

Option 2: Cleanse the Body

When we begin to think about cleansing the body, we need to take into consideration all of the factors of our daily lives. Sometimes when we are honest, we will realize that eliminating food for three days will be too much for our systems to handle. You may choose a simple diet or mono diet. Both are highly affective for optimal health and well being. Th Mono diet may be the best option if you have a weakness or deficiency due to the grain and bean combination. It cleanses and builds the body by offering a complete protein and aids in digestion for optimal purification.

Simple Diet:

- Gradually rid the body of animal products, dairy, nuts, caffeine, refined sugar, & alcohol
- Eat only raw foods, steamed veggies, fruit and whole grains
- Eliminate any processed grains, breads, and carbohydrates
- Clear your schedule of any demands or social engagements.
- Receive approval from your doctor if you have any health concerns.

Mono diet: (eating the same thing for breakfast, lunch and dinner)

Kichadi is the most basic of mono-diets. Kichadi (Kichari) means the mixture of a grain and bean. White Basmati Kichadi is particularly nourishing and easy to digest. You may combine it with Steamed Vegetables as well.

White Basmati Kichadi (Serves 2)

1 Cup White Basmati Rice

Cup Split Mung Dhal

1 tbs ghee

Pinch of Turmeric

Pinch of Asafoetida

6 Cups boiling water (for a thicker Kichadi when not cleansing, reduce water to 3 cups)

Wash rice and beans until water runs clear. In a large pot, heat the ghee and sauté the turmeric and asafoetida for a few minutes. Add rice and mung. Sauté over low heat for 3 minutes. Add boiling water. Stir, cover, and simmer gently over low heat for 35 minutes. Serve warm.