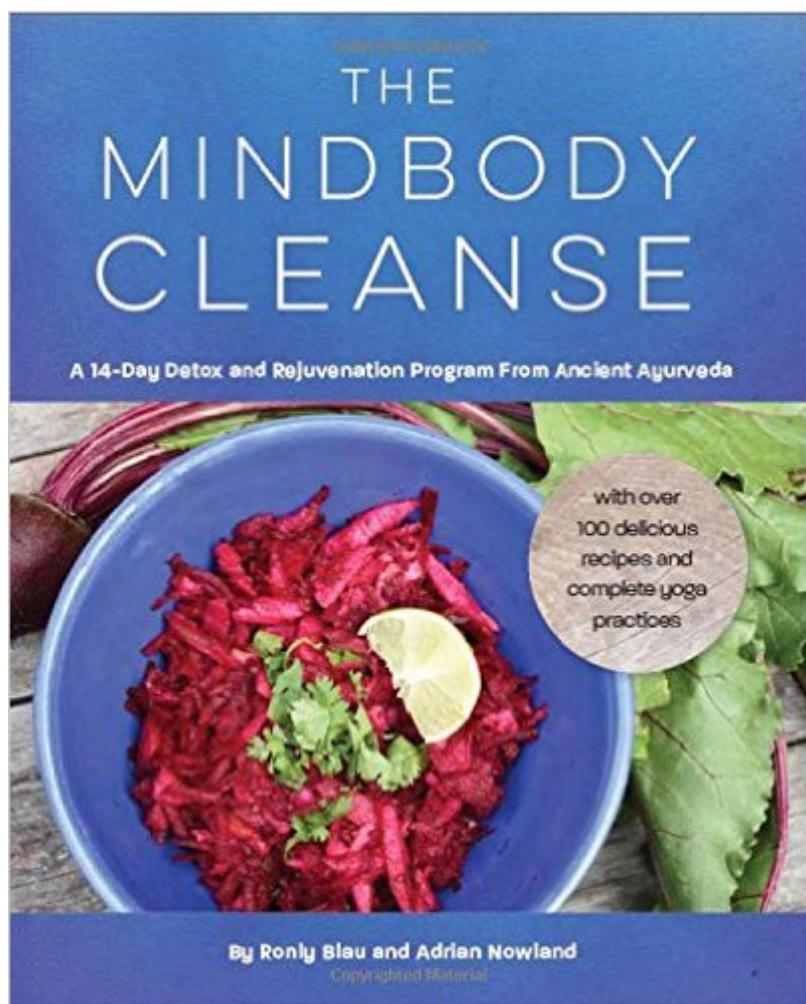


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# The Mindbody Cleanse: A 14-Day Detox And Rejuvenation Program From Ancient Ayurveda



## **Synopsis**

The Mindbody Cleanse: A 14 Day Detox and Rejuvenation Program from Ancient Ayurveda is a complete guidebook for following traditional panchakarma methods at home. It provides you with clear, easy-to-understand protocol, complete yoga practices with photos, meditation and pranayama (breath work) practices for cleansing and over 100 recipes to make your experience delicious. Whether you are new to Ayurveda or have been following the path for some time, this book will guide you gently through the entire cleansing process for renewed vitality and clarity of mind & body. It is a beautiful and holistic process that cleans and strengthens the digestive system, removes toxins from the body and nourishes all tissues. The Mindbody Cleanse is based on the ancient time-tested cleansing process from Ayurveda known as panchakarma. It is a deep and profound cleansing technique because it supports clearing on the physical, mental and emotional levels. Unlike other cleansing methods, it pulls the fat-soluble toxins from the tissues and out of the body by a unique protocol in panchakarma called oleation, which means oiling the body inside and out to saturate the cells so that toxins can be released. In conjunction with this is a simple, easy-to-digest diet using traditional healing foods from India, as well as stress management and self-care practices for a complete, holistic cleanse of the entire mindbody. In short, the protocol is:

- 4 days of Preparation: This entails a whole foods, easy-to-digest diet, liver cleansing practices, stress management and self-care. A wealth of delicious recipes are provided to support you in this phase.
- 7 days of Purification: This entails the oleation protocol, a traditional cleansing diet of primarily kitchari (spiced split mung beans and basmati rice), taking a laxative on day 7 and continued stress management and self-care. Again, a variety of recipes are included specifically for this phase, as well as several meal plan options and guidance in individualizing your cleanse for your mindbody type.
- 3 days of Rebuilding: Return to the clean, easy-to-digest, whole foods diet with a focus on digestive strengthening practices. Stress management and self-care practices continue in a sustainable way.
- Rejuvenation: For several days to several months after the cleanse, foods, herbs and lifestyle practices that support the strengthening of the immune system, digestion and all tissues of the body are taken in. In Ayurveda, the process of rejuvenating the body is the main purpose of cleansing. Once the channels are clear and digestion is strong, rejuvenating foods and herbs can be properly absorbed and utilized by the body. Discover the deep wisdom and beauty of Ayurveda through this practical and easy to follow book. Align with your true nature and experience healing on all levels of your being.

## **Book Information**

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## Customer Reviews

What a gift these two authors have created in "The Body Mind Cleanse" and in the cleansing programs Adrian offers. I have personally completed the 14 day cleanse 3 times and have brought others to the class to assist them in a more nutritious way of eating and understanding that you don't have to do a calorie count or rigorous exercise for your body to balance to more vitality and a natural weight. The book is a virtual encyclopedia that invites a lifetime of exploration to conscious choices that support a healthy life. I love the sharing and comraderie in meeting with Adrian and others participating in the cleanse, but you can also do the programs on line. She takes you on a journey, page by page; each page is a pearl of wisdom in Ayurvedic concepts, philosophy and recipes. It's all there, enjoy the book and make a commitment to making yummy, healthy, food your medicine.

This book has depth. It is well-organized. I know this book will be helpful not just while participating in an integrative healing two-week safe, whole-person cleanse practice outlined in it, but also for many days, months, and seasons ahead. The authors clearly live and breathe Ayurveda, and they provide clear guidelines to help us on our journey. The recipes alone are both simple and well-crafted; they include many options and adaptations based on whole foods to adapt to individual and seasonal changes. This book has already benefited me and my family. Others too (you!) can and will benefit from this resource as you also bless your hands, hearts, and minds with owning it as well!

I love how organized the information is! Ayurveda makes all the sense in the world, but the Sanskrit words can really mess with my understanding. It is really easy to get confused and then give up. However, Ronly and Adrian have done an incredible job of making these concepts, processes, and ingredients tangible and accessible. I just scheduled my first 14-day cleanse in my calendar, and I'm excited to experience it. The book gives me a great sense of what to expect, and that makes this process less intimidating and scary. If you're interested in a cleanse, this is the book to buy!!!

This book is a life changer !! It is filled page after page with well studied ,thought out information . I completed the cleanse with Adrian ( who is available via email /phone ) but the book was like having a constant advisor too ! Bonus ! It is filled with delicious easy recipes to use during the cleanse - and now it is the only way I want to cook and eat . Highly recommend !! Can't wait to do another cleanse at the end of Fall !!

This is a great introduction to the Ayurvedic cleanse. Generally, when I hear the word "cleanse", I think of some crazy fad diet. However, this is an Ayurvedic program which has been around for over 2,000 years, and it has endured the test of time. This cleanse makes use of good nutritious food, and there is no starvation involved. The cleanse addresses not only diet, but also stress management and self care. It is also a good introduction to the ancient practice of Ayurveda. After reading through the book, I have a beginner's understanding of three doshas of vata, pitta, and kapha. The book is very well-written and organized, and has charts and lists to help one navigate through the fourteen day cleanse. Best of all, the back of the book contains over 100 recipes to use before, during and after the cleanse process. Most of these recipes are both simple to make and delicious, which is a wonderful plus to someone who doesn't enjoy too much fussing about in the kitchen. This is a great resource for anyone interested in better health through the ancient practice of Ayurveda.

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