



7-Day Detox WATERMELON & KITCHEREE CLEANSE

7-DAY DETOX

KUNDALINI YOGA

Daily Morning classes to harmonize the body-mind system as you adjust the physical body's internal processes with the monodiets.

Sign up for classes at:

www.YogaBootCamp.net

THE DIET

For the first three days we will eat only watermelon. This tonifies the kidneys and liver while clearing the intestines. Watermelon sugar provides energy to the cells to keep you going.

On Day 4 we switch to only water with lemon and honey. This purifies the blood after stirring up the toxins from the first phase. Then for the final three days we will nourish the system with Kitcheree, a tasty vegetable curry stew. This ancient healing recipe is hardly considered a fast as it's so delicious and satisfying it's hard to believe you're dieting.

THE CLEANSE

START

For Three (3) Days
Eat Only Watermelon

MIDPOINT

ONE DAY - Drink only water
with lemon and honey

FINISH

Three days Kitcheree
(Ayurvedic Vegetable Curry)

Getting Started

"Chance Favors The Prepared Mind" -- Louis Pasteur

1. You should **consult your doctor** before starting any new diet. This is ancient yogic science and is not medical advice. That said, many who have done these fasts have reported tremendous results.
2. **Sketch out a plan** for buying everything you need for this fast before you start to have it ready. You might not want to go shopping when you're in the midst of the diet.

****There is a shopping list at the end of this book.*

1. **Prepare yourself Mentally.** Whenever you stabilize the glandular system with a fast or mono-diet, the subconscious mind and its habits are affected. The mind-body-soul is a system and interconnected. Prepare to go through changes. Project your intention to go through it and change for the better.
2. **Do YOGA.** You're cleansing the body and mind. Physical yoga will help get out the toxins and also harmonize the mind with the body's changes.

DAYS 1 - 3

LET THEM EAT WATERMELON

INSTRUCTIONS

For 3 days eat watermelon only. You can eat as much as you like. You can also add ground black pepper and sea salt. The ground black pepper will relieve gas from the night before and prevent gas from forming.

BENEFITS

- Watermelon sugar gives you energy.
- Watermelon fibers act like little brushes which cleanse the system, especially the intestines
- Watermelon is an excellent source of bioavailable lycopene (anti-oxidant.)
- Also a source of Citrulline, an essential amino acid; which is a cell dividing proponent of wound healing, and removes ammonia from the body

"Let food be thy medicine and let medicine be thy food" --Hippocrates

DAY 4

WATER

With Lemon and Honey

INSTRUCTIONS

For the whole day drink only water with lemon and honey. Try drinking this water-lemon-honey mixture hot or warm as it's more easily absorbed. You may also drink plain water in addition to the lemon-honey water. *Avoid ice cold water, or water that is too cold, as it may shock the system.

DETOX

DO YOGA WHILE FASTING

Fasting is more than just the absence of food. It is a very powerful tool for healing and strengthening the body. People who fast for the first time often experience a mental as well as physical cleansing. Kundalini Yoga practice (while fasting) provides a cleansing tool for the anger and negativity; detoxing it from the mind during this period. -- Yogi Bhajan

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"The cleansing, reducing diet that is water, lemon and honey is cleansing and blood purifying." -Yogi Bhajan

TRANSITION

The **morning** after drinking only lemon honey water, it is best to break the fast with some fruit. Any fruit of your choice will do, but it's recommended to pick one fruit for breakfast. If you're really sensitive add another kind of fruit or two a little later, before moving into the Kitcheree phase.

KITCHEREE

For three (3) days, eat *Kitcheree*, a vegetable curry stew made with mung beans, rice, vegetables and spices. Do not have dairy on this portion of the diet.

With this diet, you may also **have Fresh Fruits** which may be taken between meals, and **Yogi Tea** is also allowed, (the special recipe, not the brand of tea bags.)

Recipes, ingredients, and shopping lists available below.

KITCHEREE

RECIPE

Makes 8 servings

1 Cup Mung Beans

1 Cup Basmati Rice

11 Cups Water

6-7 Cups assorted Vegetables

Masala Mixture

¼ Cup Ghee or olive oil

4-5 Cloves of fresh Garlic, crushed in a press

2 Onions, Chopped

1 finger fresh Ginger root, peeled and minced

1 1/2 Tsp Turmeric

1 1/2 Tsp Cumin powder

3/4 Tsp Ground Coriander seed

Seeds of 5 Green Cardamon Pods (or 3/4 tsp powder)

2 Tbsp Sea Salt

COOKING INSTRUCTIONS

This recipe goes much smoother if you prep everything before you begin.

- Add salt to water in a large stew pot and bring water to a light boil.
- Wash Mung beans, carefully removing any tiny stones
- Add mung beans to boiling water and boil until beans are soupy.
- Rinse Basmati Rice to remove starch and set aside.
- Chop assorted vegetables.
(Prepare the Masala Mixture while waiting for water to boil).
- Heat Ghee (or Oil) in a large frying pan.
- Add garlic, chopped onions, and Ginger and saute under a medium flame.
- When Onions, Garlic and Ginger are translucent, add Turmeric, Cumin, Coriander, Cardamon, and mix well.
- When all spices are absorbed shut off flame and let sit for 5 min, covered.
- When beans are boiled and soupy, add Masala Mixture to water with along with vegetables. Simmer for 10-15 minutes until vegetables soften.
- Add rice and cook an additional 15-20 min until rice is absorbed.
- Shut off and let set 15-20 min.

KITCHEREE SPICES

BENEFITS AND HEALING PROPERTIES

The holy trinity of herbs- Garlic, Ginger and Onions. Yogi Bhajan says that these three herbs are miraculous in combination. Not only healing but very energizing.

Garlic: Good for heart, blood, circulation. Antibiotic properties. Promotes creative, sexual potency which when directed up as in kundalini yoga, enhances the entire being.

Ginger: Cures nausea-better than Dramamine. Alleviates menstrual symptoms. Ginger tea creates heat in the body when you're cold. Aids digestion. Also has antibiotic properties. Nourishes the nerves and allows them to carry more energy. Also keeps the spine and cerebrospinal fluid healthy.

Onions: Considered by the Egyptians to be a symbol of the universe. Onion juice is used to cure earache, colds, fever, laryngitis, warts and cancer.

Onions stimulate blood production, purify the blood and balances blood sugar levels. Attacks bacteria.

Turmeric: Lubricates the joints, which is good for sitting long periods of meditation. Good for skin and mucus membranes. Always cook before eating, or mix thoroughly into yogurt. Add honey to taste. Can be boiled into a paste, which is easily used in golden milk and other recipes.

Curcumin: the active ingredient in Turmeric, inhibits H. pylori, which is a cancer-provoking bacteria associated with gastric and colon cancer. It helps detoxify the liver, balance cholesterol levels, fight allergies, stimulate digestion, boost immunity and enhance the complexion. It is also an antioxidant.

Ghee: Clarified butter-(the butter with the cream cooked and skimmed.)

Most easily assimilated oil. Helps in sperm production. Lubricates connective tissue. **See Article for many other benefits.

Cardamom: High in a chemical called cineole-an expectorant, (induces a productive cough to clear lungs.) Recommended for allergies and emphysema attacks to ease breath. Helpful in relaxing digestion, fighting nervous stomach and relieving irritable bowel syndrome. It also leaves the breath fresh and the gums healthy.

Cumin: is popular in Indian, Mexican and Middle Eastern cuisines. According to Ayurveda, it is a cooling spice. It is supposed to aid digestion and help flush toxins out of the body.

YOGI TEA

INGREDIENTS

- 1 Gallon Water
- 1 TBSP cloves
- 3 TBSP whole green cardamon pods (crack with a rolling pin before boiling)
- 1-2 TBSP whole black peppercorns (1 if you don't like spice, 2 if you're piquante!)
- 1 Lg finger of fresh ginger root, thinly sliced (about 3-4 in in length)
- 5 sticks cinnamon (try to get real Ceylon Cinnamon if possible)
- 1 teabag, Black Tea

INSTRUCTIONS

Bring water to boil. Add all spices except black tea bag. Boil 30 -45 min. Longer is stronger. Finally, add black tea bag and boil another 5 min. **The black tea is added last because it amalgamates the spices and sort of seals them. Also the tannins help assimilate the spices into the body. You can store the raw tea in the fridge. If you go cup by cup, you can leave the raw tea on the stove on the lowest flame to enjoy all day.

**Milk and honey are usually added to Yogi Tea, however for purposes of this cleanse you are instructed to drink it without anything added.

It's recommended to drink a small cup of cold yogi tea first thing in the morning and again before bed. If you do this, the instruction is to sip it very slowly.

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When Yogi Bhajan was a military commander in India there was an epidemic among the troops. He ordered all of his men to fill their canteens with yogi tea and drink nothing else, not even water. His Battalion was the only unit that didn't get sick! Yogi tea purifies the blood, lungs and circulatory system. It cleans the liver and has many more unseen benefits. It's good to drink this tea every day.

YOGI TEA SPICES

BENEFITS AND HEALING PROPERTIES

Cardamom: High in a chemical called cineole, an expectorant, (induces a productive cough to clear lungs.) Recommended for allergies and emphysema attacks, to ease breath. Helpful in relaxing digestion, fighting nervous stomach and relieving irritable bowel syndrome. It also leaves the breath fresh and the gums healthy.

Cloves: Cloves are the dried up flower bud of the clove plant- Pungent, sharp and powerfully aromatic. Clove oil is one of the most powerful anesthetics for dental pain. Just a drop on a cavity can bring relief as instantly as Novocain. And it's a proven antiseptic too. Some people find lightly chewing on a whole clove a wonderful breath-freshener as well.

Cinnamon: is the bark of a tree initially cultivated in Ceylon. Falls in the category herbalists call a "warming aromatic." Cinnamon heats up the body and promotes circulation. Also stimulates digestive processes. Cultures throughout the ages have used cinnamon to fight a cold. It is also a mild expectorant, meaning that it "opens things up" and helps you cough out congested lungs. When concentrated as oil, it has been used topically to treat bee and insect stings.

Ginger: Ginger Cures nausea-better than Dramamine. Alleviates menstrual symptoms like cramps. Ginger tea creates heat in the body when you're cold. Aids digestion. Also has antibiotic properties. Nourishes the nerves and allows them to carry more energy. Also keeps the spine and cerebrospinal fluid healthy.

Black Peppercorns: Black pepper aids in digestion, relieves gas. It also helps with the absorption of curcumin, the active ingredient in turmeric. It soothes the nerves and strengthens the nervous system and purifies the blood. Best if fresh ground from the peppercorn.

" Actually we are herbal people. And our theory is: God cures, doctor diagnoses and herbs heal. And we are very blunt about it." --Yogi Bhajan

SHOPPING LIST

Watermelon!

purified water

organic lemons

raw honey

Kitcheree

whole green mung beans

(available at bulk grocers and Indian groceries)

basmati Rice

ghee (clarified butter) -OR- for Vegans, coconut or olive oil

ground turmeric

(you can also buy the fresh root and grind)

ground cumin

ground coriander seed

sea salt

green cardamom seed

(you can buy the seeds, or if you have the whole pods for yogi tea, you can just squeeze the seeds from five pods)

fresh ginger root

fresh garlic

onions

assorted vegetables

(recommended: Carrots, Celery + anything you like.)

Yogi Tea

fresh ginger root

whole cinnamon stick

(ceylon preferred)

whole black peppercorns

(non-Irradiated, organic preferred)

whole cloves

whole green cardamom pods

black tea

TIPS FOR SUCCESS

You're changing yourself - The glandular system is basically your energy system in the form of glands and hormones— chemical energy. Every time you eat, your glands secrete and signals are sent into the brain via the blood chemistry. So your eating habits hold a certain energy pattern. When you fast, you change that. When you change the glandular system through food, you release a lot of sub conscious garbage. **SO IF YOU'RE FEELING STRANGE IT'S NORMAL** for fasting. Stay positive. Extra Positive. You're going to be different after you finish.

Things to do to ensure CONTINUED success - You're cleansing the body and mind. Do more yoga and sweat. Don't overdo it but definitely do something. Some people like to sit in a sauna or steam room. Infrared Sauna's are really good. They actually use special waves of heat which penetrate the skin and make you sweat from the inside out. This really efficiently rids the body of toxins. Many health spas have these types of sauna's now.

Drink lots of water. For obvious reasons you want to drink water. Lots of it. It will flush out the toxins that may surface as a result of cleansing. Hot water is an option too and is especially good for you. Water that has been boiled has a structure to it which is good for the body and hydrates the cells efficiently. Hot water is affectionately called "silver tea." So drink a lot of water and drink hot water to flush out the system.

Get plenty of rest. Your body and mind are going through changes. Make sure to map out times when you can rest. Take little naps. Get a little extra of sleep at night if you get tired. Whenever you can, take the attitude of resting a little bit more, while you're on this cleanse.

Massage. Massage the body with almond oil daily. Almond oil helps to get toxins out of the body through the skin. Also your skin covers the whole body. Under that is fascia which is like a big meat suit of muscle. The blood squeezes itself into all these tissues to bring the various fluids and nutrients into the tissues. Then it is squeezed back into the blood to carry out what isn't needed. Massages will help with this process.

Stay Positive! Tame your mind. All kinds of thoughts may come up. Stay committed. Don't be thrown off by this. Time will pass and if you do it you will have the victory. So counter these thoughts of quitting and defeat with some positive affirmations. "I can do this. It's only a matter of time before it's finished. Victory! Mind over matter. I am clearing out eons of garbage and I will be more successful, radiant, prosperous, when I finish."

Keep up!

"All progress takes place outside the comfort zone." -- Michael John Bobak

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