



The Mindbody Cleanse: A 14-Day Detox and Rejuvenation Program from Ancient Ayurveda

By Ronly Blau, Adrian Nowland

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The Mindbody Cleanse: A 14 Day Detox and Rejuvenation Program from Ancient Ayurveda is a complete guidebook for following traditional panchakarma methods at home. It provides you with clear, easy-to-understand protocol, complete yoga practices with photos, meditation and pranayama (breath work) practices for cleansing and over 100 recipes to make your experience delicious.

Whether you are new to Ayurveda or have been following the path for some time, this book will guide you gently through the entire cleansing process for renewed vitality and clarity of mind & body. It is a beautiful and holistic process that cleans and strengthens the digestive system, removes toxins from the body and nourishes all tissues.

The Mindbody Cleanse is based on the ancient time-tested cleansing process from Ayurveda known as panchakarma. It is a deep and profound cleansing technique because it supports clearing on the physical, mental and emotional levels. Unlike other cleansing methods, it pulls the fat-soluble toxins from the tissues and out of the body by a unique protocol in panchakarma called oleation, which means oiling the body inside and out to saturate the cells so that toxins can be released. In conjunction with this is a simple, easy-to-digest diet using traditional healing foods from India, as well as stress management and self-care practices for a complete, holistic cleanse of the entire mindbody.

In short, the protocol is:

4 days of Preparation: This entails a whole foods, easy-to digest diet, liver cleansing practices, stress management and self-care. A wealth of delicious recipes are provided to support you in this phase.

7 days of Purification: This entails the oleation protocol, a traditional cleansing diet of primarily kitchari (spiced split mung beans and basmati rice), taking a laxative on day 7 and continued stress management and self-care. Again, a variety of recipes are included specifically for this phase, as well as several meal

plan options and guidance in individualizing your cleanse for your mindbody type.

3 days of Rebuilding: Return to the clean, easy-to-digest, whole foods diet with a focus on digestive strengthening practices. Stress management and self-care practices continue in a sustainable way.

Rejuvenation: For several days to several months after the cleanse, foods, herbs and lifestyle practices that support the strengthening of the immune system, digestion and all tissues of the body are taken in. In Ayurveda, the process of rejuvenating the body is the main purpose of cleansing. Once the channels are clear and digestion is strong, rejuvenating foods and herbs can be properly absorbed and utilized by the body.

Discover the deep wisdom and beauty of Ayurveda through this practical and easy to follow book. Align with your true nature and experience healing on all levels of your being.

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Editorial Review

Review

"The Mindbody Cleanse' is the kind of book that the world needs more of at this critical time...one that anyone can discover their practical involvement with a healthy life and lifestyle through. If anybody out "there" still thinks that being healthy will eliminate the pleasures of life, then they should visit the world that this book describes in detail. I thoroughly recommend reading and studying 'The Mindbody Cleanse' to everyone who wants to live in good health, while enjoying happiness and fulfillment." -Guru Singh, master spiritual teacher and author of Buried Treasures: The Journey From Where You Are to Who You Are "I love this book! As a family nurse practitioner for more than 15 years I have witnessed the benefits of Ayurveda's time-honored, natural and effective practices, from resolving tenacious chronic diseases to greater vitality. Ronly and Adrian tailor the profound cleansing techniques of panchakarma to home use, nourishing us with yoga postures, meditation practices and a veritable feast of easy and delicious recipes. The authors share their personal experiences and rich knowledge of Ayurveda and inspire us to experience Ayurveda for ourselves. This practical and profound book will become indispensable as you cleanse seasonally and experience more and more deeply the natural state of well being and clarity that is our birthright." -Katie Konrad, ANRP

About the Author

Ronly Blau is an Ayurvedic Practitioner and Yoga Teacher. She studied Ayurveda at the Mount Madonna Institute and in Kerala, India. She offers health consultations and has been leading cleanse groups since 2008. A yoga teacher since 2000, she studied with Kathleen Hunt, and completed the Mindfulness Yoga & Meditation Training at Spirit Rock. She is informed by her longtime practice in yoga and vipassana meditation and lectures and leads retreats, classes and workshops in both Ayurveda and Yoga. Please visit her website: www.MeadowHeartAyurveda.com for more information on her offerings. She makes her home on Vashon Island with her husband and two daughters.

Adrian Nowland is an Ayurvedic Wellness Counselor and Holistic Health Coach. She is board certified by the American Association of Drugless Practitioners and is a member of the National Ayurvedic Medical Association. She studied at Kerala Ayurveda Academy and the Institution for Integrative Nutrition, as well as attending various Ayurvedic workshops and classes, including pulse diagnosis. She leads group programs, retreats and workshops that share the wisdom of Ayurveda so that others may benefit from the rich teachings. For more information on her offerings, please go to www.laughingblossom.com. At the time of this writing, Adrian lives in sunny North Central Washington with her husband and their spunky daughter.

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Benjamin Holmes:

The feeling that you get from The Mindbody Cleanse: A 14-Day Detox and Rejuvenation Program from Ancient Ayurveda is the more deep you digging the information that hide into the words the more you get enthusiastic about reading it. It does not mean that this book is hard to understand but The Mindbody Cleanse: A 14-Day Detox and Rejuvenation Program from Ancient Ayurveda giving you joy feeling of reading. The article author conveys their point in particular way that can be understood by simply anyone

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