

21-Day Detox Challenge

<p>Day 1 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon yoga / asanas</p> <p>Early Evening vegan meal</p>	<p>Day 2 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal meditation</p>	<p>Day 3 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon yoga / asanas</p> <p>Early Evening vegan meal nadi shodhana</p>	<p>Day 4 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal meditation</p>	<p>Day 5 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon yoga / asanas</p> <p>Early Evening vegan meal meditation</p>	<p>Day 6 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon yoga / asanas</p> <p>Early Evening vegan meal yoga nidra</p>	<p>Day 7 Morning lemon water hot/cold shower kapalabhati</p> <p>Lunch fruit smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon walking meditation</p> <p>Early Evening vegan meal Epsom salt bath</p>
<p>Day 8 Morning lemon water hot/cold shower</p> <p>Lunch green salad</p> <p>Snack green smoothie</p> <p>Afternoon yoga / asanas</p> <p>Early Evening vegan meal nadi shodhana</p>	<p>Day 9 Morning lemon water hot/cold shower</p> <p>Lunch green salad</p> <p>Snack fresh fruit and nuts</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal Epsom salt bath</p>	<p>Day 10 Morning lemon water hot/cold shower</p> <p>Lunch avocado salad</p> <p>Snack green smoothie</p> <p>Afternoon Yoga / Asanas</p> <p>Early Evening vegan meal Yoga Nidra</p>	<p>Day 11 Morning lemon water hot/cold shower</p> <p>Lunch avocado salad</p> <p>Snack fresh fruit</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal Meditation</p>	<p>Day 12 Morning lemon water hot/cold shower</p> <p>Lunch large smoothie</p> <p>Snack fresh coconut</p> <p>Afternoon Yoga / Asanas</p> <p>Early Evening vegan meal nadi shodhana</p>	<p>Day 13 Morning lemon water hot/cold shower</p> <p>Lunch mixed salad</p> <p>Snack fresh coconut</p> <p>Afternoon Yoga / Asanas</p> <p>Early Evening vegan meal Epsom salt bath</p>	<p>Day 14 Morning lemon water hot/cold shower Kapalabhati</p> <p>Lunch large salad</p> <p>Snack fresh fruit</p> <p>Afternoon walking meditation</p> <p>Early Evening vegan meal</p>
<p>Day 15 Morning lemon water hot/cold shower</p> <p>Lunch mixed salad</p> <p>Snack fresh fruit & seeds</p> <p>Afternoon Yoga / Asanas</p> <p>Early Evening vegan meal nadi shodhana</p>	<p>Day 16 Morning lemon water hot/cold shower</p> <p>Lunch avocado salad</p> <p>Snack green smoothie</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal Meditation</p>	<p>Day 17 Morning lemon water hot/cold shower</p> <p>Lunch green smoothie</p> <p>Snack fruit and/or nuts</p> <p>Afternoon Yoga / Asanas</p> <p>Early Evening vegan meal Meditation</p>	<p>Day 18 Morning lemon water hot/cold shower</p> <p>Lunch herb salad</p> <p>Snack fruit smoothie</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal Yoga Nidra</p>	<p>Day 19 Morning lemon water hot/cold shower</p> <p>Lunch mixed salad</p> <p>Snack fruit or smoothie</p> <p>Afternoon Yoga / Asanas</p> <p>Early Evening vegan meal Meditation</p>	<p>Day 20 Morning lemon water hot/cold shower</p> <p>Lunch herb salad</p> <p>Snack fruit or smoothie</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal nadi shodhana</p>	<p>Day 21 Morning lemon water hot/cold shower</p> <p>Lunch green smoothie</p> <p>Snack fresh fruit</p> <p>Afternoon 30 min walk</p> <p>Early Evening vegan meal Meditation</p>

Morning

If you want to add in a little extra and do something to remove bacteria from your mouth improving the health of your gum and teeth, plan 5 minutes in the morning for **oil pulling**, also called kavala or gundusha in Ayurvedic tradition. Don't forget to gargle and rinse with clean water before swallowing anything afterwards.

wellnessmama.com/7866/oil-pulling-for-oral-health/

Lemon water is made of a pure water such as Crystal Geyser and fresh squeezed lemon juice. Add 3 Tablespoons per cup of water. Drink preferably at room temperature.

You can drink as much lemon water, pure water, and herbal tea throughout the as you like.

Herbal teas recommended for detox and well-being:

Peppermint, Stinging Nettle, Birch Leaf, Elderberry, Mullein Tea

*All listed herbs can be combined or used individually as available.

Rooibos Tea

Fresh Ginger-Lemon-Honey Tea

Yogi DeTox Tea

Gaia Cleanse and Detox

(Decaf) Green Tea

Absolutely stay away from sugary beverages, coffee, black tea, and alcohol!

Hot and cold showers should be practiced for 3 to 5 minutes, frequently alternating the water temperature from hot to cold, and ending the shower with cold water. This is a wonderful traditional means, probably most popular through Kneipp preventive medicine. The drastic changes in temperature, poured during showering over the entire body, or only parts of the body such as the feet and legs, are known to increase blood circulation, tighten the connective tissue, refresh and invigorate, and stimulate the body's defences.

The positive effects can be increased by massaging the skin in small circular movements with a soft brush or an exfoliating shower massage glove.

Kapalabhati is a pranayama breathing technique used to clarify thoughts. You will feel refreshed and awake without coffee. For instructions see www.yogajournal.com/pose/skull-shining-breath/

Lunch

Smoothies are packed with vitamins, fiber, minerals, and all the other good stuff plant based foods provide. I recommend to start **during the first week** with fruit smoothies based on apples, pineapple, mango, strawberries, bananas, orange juice, or berries. This will tremendously help to get the cleansing going. **During the second week** prepare green smoothies based on carrots and apples with kale, wheatgrass, spinach, celery, and if available, add a teaspoon of Spirulina powder. The chlorophyll will further support the cleansing and at the same allow you to rejuvenate your blood. If you are doing the Detox Challenge to loose weight, continue with fruit and green smoothies **during the third week**. However, if you don't wanna loose more weight, and rather start rebuilding your muscles, I recommend to add a teaspoon of almond or peanut butter to your daily smoothie for the remaining days.

Salads will be an important part of your nutrition during this program, because they will ensure that you stay well nourished while you detox and probably lose some weight, while at the same time the chlorophyll of green leaves and herbs plus the fiber of raw veggies will help to cleanse your digestive system. Add as much green variety as available: lettuces, baby spinach, mache, arugula, dandelion greens, watercress, cilantro, radicchio, purslane, and chinese cabbage. Use only fresh lemon and orange juice and some olive oil as a dressing. During the second and third week you are allowed to add avocado (for its rich fatty acids, and Vitamin D), other veggies such as carrots and radishes, nuts, seeds, and fruit to your salad. If you are not accustomed to eating raw food and drinking fresh smoothies during the day, you might find that you get cold easier. In that case, I recommend to prepare hot lemon-ginger tea or even a light veggie broth to stay warm.

Snack

Fresh fruit are a must. I recommend to eat fruit high in enzymes such as pineapple, mango, and pomegranate especially during the first days. Generally citrus fruit (oranges, grapefruit, satsumas), apples, rasp- and blueberries, as well as peaches are great for snacking during a fast. Make sure all fruit are organic! In case you get really hungry, you can eat a banana, or even a banana with some good nut butter such as peanut or almond butter without sugar and hydrogenated oils.

Cashew nuts are a healthy and filling treat. During the first week of the detox cure focus on cleansing, that means don't eat nuts! Once your body got into this mode, it can handle nuts without stopping to cleanse. Nuts are high in fatty oils and protein - therefore very nutritious and high in energy. In case you are allergic to nuts, seeds make a great alternative! Snack on sunflower and pumpkin seeds as much as you want.

Fresh coconut has become quite popular over the last decade for its numerous health benefits. Enjoy the whole nut - the fresh coconut water, and the white nut. Coconut water is especially recommended if you are a fan of hot yoga and sweat a lot. It will supply minerals and function as a natural isotonic drink.

Afternoon

30 min walk or Walking Meditation This is a recommendation as an activity alternating with asana practice. It is up to you to choose if you walk at a slow pace in silence using your walk as a mindfulness practice. Or if you stride along in brisk mode. You could even alternate with another form of exercise such as swimming or biking. However, I recommend to use this to

Of course, if you prefer, feel free to practice asanas every day of this program.

www.yogajournal.com/pose/channel-cleaning-breath/

Yoga / Asanas offer so much for our physical fitness, mental wellbeing, and spiritual path. Stay on the lookout in this blog! I will post asana sequences for detox soon.

Early Evening

Vegan meals are not just healthy and delicious, they are also easy to prepare. Plant-based food is easy to digest and while supplying you with all necessary nutrients, it leaves you feeling light and refreshed - the way one should feel after taking in food, and not tired like after eating meat or dairy products. Everything is allowed from Thai curry to Indian pakora and Italian Spaghetti pesto. Make sure to eat this complete meal before 6PM or at least 3 hours before your bedtime. This 21-Day Detox Challenge is not a fastening cure - although it has aspects of it.

Especially if you continue to practice intense yoga styles such as power or hot yoga during this 21-Day Detox, you might want to make sure that

your meal includes lots of proteins such as tofu and tempeh, beans, and peanuts. Include a tablespoon of honey and a banana in your smoothie before working out. However, no need to go to bed hungry. The internet is full of yummy recipes!

Meditation is not only a part of a complete yoga practice, it can also boost your detox cure to a whole new level of mindfulness and awareness. There are many beautiful guided meditations available on youtube that can help you to start or further develop your practice. If for some reason you aren't able to include daily meditation into this program, try to set ten minutes aside at night for journaling, prayer, or self massage.

Yoga Nidra is a way of deep relaxation which is beneficial to get the most out of your asana practice, harmonizing the physical and emotional effects. Furthermore you will notice that while actively detoxifying you need more rest. Side effects of cleansing can be headaches, and dizziness. Yoga nidra will help you deeply relax, treat headaches gently, and find a restful sleep after practice.

www.artofliving.org/yoga/health-and-wellnes/yoga-nidra

www.swamij.com/yoga-nidra.htm

Epsom salt baths are very relaxing due to the high content of magnesium sulfate. They also help treat acidaemia or general acidity.

www.saltworks.us/salt_info/epsom-uses-benefits.asp

Nadi shodhana is another pranayama breathing technique. It is very calming on the mind, synchronizes the two halves of the brain, and slows down the heart rate. Therefore it is good to be practiced before meditating, before yoga nidra, or before going to sleep. Advanced yogis can practice nadi shodhana with breath retention to increase the benefits for the nadis, chakras, and entire energetic system. However, beginners should not practice breath retention without proper instruction.

www.yogajournal.com/pose/channel-cleaning-breath/