

# Daily cleansing routines

DO	AVOID
Eat warm, light, cooked foods (dosha-appropriate)	Cold foods and cold drinks
Favor fresh, organic foods – preferably home cooked that day!	Canned, frozen, packaged or processed foods (i.e. no leftovers!)
Drink hot detox tea: cumin + fennel + coriander seeds	Sodas and other sugary drinks, alcohol, or caffeine
Try a kitchari recipe you like	Cooking with oil or grease
Move! Practice yoga or dosha-appropriate exercise	Watching TV or spend too much time “connected”
Take herbal formulas that support digestion (for example triphala)	Artificial sweeteners
Favor dosha-appropriate veggies and fruit	Dairy, gluten
Have complete meals (kitchari is best)	Fasting or having juice/smoothies as your only meal
Practice daily self-care such as: abhyanga, tongue scraping, nasya	Exposure to extreme weather (heat, cold, sun, rain)
Daily meditation, prayer, contemplation – enjoy the activities you enjoy most	Repressing your emotions—this is part of the cleanse!
Relax, and enjoy the experience	Stressing out about your process- it is different for everyone, and no matter what, you are on the right path!

The Urban Cleanse is designed for the busy (i.e. tired, stressed, sick) professional ... Natural, safe, gentle methods for long lasting results! For more information, please visit [www.apurvawellness.com](http://www.apurvawellness.com) or call 703-667-0465