot, spend some time there applying pressure and breathing into it
7. When you are finished, cover your feet with socks to avoid getting oil in your bed or slipping
8. Take as little as 2-3 minutes per foot, working up to a delicious 10 minutes per foot. Your whole body will feel it!

THE VAGUS NERVE

As mentioned several times in the program, we want to constantly be promoting deep states of relaxation and we do this by activating the parasympathetic nervous system of which the vagus nerve is a vital component.

The vagus nerve originates in the brainstem and travels through the neck, chest, and abdomen. The vagus nerve is responsible for many critical functions, including heart rate regulation, digestion, and breathing.

It has also been found to be effective in reducing inflammation and anxiety and improving immune function.

The vagus nerve is connected to your vocal cords and the muscles at the back of your throat and can be activated by vibration. Intentional breathing, singing, chanting, gargling and humming are ways we can activate the vagus nerve in the thorax area.

BREATHING

The most profound of all detox practices is simply breathing. Life-giving oxygen in, waste-product carbon dioxide out. Incorporating breathing exercises into your evening dinacharya (or anytime) is extremely helpful in lowering your brain waves, activating your vagus nerve and nourishing your cells.

BUMBLEBEE BREATH (BHRAMARI PRANAYAMA)

Bumblebee breathing is a lovely practice for stimulating the vagus nerve and signalling our parasympathetic nervous system to switch on. I love this practice because it instantly transports me to a state of relaxation and is very quick and easy to do, although best done in private.

1. Sitting up in bed, place your thumbs over your ears, gently pressing in. Then press your first three fingers over your eyes, gently pressing in. This creates a type of sensory deprivation.
2. Take a deep breath in. Then, on your exhale with the mouth closed, make the sound of the letter M, like making a humming bumblebee sound, "mmmmm". Use a long slow exhalation for each mmmm, staying with an even tone throughout.
3. Sustain this just until you need to inhale. Repeat by inhaling through the nose and again humming mmmm like a bumblebee as you exhale. Repeat for 10 breaths or more.

Play between higher and deeper tones of your M sound. Lower tones will be more relaxing and higher tones more stimulating.

COHERENT BREATHING

1. Before you start, check in with your body and see how you feel
2. Lie down and close your eyes
3. **Gently breathe in through your nose for a count of 6 seconds.**
4. **Exhale for 6 seconds, allowing your breath to leave your body slowly and gently without forcing it. Mentally focus on the slow, natural, gentle exhale**
5. Continue for up to 10 minutes
6. Take a few minutes now to be still and focus on how your body feels

BOX BREATHING (SQUARE BREATHING)

1. Lie down and close your eyes
2. Place one hand over your belly and one hand over your chest
3. **Inhale through the nose for a count of 4**
4. **Hold your breath at the top for a count of 4**
5. Intentionally relax your whole body during the 4-second hold at the top
6. **Exhale through the nose for a count of 4**
7. **Hold your breath at the bottom for a count of 4**
8. Intentionally relax your whole body during the 4-second hold at the bottom
9. Repeat for 10 rounds or until you choose to stop

You may choose to visualise a box or a square with the count of 4 running along each side. If the count of 4 is challenging, start with 2 or 3. If the count of 4 is too easy, move up to a count of 5 or 6.

4-7-8 BREATHING

1. **Inhale through the nose for a count of 4**
2. **Hold your breath at the top for a count of 7**
3. **Exhale through your mouth, making a "who" sound for a count of 8**
4. Repeat for 10 rounds or until you choose to stop

Once practised, this breathing exercise is nice to do in bed, however until you become used to it, it is nice to practice while walking slowly through nature.

COMPLIMENTARY DETOX PRACTICES

NAPPING

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.

HOW TO NAP

Decide your desired nap time, add in your guestimated time to fall asleep (usually 5 minutes will do it) and set a timer.

- 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.
- Once your nap is over, get straight up and drink a full glass of water.
- 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.

20-25 MINUTES

Known as the 'power nap' this is the most effective nap duration for rebooting the brain and is extremely revitalising.

45 MINUTES

This allows for deeper cellular restoration.

90 MINUTES

This lets you reach all three stages of sleep but is the maximum time for a nap.

NOBLE SILENCE

There is great nobility in being silent. In general, we are bombarded with unnecessary noise and live with high levels of noise pollution. Please feel free to indulge yourself with the endlessly-rich gift of silence throughout your retreat. When we are not speaking or chatting or listening, we allow our brain waves to lower down from high Beta to low Beta and eventually into Alpha and Theta, where radical healing can occur. Being quiet is a healing practice.

THE EMOTIONAL DETOX

THE ISSUES ARE IN THE TISSUES

As we release physical toxicity from the body, it's not uncommon for an emotional release to occur simultaneously. An emotional detox involves releasing feelings and emotions that correspond to the energetics of the areas in the body being cleansed. Mood swings, depression, and feelings of grumpiness, anger, or irritability are common emotions experienced during a physical detox. Toxic attitudes and unresolved past issues may also surface. These emotions can be intense but are temporary and usually do not last long. It's important to be kind to yourself and practice compassion during this process. Emotional detox is a natural and necessary part of the healing journey, and embracing it can lead to deeper levels of physical and emotional well-being.

THE BODY ELECTRIC

An emotional detox occurs because the emotional body and physical body cannot be separated. In Traditional Chinese Medicine, each organ is associated with specific emotions, both positive and negative. As we activate and cleanse each area, we may witness the expression of these emotions:

LIVER - Anger and frustration | kindness and generosity

KIDNEYS - Fear | gentleness and tranquillity

LUNGS - Grief and sadness | courage

SPLEEN/STOMACH - Worry and anxiety | trust and openness

You are also more sensitive during a detox. Not in a weakened way, but in a heightened way. When you are not eating heavy, grounding foods, you are energetically more thin and light. This means our emotions, held deep in our tissues, can be felt more.

THE EMOTIONAL DETOX TIPS

If you do have this experience, please know that an emotional detox can bring positive transformation. Just as you are lightening the load of your physical body, you are also freeing up your emotional body of toxic energetics and negative emotional baggage.

It is important to know that if you experience any of these emotions (you may not) there is nothing wrong, nothing to be fixed and nothing that needs to be 'done'. Exactly like experiencing physical detox symptoms, it is a good sign that things are moving and the process is working.

The only thing to know is that when stuff comes up, observe without attachment, be mindful not to project these feelings onto other people and simply through loving observation, you move through them and release them. If you can “step outside” yourself for a minute and observe them from a higher vantage point, you will detach yourself from them, and, in a sense, set them free.

Intentional breathing is an incredibly powerful way of moving the emotional body into a more harmonious state of resonance. Find a space outside where there is an abundance of oxygen and try some of the breathing practices mentioned in this booklet.

POST DETOX

All of the post-detox information can be found in the online resource area. It is extremely important that you follow the guidelines to reap the rewards of all your effort and hard work.

CONCLUSION

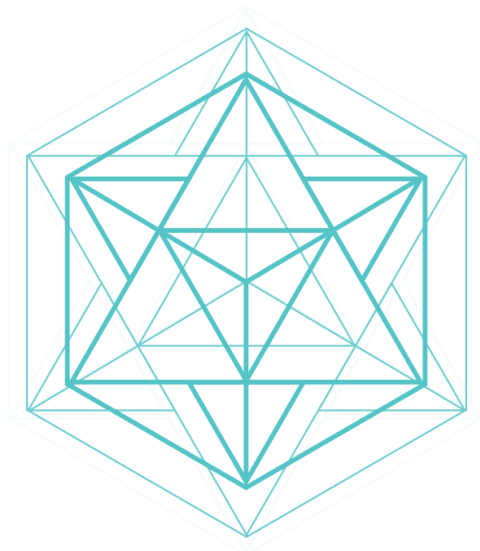
As you follow the post-detox diet recommendations, the benefits of the program will continue to reveal themselves to you over the upcoming days, weeks and beyond.

You should be incredibly proud of yourself for taking on this personal challenge. Take in the magnitude of your dedication to your physical and emotional health, and to all of humanity, as we are all connected. Congratulations to you and give yourself a high five!









Δ M Δ V E D Δ