



# AUTUMN TO WINTER AYURVEDIC CLEANSE

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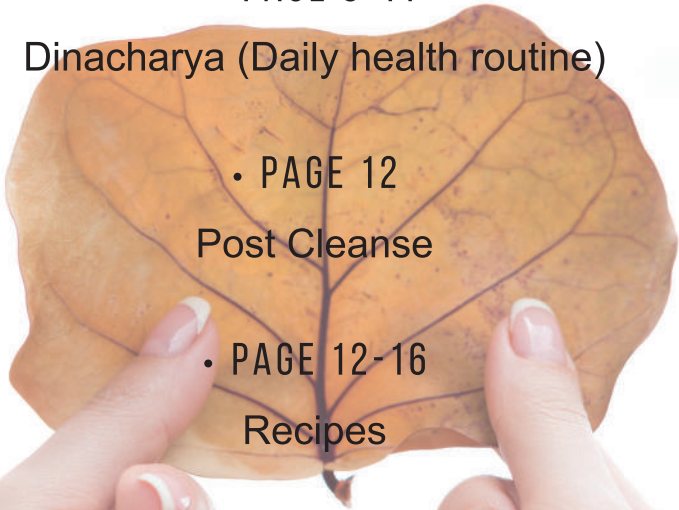
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# HEY THERE IM AIMEE

Founder of Wildish Wellness

My goal as a Health Coach is not only to simplify health and wellness for you but to also empower you with knowledge of your individual wellness needs.

I do this by using the ancient science of Ayurveda , teaching you of your individual constitution, Body awareness, your unique Nutritional needs, Body therapies and your Mind/Body connection.

Please feel free to visit my website for a full list of offerings.

[www.wildishlifestyle.com](http://www.wildishlifestyle.com)



# AUTUMN TO WINTER

I have created a few guidelines for you to implement a 4 day Ayurvedic Autumn to Winter cleanse from home.

Ayurveda believes in two seasonal cleanses a year to help your body release Ama (toxins) and optimize your detoxification pathways.

The two cleanses are traditionally held over seasonal changes namely Autumn to Winter and Spring into Summer.

Taking the time to do these cleanses helps the body get rid of Ama (Toxins) accumulated in the previous season and prepare it for the Season ahead.

Ayurveda sees toxins as anything that enters the Body or Mind that is not in harmony with your natural state of being so we will be detoxifying both Body and Mind in this 4 day Autumn to Winter cleanse.

This process will require some preparation so be sure to read through it all, take a deep breath and schedule some prep time first, then set out time for the 4 day cleanse itself. Ideally a 4 day period when you won't have any major events or social engagements, take a day or two off work if you can.

**Your Autumn/Winter cleanse will include the following:**

- 1- Easy to digest meals,
- 2- Mindful eating,
- 3- Medicinal Drinks,
- 4- Dinacharya (Daily health routine),
- 5- Nature walks/Journaling/Meditation/Yoga.
- 6- Post Cleanse.

## WHAT WILL YOUR 4 DAYS LOOK LIKE ?

### When waking

- Drink warm lemon water.
- Dinacharya (Daily health routine).
- Optional Nature walks/Journaling/Meditation/Yoga.

### Morning

- Eat breakfast: Stewed fruit / Steamed or sautéed veg.
- Practice mindful eating.
- Read/Journal/Meditate.
- Drink tea as desired.

### Afternoon

- Eat a large lunch: Kitchari.
- Practice mindful eating.
- Drink tea as desired.
- Avoid snacking. Instead, sip warm water throughout the day.
- Sauna if possible.

### Evening

- Light dinner: Stew / Light vegetable soups
- Give yourself 2–3 hours before bedtime to digest this meal.
- Yoga/Nature walk.
- Zero screen time.
- Go to bed early enough to get 8 hours of sleep.

## LET US DIVE A LITTLE DEEPER:

### 1- Easy to digest meals,

You will be Simplifying your diet to help your body digest and release accumulated toxins. Our bodies see digestion as a priority over recovery so by giving your body a digestion break it can direct it's energy towards rejuvenation.

Vegetables are generally easier to digest and are more detoxifying than those that come from animals so this cleanse will be focused on the plant kingdom, include 3 meals a day and have NO snacking between meals.

Lunch will be your biggest meal and dinner your lightest, this will allow your body to process food before bedtime.

Foods that you should avoid during this seasonal cleanse are:

- Animal and dairy products (Ghee is fine in small amounts)
- Refined sugar and flour
- Canned, leftover, processed, and microwaved foods
- Cold and raw foods
- Fried foods
- Alcohol
- Caffeine
- Chocolate

Recipe ideas for each meal are found at the end of this booklet.





## 2- Mindful eating,

In Ayurveda, how you eat is just as important as what you eat. Your stress and activity levels while eating affect how your body absorbs and digests food.

Mindful eating is the practice of focusing all your intention in the moment of food consumption. You create a relaxed environment for yourself to fully enjoy your food and absorb all the nutrients it has to offer you.

Start by taking a few breaths before you eat to release any tension built up in the body, I like to picture the origin of all the ingredients on my plate and if I have no idea what it actually looks like before it's been processed I do a quick search.

Look at the colours of the food, smell the scents in and savor the flavor as you start to slowly chew. By chewing slowly you allow your body to begin the digestive process.

Avoid distractions such as TV, computers, and cell phones. If you're eating with someone, avoid any stressful topics and focus all conversation on positive things, Your mind and body should be relaxed when eating.

At the end of your meal, take a few breaths before getting up to feel the effects of the meal.

### 3- Medicinal Drinks,

Ayurveda teaches that your diet and daily routine have to adjust slightly as the seasons change in order to stay in sync with nature.

Your body accumulates ama (toxins) in every season which will prevent your immune system from being at it's strongest all year round.

In this Cleanse I encourage you to stay away from alcohol, sugary drinks and caffeine to allow your body to shed some ama and prepare for the winter ahead. Swap those beverages out and sip on some water or one of the beneficial herbal teas below.

- Lemon water

Squeeze 1/2 -1 lemon into a tea cup and add boiling water as your first drink of the day to ensure efficient hydration as you wake up.

Optionally add some Black pepper to your lemon water for a good cough and sore throat remedy. Flavor with a bit of honey.

- Ginger tea

Gingers heat & pungent qualities are key to warming you up and loosening mucus build up. Flavor with some honey to soothe your throat and add a pinch of cinnamon if you have indigestion.

Ingredients:

1 tsp Fresh grated Ginger

1/2 tsp. Honey

1 pinch Cinnamon

Put all ingredients into a small saucepan . Bring water to a boil. Add the spices and let it sit covered for 5-10 minutes. Strain and add honey.



- **Golden Milk**

Also known as “haldi doodh”, golden milk is known for its anti-inflammatory properties. The ingredients used to make golden milk also have antibacterial and antiviral properties which may protect your body from infections, its antioxidant and anti-inflammatory properties strengthen your immune system and help detox the body.

**Ingredients:**

- 1 cup any Nut milk
- 1 tsp turmeric powder
- 1 tsp grated ginger
- 1/2 tsp cinnamon powder
- A pinch of black pepper, ground
- A pinch of cardamom powder
- 1 tsp of ghee or coconut oil (optional)
- 1 tsp Honey

Put all ingredients into a small saucepan and turn heat off just before milk boils. Pour into a mug. Stir well. You can sweeten with a bit of honey.

- **Tulsi Tea**

Tulsi (Holy Basil) is considered to be one of the most potent and purifying herbs. It is a great immune booster and is known to have multiple skin healing benefits.

We have multiple pre-packaged Tulsi teas available in health shops for you to purchase, alternatively make your own using the recipe below:

**Ingredients:**

- 2-3 Tulsi Leaves
- ½ tsp Honey
- ½ tsp Lemon Juice

Put Tulsi leaves into a small saucepan with water. Bring the water to a boil and then simmer down the heat to low for 15 minutes. Strain the water and add the rest of the ingredients.

#### **4-Dinacharya (Daily health routine),**

Detoxification is not just about food but also your mental and physical state. By including a Dinacharya (Daily health routine) you address some of the critical components in a holistic-cleanse.

Dinacharya is your daily practice such as brushing your teeth, washing your face and eating breakfast. We all have a dinacharya of some sort already but in this cleanse we are going to go a bit deeper into your daily practice/routine and perhaps set in some new practices to your normal routine.

##### **Morning**

- Wake up breath meditation
- Mouth rinse
- Face wash
- Lemon water
- Abhyanga
- Brush teeth & Tongue scraping
- Nature walks/Journaling/Meditation/Yoga
- Bath/Shower

##### **Evening**

- Zero screen time at least 2 hours before bed
- Nature walks/Journaling/Meditation/Yoga
- Dry brushing
- Bath/shower
- Brush teeth
- Tongue scrape

#### **LET US DIVE A LITTLE DEEPER:**

##### **• Wake Up & Breath Meditation**

In the winter you will be waking up and sleeping earlier than the summer season, By waking up as the sun rises you sync your life with the rhythms of nature. Right after waking up, roll onto your back, eyes still closed. Listen to the sounds you can hear, feel your body on your bed and focus on breathing deeply.



Count your breaths, inhaling for 3 long seconds and exhaling for 5 long seconds then repeat this 3 to 6 times before slowly opening your eyes and starting your day with a thought of gratefulness

- **Mouth rinse, Face wash**

Ever noticed coating on your tongue in the morning? This is ama (toxins) that have been pushed up overnight by your digestive system, to cleanse this you rinse your mouth with luke warm water and a pinch of salt. Do it before you drink anything in the morning to avoid swallowing this build up of toxins.

Splash your face with cold water to reduce puffiness after sleep and lock facial pores.

- **Lemon Water**

Drinking a glass of warm lemon water before any other beverage to initiate agni, (digestion) and efficiently hydrate the body before your day starts. It is not a good idea to start the day with tea or coffee, as this drains the kidneys and stresses the adrenals

- **Abhyanga (Hot oil massage)**

In Sanskrit, abhy means 'to rub' and anga means 'limbs'. Ayurveda encourages daily Self massage daily using a warm oil.

Dedicating time for self-abhyanga has a multitude of benefits such as Skin hydration, Increased circulation, internal organ stimulation, increased detoxification of the lymphatic system and it is restorative to the nervous system.

Many of us don't really take the time to get in touch with our bodies and this is a great way to start .

Method:

1. Heat a bit of organic coconut/olive or sesame oil .
2. Massage your body in circular strokes from feet up towards the heart.
3. Finishing on top of your scalp.



- **Brush Teeth and Scrape Your Tongue**

Tongue scraping is used to rid the mouth of unwanted toxins on the tongue and goes hand in hand with the salt wash you start your day with. This process also eliminates toxins (ama) from the body, and prepares the digestive system by stimulating the taste buds.

Method:

1. After brushing your teeth, take your tongue scraper or the front of a spoon and place it as far back on your tongue as comfortable.
2. Scrape the surface of your tongue from back to front.
3. Rinse your tongue scraper with hot water after use.
4. Repeat 4-7 times, until your tongue looks and feels clean.

- **Nature walks / Journaling / Meditation / Yoga**

It is so important to have some sort of mindful practice in the morning and evening.

A mindful practice can be anything that puts your body into a calm state and your attention on the present moment such as walking, journaling, meditation or yoga..

Scientific studies have shown that dedicating yourself this time each day reduces stress & anxiety, promotes positivity, develops self-awareness & focus, reduces blood pressure and even pain and inflammation!

A daily mindful practice also addresses toxins sitting in the mind as these have a huge impact on our overall wellbeing.

- **Bath / Shower**

It is finally time to get clean, bathing is cleansing and refreshing. It brings energy to the body and removes physical dirt of course.

Ayurveda recommends gently exfoliating the body with a natural salt or sugar scrub at least once a week. The oil on your skin from your self-abhyanga will assist in unblocking pores and simultaneously cleanse the body.

- **Zero screen time**

Your health depends on the positive mental input just as much as healthy food. Whatever feeds your mind and soul also feeds your body. Take this cleanse as an opportunity to withdraw from the flood of information we get from disturbing TV shows, websites and social media as these can all create emotional toxins to build up in the body.

Make a point of doing things that nurture your Mind and Soul like reading a book, going for hikes, chatting to a loved one over a cup of tea, walk bare foot, start a breathing practice or even giving back to your body by booking a massage.

- **Dry brushing**

Dry brushing is a powerful way to detoxify the body by support the removal of ama. It will also improve skin texture, lymphatic circulation and stimulate areas that accumulate cellulite.

Method:

1. Dry brushing needs to be done on DRY skin that is free from any cream or oil.
2. Using a natural bristle brush.
3. Massage fast enough to stimulate the skin and lymph
4. Use circular strokes on the stomach, glutes, shoulders, elbows, knees, wrists, hips, and ankles.
5. Use long sweeping strokes on the arms and legs moving up towards the heart.
6. Use a light pressure where the skin is thin or sensitive and firm pressure on thicker areas like the bottoms of the feet.



## AFTER THE CLEANSE

The cleansing process will continue for several days after you finish the plan, so go easy on your body and mind as you transition back to your normal routine.

Follow these tips to reap lasting benefits.

1. Drink warm lemon water every morning.
2. Favour cooked foods in winter to keep your body in balance.
3. Continue to monitor your intake of heavier foods such as red meat, hard cheeses, and pastas as these are more difficult for your body to digest.
4. Pay attention to how you feel when you start eating your “normal” diet again. You may discover that your body feels better without certain things now that you have taken a bit of a break.
5. Be conscious of your mental state of being.
6. Aim to consume every meal in a mindful manner.

## RECIPE IDEAS:

- **Breakfast Stewed fruit / Steamed or sautéed veg.**

### - **STEWED FRUIT (4 SERVINGS)**

- ½ cup water
- 1 Apple or pear, cored/pitted & sliced
- ¼ cup raisins
- 2 dates, pitted & chopped
- ½ tsp cinnamon

Method:

1. Arrange the sliced fruit in one layer around the pot
2. Add water to cover the fruit. Simmer in the water until soft
3. Sprinkle the cinnamon, raisins and dates over top.





## - **STEWED FRUIT 2**

- 1.5 Tbsp ghee
- ½ tsp mineral salt
- 1 tsp fresh chopped ginger
- ½ tsp cumin seed
- 1 tsp cinnamon
- 2 whole cloves
- 4 cups apples, chopped (no need to peel if grown without chemicals)
- 1 cup kiwi, peeled and chopped (pear is a nice substitute)
- ½ cup raisins
- 4 - 6 cups water

### Method:

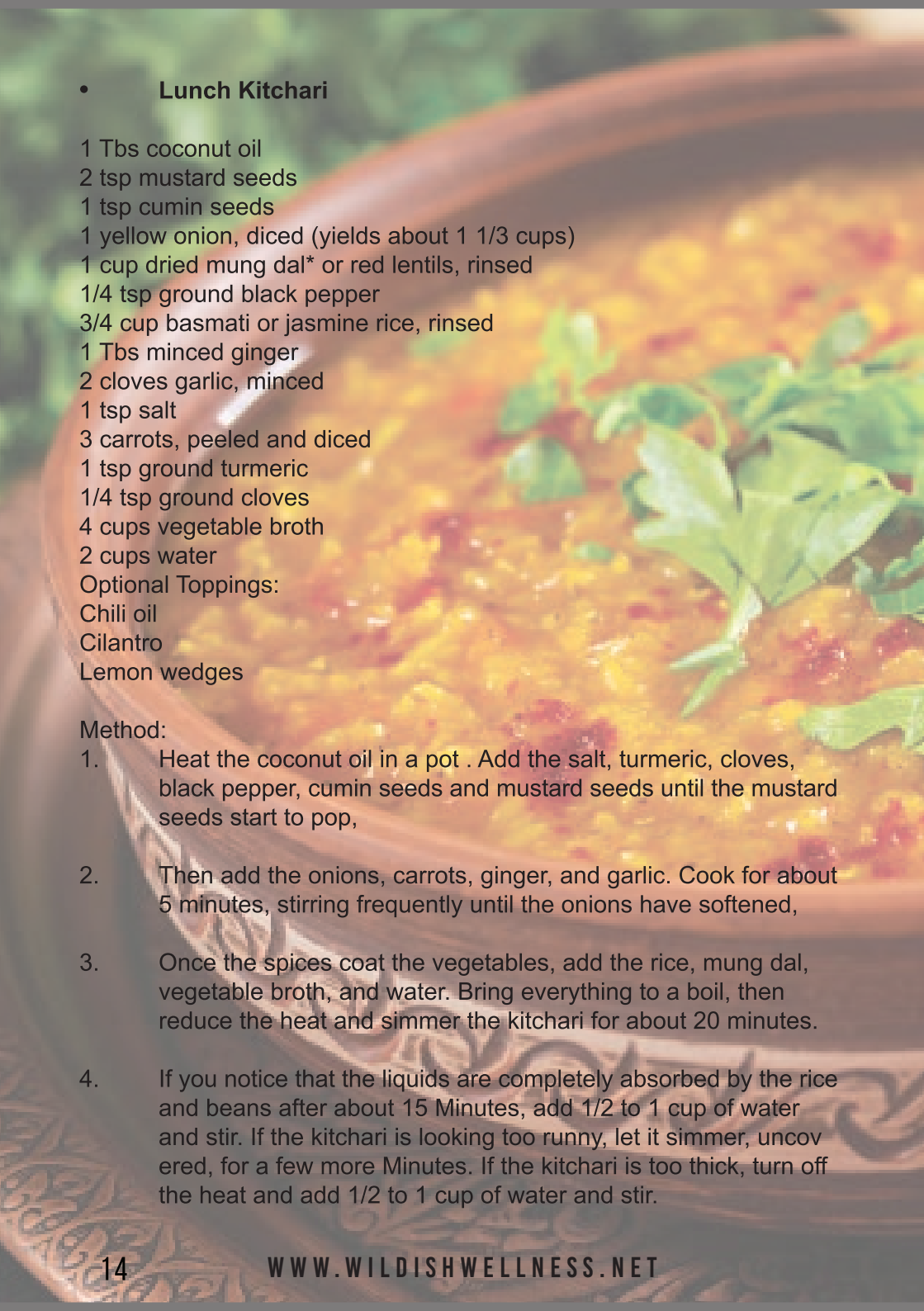
1. Heat the oil in a small pan and simmer the ginger, cumin, cinnamon and cloves until the aroma comes up.
2. Mix in the apples and add water to cover. The amount of water depends on how much liquid you prefer.
3. Simmer covered on low heat until the apple skins are soft.
4. Turn off the heat and add the kiwi, and let sit covered for a few more minutes.

## - **VEG BREAKFAST**

- 4 cups coarsely chopped vegetables, such as broccoli, carrots, cauliflower and green beans
- 1 cup vegetable stock or plain water
- 1 garlic clove, minced
- ¼ tsp. grated fresh ginger, optional
- 1 Tbsp. honey , optional

### Method:

1. Combine all ingredients in a large pot. Bring to a boil. Cover and reduce heat to simmer for 4 to 5 minutes.
2. Remove vegetables.
3. Cook broth (liquid) over high heat about 2 minutes or until liquid has reduced in volume by half. Pour broth over vegetables before serving. add optional honey over vegetables.



## • **Lunch Kitchari**

- 1 Tbs coconut oil
- 2 tsp mustard seeds
- 1 tsp cumin seeds
- 1 yellow onion, diced (yields about 1 1/3 cups)
- 1 cup dried mung dal\* or red lentils, rinsed
- 1/4 tsp ground black pepper
- 3/4 cup basmati or jasmine rice, rinsed
- 1 Tbs minced ginger
- 2 cloves garlic, minced
- 1 tsp salt
- 3 carrots, peeled and diced
- 1 tsp ground turmeric
- 1/4 tsp ground cloves
- 4 cups vegetable broth
- 2 cups water
- Optional Toppings:
  - Chili oil
  - Cilantro
  - Lemon wedges

### Method:

1. Heat the coconut oil in a pot . Add the salt, turmeric, cloves, black pepper, cumin seeds and mustard seeds until the mustard seeds start to pop,
2. Then add the onions, carrots, ginger, and garlic. Cook for about 5 minutes, stirring frequently until the onions have softened,
3. Once the spices coat the vegetables, add the rice, mung dal, vegetable broth, and water. Bring everything to a boil, then reduce the heat and simmer the kitchari for about 20 minutes.
4. If you notice that the liquids are completely absorbed by the rice and beans after about 15 Minutes, add 1/2 to 1 cup of water and stir. If the kitchari is looking too runny, let it simmer, uncovered, for a few more Minutes. If the kitchari is too thick, turn off the heat and add 1/2 to 1 cup of water and stir.

- **Light dinner: Stew / Light vegetable soups**

### **CHICKPEA STEW**

½ tsp salt  
½ tsp Cloves  
½ tsp Cumin  
¼ tsp Cinnamon  
1/4 tsp Fenugreek  
¼ tsp Cayenne pepper  
1 tsp Olive oil  
½ tsp Dry ginger  
1/3 cup onion  
6 carrots  
1 Tomato  
1 Cup chick peas

#### **Method:**

1. Ground all spices and mix with a small amount of water to form a paste.
2. Chop tomato & crush, keeping the liquid.
3. Sautee finely sliced onion in oil. As onion begins to brown, add spices and stir.
4. Sautee for 15 seconds, then add crushed tomato, chickpeas, carrots, and cover with water.
5. Bring to a boil. Lower heat and simmer until carrots are tender.



## **GREEN VEG STEW**

1 Tbs Coconut oil  
4 Tbs green curry paste  
180-200g green beans  
100g carrots sliced  
60g baby corn sliced  
1 TbS Honey (Optional)  
2 TbS Soy sauce  
1 tin coconut milk  
80g Bean sprouts  
1/4 cup fresh basil leaves

### **Method:**

1. Place coconut oil and paste to a pot and keep stirring till fragrant.
2. Add beans,carrots and corn, stir for 2 minutes.
3. Add soy sauce and coconut milk, simmer for 5 minutes.
4. Stirr in bean sprouts and basil.
5. Serve with rice and add optional honey.



### WANT TO JOURNEY WITH ME TO LEARN MORE ?

I offer various coaching options where we are able to walk a path together diving deeper into your individual wellness needs and formulating a customized lifestyle plan to suit your specific constitution. This covers nutrition, daily habits, exercise ect.

Visit [www.wildishlifestyle.com](http://www.wildishlifestyle.com) for more information or reach out via the contacts below.

I would love to connect!

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