

3 Day Ayurvedic

Home Cleanse



By Adrian Nowland, AWC, HHC



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Introduction

Ayurveda is a 5,000 year old holistic healing science. It is the oldest medical system we know of today. Ayurveda has a specialized cleansing component that is over 3, 500 years old. To say that this method of cleansing has been tested is an understatement! Traditionally called panchakarma (PK for short), it would be completed at a retreat center away from home, where all meals are prepared specially for your constitutional type, and you would receive hours of massage and other therapies each day. Sometimes, cleansing lasts a month or more. While it would be wonderful to escape like this, most of us are unable to make that happen. However, you can still gain the benefits of PK at home, tailored to your lifestyle and schedule.

I have compiled this 3-day short home cleanse for you so that it can be completed over a weekend or with just a few days away. It is the most simple version of this cleanse. Set aside three days in which you don't have too much to do. Be prepared to say no to some social engagements in order to give this time and energy to yourself. You don't need to clear everything off of your calendar, but the more space you can clear for yourself, the effective your cleanse will be. That being said, if you can't clear three days, see if you can clear just one or two. In this cleanse, you will be eating food that is filling, so you are able to go through with your daily life without feeling weak.

Benefits you may experience with this weekend reset include improved digestion, greater mental clarity, better sleep and lowered stress and anxiety. The wisdom of Ayurveda provides us with the lesson that even a few days of total rest and relaxation, focusing inward, can bring great benefits. I hope you enjoy!

This short cleanse is different than the cleanse groups I lead each spring and fall. I take these seasonal groups through the process of Preparation, Purification, Rebuilding and Rejuvenation. While you gain much from a three day reset, there are much greater benefits to this fourteen day method. Some of these benefits of the full cleanse are:

- Training the body to utilize fat as a source of fuel for long, steady energy all day long
- Balancing blood sugar levels for better mental clarity and energy
- A complete digestive reset to normalize elimination and do away with gas and bloating
- Pulling fat-soluble toxins out of the body, including 14 toxic and cancer-causing agricultural chemicals
- Emotional clearing - old emotions are held in the fat cells, and are released with the fat-soluble toxins
- Soothing and repairing the gut lining, which can reduce or eliminate food sensitivities
- Effectively eliminating toxic build-up from the gut, liver and lymph, and flushing them out

There are many, many more benefits to the longer cleanse, and these are outlined in my upcoming book, *Cleansing the Ayurvedic Way: A Complete Guide to Panchakarma at Home*, which explains the entire process of cleansing at home using the Ayurvedic method. For now, give this three day jumpstart a try!

The 3 Branches of Ayurvedic Cleansing

Because Ayurveda is a truly holistic science, there is more to this method of cleansing than just diet. I identify three branches of the cleansing process, and all are equally important. These are **diet, stress management and self care.**

Diet

The diet during your three day home cleanse is going to be very simple and easy to digest. The primary food for cleansing is kitchari, a combination of split mung beans and basmati rice. Traditionally white rice is used, because it is extremely easy to digest, more so than brown rice. However, anyone dealing with Diabetes or Candida would benefit from using brown rice or quinoa, which has been soaked at least 6 hours or overnight. The soaking process serves to break down the difficult to digest husk.

Other foods that can be eaten during your three day cleanse include rice farina, oatmeal, cooked fruits and most vegetables. The vegetables to avoid are those that cause gas or are hard to digest, such as broccoli, cauliflower, cabbage, onions and garlic. It is also recommended to avoid the nightshade family of vegetables, which includes potatoes, tomatoes, peppers and eggplant. Digestive teas, made from fresh ginger root and/or digestive seeds, such as cumin, coriander and fennel, are also very beneficial during your cleanse. This book includes these recipes.

During the three days, it is recommended to eliminate oils from your diet. This gives the liver an opportunity to rest and clean out. You will be eating raw, grated beets (a recipe is included) to support bile production and general liver functioning. At the end of the three days, you will be drinking a Lemon Digestive Tonic, which also supports the liver, as well as digestion.

You will be avoiding any foods that are difficult to digest, as well. The main ones to avoid include wheat and any gluten grains (wheat, barley, triticale, rye, spelt, etc.), all dairy products (some ghee, or clarified butter, would be okay), sweeteners, and red meat. If you need some extra protein during the three days, you can add some lean chicken or turkey to meals. Freshwater fish, such as trout or sardines, and hemp protein powder are other good sources of extra protein.

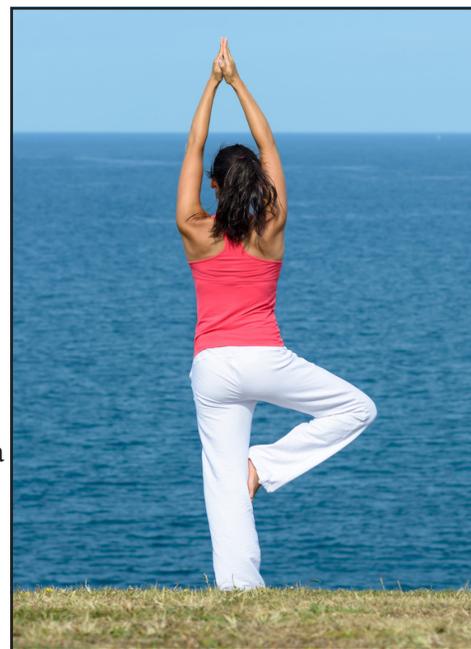
The final important key regarding diet for your 3 Day Short Home Cleanse is to try to stick to 3 meals per day. If you need to have a fourth meal or snack, then please do so. However, in order to support digestion and blood sugar regulation, no grazing. Leave at least 3 hours between each meal or snack.



Stress Management & Self Care

Equally as important, these two branches of the Ayurvedic Home Cleanse support the release of toxins by calming the nervous system and allowing the body to release. When the body is stressed, it will not release toxins. For this reason, diet is not enough.

For your 3 Day Home Cleanse, the primary stress management practice will simply be 10-15 minutes of yoga, stretching, and breath work each morning before breakfast. Some body movement before breakfast also help physiologically to get all the systems turned on, regulating digestion and elimination. If you have a yoga practice you already like, you can do this. If you are new to yoga, I recommend visiting a local yoga center or finding a video you can practice along with on YouTube, GloYoga or other website. You can also purchase, rent or borrow a DVD from your local library, a friend or a book store. Beneficial postures to look for include twists, forward bend, and sun salutations, but any mindful movement is good!



There is a series of breath work practices, called pranayama, that supports the body's cleanse process. These are called Kapalabhati, Agni Sara and Ashvini Mudra. A demonstration of these techniques can also be found on my website on my Mindbody Cleanse Book page. However, if you have breath work or meditation you already practice and enjoy, please feel free to use these.

Ayurveda has identified a very beneficial self care procedure that is not only relaxing and stress relieving, but also supports the movement of toxins out of the lymphatic system. This procedure is called abhyanga, which is a self massage using oil. Each day during your 3 Day Home Cleanse you will give yourself an oil massage using organic, cold pressed sesame oil before a hot bath or sauna. If you do not have a bath or sauna available to you, you can simply take a hot shower instead.

Other stress management and self care practices you may want to integrate into these three days include walking in nature, getting a professional massage, journaling, and extra rest. Pairing down your schedule is also very beneficial for you to get the most out of these three days.

Sample Menu for the 3 Day Home Cleanse

You do not have to follow this menu, unless it is helpful to you. This provides an example of what to eat during your home cleanse. Again, kitchari will be your main food, but feel free to cook things that taste good to you. When our food tastes good, we digest it better. Recipes are included for items listed below.

It is helpful to use a “batch cooking” approach: cook enough at one meal to eat again at the next. Your schedule will determine when cooking time is best for you. If you can, cook a fresh pot of kitchari at lunch, and have the remainder for dinner. You can also cook a pot at dinner and eat the remainder for lunch the next day. In this case, you would cook a fresh pot at dinner the next evening. To make things even more simple, you can have kitchari for all meals. In this case, you could make one pot at breakfast and eat it all day.

Day 1

Upon Rising: Large glass of warm water

10-15 Minutes Before Breakfast: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Breakfast: Brown Rice Farina with Pears and Cardamom, Digestive Tea

10-15 Minutes Before Lunch: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Lunch: Classic Kitchari with seasonal vegetables cooked in, Grated Beet Cleanser, Digestive Tea

10-15 Minutes Before Dinner: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Dinner: Classic Kitchari with seasonal vegetables cooked in, Digestive Tea

Day 2

Upon Rising: Large glass of warm water

10-15 Minutes Before Breakfast: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Breakfast: Quinoa Breakfast Porridge with Berries

10-15 Minutes Before Lunch: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Lunch: Kitchari with Steamed Asparagus (spring and summer) or Baked Yams (fall and winter)

10-15 Minutes Before Dinner: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Dinner: Kitchari with Steamed Asparagus (spring and summer) or Baked Yams (fall and winter)

Day 3

Upon Rising: Large glass of warm water

10-15 Minutes Before Breakfast: Ginger-Lemon Slice, Lemon Digestive Tonic

Breakfast: Brown Rice Farina, Cinnamon Apples and Raisins

10-15 Minutes Before Lunch: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Lunch: Thyme for a Change Mung Soup, Rice, Grated Beet Cleanser, Lemon Digestive Tonic

10-15 Minutes Before Dinner: Ginger-Lemon Slice, 4-6 oz. Digestive Tea

Dinner: Thyme for a Change Mung Soup, Rice, Grated Beet Cleanser, Lemon Digestive Tonic

Optional: For a snack between meals try a green juice or Savory Green Soup.

Shopping List

This list provides you with everything you need for the menu on the previous page. Planning ahead will make your 3 Day Home Cleanse more relaxed.

- Mung dal (split mung beans, also called moong dal, about 2 cups)
- White and/or brown basmati rice - about 2 cups
- Quinoa - optional
- Brown or white rice farina
- Beets
- Fruit - apples, pears, berries
- Stoneground or Dijon mustard
- Lemons, - 2-3
- Limes ,1-2
- Cilantro, 1 bunch (optional)
- Parsley, 1 bunch (optional)
- Shredded coconut (unsweetened)
- Raisins (optional)
- Fresh ginger
- Cumin seeds
- Coriander seeds
- Fennel seeds
- Ground turmeric
- Ground cumin
- Ground cinnamon
- Ground cardamom
- High mineral sea salt (gray, pink, Real Salt, etc.)
- Mustard seeds
- Asafoetida (also called hing or hingvastak)
- Thyme
- Basil
- Vegetables for kitchari - your choice - carrots, celery, fennel bulb, asparagus, etc.
- Yams or sweet potatoes
- Sesame oil for self massage

Note: Use the spices you like. This list is meant as an example, so don't feel as if you must get every one.

Prepaning

Spend a little time the day before you begin your 3-Day Home Cleanse preparing. You can make a batch of the Ginger-Lemon Slices and keep them in the refrigerator. Also, if you are using one of the seed combinations for your digestive tea, you can make a larger batch of this combination. When it is time to make your tea, all you have to do is take a scoop and pour hot water over top.





Classic Kitchani

Ingredients

- 3/4 cup basmati rice (brown or white, or substitute quinoa)
- 3/4 cup yellow split mung beans (mung dal)
- 1 tsp black or brown mustard seeds
- 1 tsp cumin seeds
- 2 pinches hing or asafoetida or hingvastak
- 1/2 tsp turmeric
- 1/4 tsp ground coriander
- 1/2 inch stick of cinnamon (optional)
- 1/2 tsp sea salt
- 4 cups water

1. Wash rice and mung dal. Soak mung for a few hours before cooking to aid in digestibility.
2. In a medium sized pan, place mustard and cumin seeds and stir until they begin to pop. Add remaining spices, salt, mung, and rice, and stir for a few minutes.
3. Add water and bring to a boil. Boil uncovered, stirring occasionally, about 5 minutes.
4. Turn heat down to low and cover, leaving lid slightly ajar. Cook until tender, about 20 - 45 minutes, depending on how long the mung and rice were soaked.

Variations:

- You can also add veggies to the cooking pot - add harder vegetables like carrots when adding the mung and rice; soft vegetables like mushrooms or zucchini can be added during the last ten minutes of cooking.
- Condiment ideas for cleansing include fresh ginger, fresh herbs such as cilantro, basil or parsley, shredded coconut (unsweetened) and lemon or lime wedges.
- Try cooking the mung and rice separately - cook the rice according to the basic recipe on page 66 in the Grains section; cook the mung according to this recipe using 1 1/2 cups mung to 4 cups water.
- When not cleansing, warm mustard and cumin seeds in 4 Tbsp ghee, butter, or coconut oil over medium heat until they pop. Then, add the rest of the spices and stir until warm. Add this to the kitchari when it is almost finished cooking, stir well to combine, and continue cooking an additional 15 minutes or until done.

Asafoetida, also called hing or hingvastak, supports digestion, especially of beans and legumes. A little goes a long way!
You can likely find this at your local health food store.



Pitta Pacifying Mung Dal

Ingredients

- 1 cup mung dal
- 3 cups water
- 1 tsp sea salt
- ½ tsp fennel seeds
- ½ tsp ground coriander
- ½ tsp basil
- ½ tsp turmeric
- Pinch of hing or asafoetida
- Lime wedges, chopped fresh cilantro and shredded coconut (unsweetened) to garnish

1. Place mung, water, sea salt and fennel seeds in a pot.
2. Bring to a boil over medium-high heat, lower heat to simmer and cook, stirring often, until all water is absorbed, about 20 minutes.
3. Stir in remaining spices and cook another 5 minutes.
4. Squeeze lime juice into mung and stir well. Serve hot, garnished with cilantro and coconut, alone or alongside steamed vegetables, rice and/or quinoa.

Variations:

- You can also add veggies to the cooking pot - add harder vegetables like carrots when adding the mung and rice; soft vegetables like mushrooms or zucchini can be added during the last ten minutes of cooking.
 - When not cleansing, warm fennel seeds in 4 Tbsp ghee, butter, or coconut oil over medium heat until they pop. Then, add the rest of the spices and stir until warm. Add this to the kitchari when it is almost finished cooking, stir well to combine, and continue cooking an additional 15 minutes or until done.
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Thyme for a Change Mung Soup

Ingredients

- 1 cup mung dal
- 3 cups water
- 1 tsp sea salt
- 1-2 stalks celery, chopped
- 1 tsp dried thyme
- Pinch hing or asafoetida
- Juice of ½ lemon, or more to taste

1. Place all ingredients except lemon juice in a medium pot.
2. Bring to a boil over medium-high heat, lower heat to simmer and cook, stirring often, until all water is absorbed, about 20 minutes.
3. Stir in lemon juice and serve hot. This tastes great alone, or serve with steamed vegetables, rice and/or quinoa.

Variations:

- You can also add veggies to the cooking pot - add harder vegetables like carrots when adding the mung and rice; soft vegetables like mushrooms or zucchini can be added during the last ten minutes of cooking.



Ginger Lemon Slices

Lemon and ginger both aid in digestion. Eat a slice of this 10 minutes before each meal.

Ingredients

- Fresh ginger
- Lemon or lime
- Sea salt

1. Cut ginger into thin slices
2. Squeeze lemon juice over slices and add a pinch of sea salt.



Lemon Digestive Tonic

Ingredients

- ½ cup freshly squeezed lemon juice (about 2 lemons)
- 1 cup water
- Large pinch of sea salt
- 1 - 1 ½ Tbsp grated fresh ginger

1. Combine in a jar with a tight fitting lid and keep stored in the refrigerator. Take 3-6 Tbsp (about 1 ½ - 3oz) 10-15 minutes before each meal on day 3 of your Home Cleanse.

Grated Beet Cleanser

Beets promote bile production. This salad is especially important during your cleanse if you have difficulty digesting fats. Try eating a little bit with each meal.

Ingredients

- 1 -2 medium beets, raw
- Juice of $\frac{1}{4}$ - 1 lemon
- 1 - 2 Tbsp stone ground or Dijon mustard
- Grated fresh ginger (optional)

1. Grate beets into a bowl using a box hand grater.
2. Add lemon juice, mustard and ginger, if using. Stir to coat.
3. Enjoy a portion of this with each meal to stimulate bile flow and improve digestion.

Variations:

- Try adding thin slices of apple to this salad - yum!



Green Apple Cleansing Cocktail

Apples help get the lymph system moving and detoxify the intestinal wall. Parsley helps remove heavy metals and other toxins from the body.

Ingredients

- 1/2 cucumber, peeled
- 1 medium green apple, such as Granny Smith
- 1 large handful of spinach
- 1 large handful of parsley

1. Cut all ingredients to fit into your juicer.
2. Juice, stir, and drink.



All Veggie Juice

If you're used to having fruit in your juices, this is a fairly smooth all veggie juice to start with, as the carrots make it taste a little sweet.

Ingredients

- 2 medium carrots, scrubbed, tops and ends chopped off
- 2 stalks celery, washed
- Handful of spinach
- 1/2 medium zucchini, sliced in half lengthwise
- 1 -to- 2 inch ginger root, scrubbed
- 1/4 lemon, peeled

1. Cut all ingredients to fit into your juicer.
2. Juice, stir, and drink.

Savory Green Soup

This green soup can be made any variation of green veggies, so use what's in season or what you have on hand. For a lighter version, omit avocado.

Ingredients

- 2 stalks celery, chopped
 - 1 medium zucchini, chopped
 - Handful of green beans, chopped and ends trimmed
 - 1 cup spinach or chard leaves
 - 1/2 cup water or vegetable broth
 - Handful parsley
 - 1 avocado, diced
 - Pinch of sea salt (optional)
1. In a medium pot, place 1 cup of water and/or broth, celery, zucchini, green beans and spinach. Bring to a boil over medium heat.
 2. Lower heat to simmer. Cook veggies about 5-8 minutes (don't overcook) until just tender.
 3. Transfer veggies and cooking water to a blender or food processor. Add parsley and avocado and blend until smooth. Add salt to taste.





Ginger Digestive Tea

A few slices of ginger root in boiling water makes a delicious ginger tea that stimulates digestion. Hot water also purifies the body and promotes digestion. Try this in a thermos in the morning and sip it slowly throughout the day.

Ingredients

- 1/2 inch piece of fresh ginger, chopped
- 1 cup water

1. Place ginger in the bottom of a mug or thermos. (A long steep in a thermos is best.)
2. Boil water and pour over ginger. Steep 20 minutes or more and enjoy!

Digestive Seeds Tea

Ingredients

- 4 Tbsp whole coriander seeds
- 4 Tbsp whole fennel seeds
- 2 Tbsp whole cumin seeds
- 1 Tbsp whole cardamom pods

1. Combine ingredients in a jar or bag and stir to combine.
 2. To brew tea, place 1 Tbsp in a tea strainer, tea bag or thermos and steep 20 minutes or more. Sip throughout the day.
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Cinnamon Apples and Raisins

According to Ayurveda, cooked apples for breakfast help create ojas, the final and most refined by-product of digestion, which contributes to enhanced vitality, strength and immunity.

Ingredients

- 2 medium sized organic apples, peeled and chopped
- 2 Tbsp organic raisins
- 1/2 cup water
- 1/2 tsp cinnamon, or to taste
- 1 clove , optional

1. Place all ingredients in a saucepan and bring to a boil.
2. Turn heat to low and cook covered until soft, about 20 minutes. Serve warm.



Creamy Rice Hot Cereal

Ingredients

- 1 1/2 cups water
- Pinch of salt
- 1/2 cup brown or white rice farina (such as Bob's Red Mill)
- 1/2 tsp cinnamon
- 2 Tbsp chia seeds, optional

1. Bring water and salt to a boil over medium high heat. Add farina and cinnamon and reduce heat to low.
2. Cook approximately 8 minutes, stirring occasionally.
3. Add chia seeds, stir well, and adjust salt to taste. Serve alone or topped with Cinnamon Apples and Raisins (previous page) or with berries cooked in. When not cleansing, add ghee, butter or coconut oil.



Quinoa Ponnidge

Ingredients

- 1 cup quinoa
- 1 1/2 cups water
- Pinch of sea salt
- 1/2 cup chopped apples, soaked raisins, shredded coconut, or seeds (optional)
- 1/2 cup unsweetened rice or almond milk
- 1/2 tsp cinnamon

1. Rinse quinoa under cold running water and drain.
2. Place quinoa in a saucepan over high heat, add water and salt, and bring to a boil.
3. Reduce heat and add fruit and/or raisins, if desired, and simmer until all the water is absorbed, about 20 minutes.
4. Place cooked quinoa into bowls, top with rice or almond milk, cinnamon and/or coconut and serve.

Variations: For a much faster version, try quinoa “flakes” or rolled quinoa, which cooks in 90 seconds. For a savory version, cook in broth with a little salt and omit fruit and cinnamon. Serve as-is or with steamed veggies. When not cleansing, add some ghee, butter, or coconut oil.



Basic Steamed Vegetables

Ingredients

- 4 cups veggies of your choice, chopped into bite-sized pieces.
- Water

1. Using a large pot, place vegetables in a steaming basket or directly into pot with a few inches of water. Place hardest vegetables in first - winter squash, carrot, beet, potatoes.
2. After 5 to 10 minutes, add moderately hard vegetables, such as onion zucchini, broccoli, cabbage, green beans.
3. Steam an additional 5 to 8 minutes, or until almost tender. Add leafy greens on top and steam 1 or 2 minutes more.
4. Serve over a whole grain, such as rice or quinoa, and top with sesame seeds and/or an oil-free dressing.

Baked Yams

Ingredients

- 2 medium-sized yams
- Salt and pepper or cinnamon to taste

5. Preheat oven to 350 degrees.
6. Wrap whole yams in aluminium foil and bake 45 - 60 minutes, or until tender when pierced with a fork. Season with salt and pepper or cinnamon to taste. When not cleansing, top with ghee, butter or coconut oil before serving.

Variation: Dice yams into 1"-2" cubes and place in a baking dish. Pour 1/2" water into the bottom of the dish, cover and bake until tender, stirring after 20 minutes. This recipe tastes great with some apple mixed in and cinnamon on top.



Ghee

Ghee is a healing food that balances the mind and body, promoting longevity. It also is an antioxidant and contains beta-carotene. It does not contain lactose and does not spoil easily because it is free of milk solids.

Ingredients

- 1 pound unsalted organic butter (cultured unsalted is good, too)

1. Place butter in a medium saucepan and slowly melt over medium heat.
2. Allow to boil, then reduce heat to very low and simmer uncovered and undisturbed for 20-30 minutes. The butter will foam and make crackling noises. The milk solids will slowly settle to the bottom, leaving a pale golden liquid on top.
3. Once the milk solids have settled, immediately strain into a clean glass jar. This will stay fresh at room temperature for a few weeks, but you may refrigerate if you choose.



After Your 3-Day Home Cleanse

After your 3-Day Home Cleanse there are two primary dietary considerations: improving digestion and encouraging the growth of beneficial gut bacteria.

As you reintroduce foods into your diet, go slowly. The most important thing to remember is to wait until digestion feels strong again before reintroducing hard to digest foods, such as wheat, dairy and red meat. Sugar and sweeteners are also best avoided for another few days, as these feed the bad gut bacteria, such as yeast and *Candida albicans*.

As you continue to be thoughtful about what you are putting into your body, be sure to include probiotic foods and supplements. Supplements are easy to add, although they tend to be more expensive than live fermented foods, which are much higher in probiotic content. When purchasing probiotic supplements, look for those that guarantee the life of the probiotic through the expiration date. Also look for supplements that state that the organisms have been proven to adhere to the gut wall. Examples of foods that contain probiotics include live sauerkraut, kim chi and fermented nut cheeses. These foods are found in the refrigerator section in your store. Sauerkraut that is in a can on the shelf does not contain any probiotics. This is also a great time for prebiotic foods - these are foods that feed to good bacteria so they can proliferate. Examples of these include onions, garlic, sunchokes and chicory.

Your 3-Day Home Cleanse worked to give the digestive tract a much-needed rest. In order to improve digestion after the cleanse, be sure to follow a few simple tips in your everyday life:

- Make meals simple. Do not combine too many different foods into a single meal. Fruit, unless it is cooked is best eaten alone.
- Eat three meals per day, add a fourth or a snack if needed. Be sure to wait 3 hours between meals or snacks.
- Continue taking the Ginger Lemon Slices and/or Lemon Digestive Tonic 10 minutes before meals for extra digestive support. A glass of warm water - with or without lemon - first thing in the morning also supports good digestion.

Of course, be sure to address the other two branches of Ayurvedic cleansing: continue to practice stress management and self care techniques as much as possible. It is best to spend a little time each day meditating, practicing yoga, and/or breath work. Continue self massage, baths and/or saunas as much as possible. Also, pay attention to how often you offer yourself a chance to truly relax, without having something to do. You may want to treat yourself to one day per week for special self care and stress management.

About the Author

Adrian Nowland is the co-author of *The Mindbody Cleanse: A 14 Day Detox and Rejuvenation Program from Ancient Ayurveda*. She is an Ayurvedic Wellness Counselor, Holistic Health Coach and Cleanse Specialist. She is board certified by the American Association of Drugless Practitioners. She received her training at Kerala Ayurveda Academy and the Institute for Integrative Nutrition. She has also completed an Ayurvedic Pulse Reading program.

Adrian's mission as a is to empower people struggling with low energy, foggy thinking, poor digestion and chronic Candida to take back control of their health. She achieves this through a gentle approach of dialogue, goal-setting, constitutional assesments, personalized diet and lifestyle plans, hair mineral analysis, and Ayurvedic cleansing programs. She offers personal and group programs in a safe, supportive, non-judgmental atmosphere where participants can explore how to improve all aspects of their lives so they can heal fully and lead a vibrant, joyful life.

Adrian has been cleansing seasonally in the Ayurvedic tradition for over six years and has been leading cleanse groups following this method for over four years. When not coaching or leading group classes and retreats, you will find her practicing yoga, hiking, rock climbing, experimenting in the kitchen, enjoying good friends, gardening or playing with her spirited seven-year old daughter, Omi. Adrian lives in Manson, Washington with her husband and their daughter.

