

## Panchakarma to Alkalinize the Body & Kill Off Bacteria

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*“According to Ayurveda, our natural state is one of health, happiness and an inner sense of well-being. Health is defined as the body being clear of toxins, the mind is peace, emotions are calm and happy, wastes are efficiently eliminated and organs are functioning normally. In a busy, stressful and toxic world, our physical and mental systems accumulate toxins causing deterioration in bodily functioning. This eventually weakens our systems, which opens the door for chronic, degenerative, and non-specific diseases to develop. These can evolve into serious specific diseases, ultimately damaging an individual’s health and wellness.*”

*Panchakarma can help by reversing these negative effects of daily living. It can restore your natural state of health and wellness by cleansing your body of toxins, bringing balance into your system and improving bodily function. It can also help you sustain this process by making positive changes in lifestyle.”*

*-The Ayurvedic Institute*

For 3 days eat only:

Raw, steamed, and cooked in organic ghee vegetables of any kind, but greens are most medicinal (mix doing all three cooking methods throughout the day). Eat this for breakfast, lunch, dinner & snacks. Avoid all meat, dairy, fruit, & grain for this time. If you must have coffee because you are working, etc, have a cup of organic coffee and if you must have cream, have organic only. No exceptions. Have only one cup to get you going. All herbal teas are fine. Sweeten with raw honey, if you must, and only use a little bit. However, if possible do not use any sweetener except Stevia, which does not feed yeast and bacteria (actually it helps kill them off).

During the three days, take Triphala at the higher suggested doses. Also, any herbal supplement which was suggested on the Detox handout is also perfectly fine during this time and actually quite helpful.

Continue with the lemon water.

If you are familiar with doing self-administered enemas, this is a great time to do it every morning and before bed.

When you wake up on the fourth day, go back to eating your regular food but stay with organic only, and please eat as lightly as you can for the first couple of days.