



Spring Yoga Cleanse

**Kundalini Yoga and Detox Program
for the Liver and Gallbladder**

Part Three of the Four Season Yoga Cleanse
by Sat Dharam Kaur, ND

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Please view **www.fourseasonyogacleanse.com** for video options of this program.

Feel free to contact me if you have any questions or to share your cleansing endeavors.

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INTRODUCTION

Welcome to **The Spring Yoga Cleanse** – Season Three in an annual Four Season Yoga Cleanse.

In keeping with the seasonal themes in Traditional Chinese Medicine, the focus of the Spring Yoga Cleanse is to bring detoxification, balance, integration, strength, health and rejuvenation to the liver and gallbladder, which are associated with the spring season. The liver controls the tendons, ligaments, eyesight, breasts and uterus. It helps to regulate mood and hormone levels. The liver and gallbladder can be cleansed any time, but an ideal time is during the spring months, after the torpor of winter.

The basic components of the Spring Yoga Cleanse are:

- Yoga and meditation for the liver and gallbladder
- Cleansing the liver with the liver flush, herbal tea and vegetable juice
- Increasing liver drainage with olive oil and lemon
- Dietary guidelines to support the liver and gallbladder
- Use of sour foods to stimulate the liver; nuts and seeds to provide nourishing oils and minerals; leafy greens, beets, fruits and brassicas to cleanse the liver
- Nutritional supplements to support the liver and gallbladder

The structure of the Spring Yoga Cleanse is:

- 5 different yoga classes over 5 days (each with a breathing exercise, yoga set and meditation)
- Optional continuation of daily yoga in class or via video for 35 more days
- Liver cleansing and rejuvenation diet for 5 days
- Morning Liver Flush
- Optional modified diet for the next 35 days
- Herbal detox tea for 40 days
- Optional vegetable juice to cleanse the liver
- Optional castor oil packs to help drain the liver
- Optional supplement regimen for 40 days
- Group support

WHY CLEANSE THE LIVER AND GALLBLADDER?

If we don't cleanse the liver and gallbladder, our detoxification capacity will be compromised, and we'll accumulate externally and internally generated toxins. Chronic inflammation can be triggered by poor liver detoxification and the accumulation of toxins. These toxins may settle in our joints, causing stiffness and pain, or create muscle tension, particularly in the neck or shoulders. We might be susceptible to headaches, depression, irritability, PMS, breast pain, or irregular periods. We'll have a tendency to develop breast cysts, skin rashes, acne, or inflammation when the liver needs cooling and cleaning.

This cleanse is designed to cool and relax the liver and reduce inflammation, wherever it may exist in the body. Before you cleanse the liver, it is important that you optimize elimination – drink 3 liters of water a day and consume 45 grams of fiber a day. Your toxins need a route to the outside, or it makes no sense to stimulate their release. Aim for three bowel movements a day to help carry out the toxins processed through the liver and gallbladder. Exercise 40 minutes a day in addition to your yoga practice to improve circulation and toxin

elimination.

PHYSICAL AND EMOTIONAL SIGNS OF A LIVER OR GALLBLADDER IMBALANCE

When the liver and/or gallbladder are imbalanced, physical signs can manifest in numerous ways in various body systems. Here are some possible symptoms:

Joint Problems:

- Joint stiffness and pain, tendon or ligament problems. Tendonitis.
- Vision problems; dry eyes, blurred vision, sensitivity to light
- Headaches, neck and shoulder pain

Hormonal Disturbances:

- Irregular periods, menstrual pain, PMS, breast pain, uterine fibroids
- Hyperthyroidism or hypothyroidism
- Intolerance to HRT
- Hypoglycemia and unstable blood sugar levels
- Adult onset diabetes, common in individuals with a fatty liver
- Difficult time going through menopause; hot flashes

Digestive disturbances:

- Gas and bloating, nausea, vomiting, abdominal pain, gallstones
- Discomfort after eating fatty or fried foods (ice cream, French fries etc.)
- Reflux
- Hemorrhoids
- Gallstones and gallbladder disease
- Constipation
- Sugar cravings
- Thick coating on the tongue
- Bad breath

Abnormal Metabolism of Fats:

- Elevated LDL cholesterol and reduced HDL cholesterol, elevated triglycerides
- Fatty deposits in blood vessels, causing high blood pressure, heart attacks and strokes
- Build up of fat in certain organs (fatty degeneration of organs), including fatty liver
- Lipomas and other fatty tumors
- Cellulite
- Excess weight gain; difficulty losing weight; sluggish metabolism
- Abdominal obesity
- Insomnia between 11pm-3:00am

Nervous System:

- Irritability, anger, frustration, depression
- Mood swings

- Poor concentration, foggy brain
- Nausea and headaches

Skin Symptoms:

- Itchy skin, acne (including rosacea), rashes, psoriasis
- Yellow or green tinge to the skin
- Flushed facial appearance
- Excessive sweating with increased body odour
- Brown spots on the skin (liver spots)
- Red palms and soles, which may be itchy and inflamed
- Skin tags

Immune Dysfunction:

- Allergies – sinusitis, hay fever, asthma, hives
- Multiple food and chemical sensitivities
- Increased risk of autoimmune disease
- Chronic fatigue and/or fibromyalgia
- Susceptibility to infection

On an emotional level, when the liver and gallbladder function well, they help us to diffuse and manage anger. During this cleansing and rejuvenation program, be attentive to any anger or irritability that arises as toxins are processed, and call on your tolerance, patience, acceptance and inner peace to sustain you through rough periods.

A NEW BEGINNING IN SPRING

Spring is a time for new beginnings. All around us the momentum of growth is apparent. Shoots erupt from the earth, flowers reveal their beauty, bees distribute precious gifts of pollen, buds and leaves burst forth, and animals delight in the business of procreation. Spring invites us to redefine who we are and what we want to create. After cocooning ourselves in winter, we are ready. The next cycle of our lives has begun.

This is the perfect time to start a new project or finish an old one. Clean out your closets and refresh your wardrobe. Move the furniture around so it suits you better. Redefine your relationships and rebuild your nest. Change jobs, or decide to go back to school. Express and release any anger, frustration or depression that has been blocking you and get on with it.

This cleanse will support you in making a fresh start. When we improve detoxification of the liver and gallbladder, physically and emotionally, and let go of pent-up emotions, we create room for something wonderful to be born.

BEST TIME OF DAY TO CLEANSE AND STRENGTHEN THE LIVER AND GALLBLADDER

In Chinese Medicine, each organ has a particular time of day when it is at its peak. The liver is most active between 11pm - 1:00am; while the gallbladder is active between 1:00am – 3:00am. Taking a liver cleansing tea or using a castor oil pack before bed can assist the liver during its night-time cleansing. If you characteristically wake up at either of these times, it may be a sign that these organs are stressed.

THE BASICS OF A KUNDALINI YOGA PRACTICE

Kundalini Yoga is taught worldwide, and generally follows this class structure:

- Tuning In
- Breathing Exercise (*pranayam*)
- Yoga Set (*kriya*)
- Relaxation
- Meditation
- Closing Song

Tuning In uses the mantra ***Ong Namo Guru Dev Namo***, repeated 3 times, to connect with the flow of the divine creative energy within and around us, and to put the ego to the side. It also connects us to a protective lineage of teachers and guides. The translation of the mantra is “*I bow to the unfolding creative energy, I bow to the invisible teacher everywhere.*”

Sometimes this is followed by a second mantra that offers protection and guidance:

<i>Aad Guray Nameh</i>	<i>To the primal wisdom I bow</i>
<i>Jugaad Guray Nameh</i>	<i>To the wisdom of all ages I bow</i>
<i>Sat Guray Nameh</i>	<i>To the true wisdom I bow</i>
<i>Siri Guru Dayvay Nameh</i>	<i>To the great invisible wisdom everywhere I bow</i>

Breathing Exercise (*pranayam*) refers to specific breathing exercises that create a desired effect.

Yoga Set (*kriya*) consists of a series of physical yoga exercises taught in sequence for a particular effect.

Relaxation is a layout of up to 11 minutes to allow the body to relax and integrate the changes brought about by the yoga set.

Closing Song completes the class. The words are:

*May the long time sun shine upon you, All love surround you
And the pure light within you, Guide your way on.*

40-DAY CHALLENGE

The greatest benefit will occur when you practice daily. We encourage you to come to class for at least the first five days of the cleanse, and then to either continue coming to class for the next 35 days (5 weeks) or to set up a daily routine at home. For each of the five weeks after the first five days of the cleanse, you will practice one of the yoga sets you were taught in class. For example, on Day Six of the cleanse you would practice the breathing exercise, yoga set and/or meditation learned in class on Day One. Your home practice could include the full class or just the breathing exercise, yoga set, or meditation. You can start with something for as little as 3 minutes a day, gradually increasing the time. It will be easiest if you practice at the same time each day, and designate a sacred space for your practice. Always begin with **Tuning In** and end with the **Closing Song**, no matter how long you practice.

We know it may be challenging for you to maintain this cleansing and rejuvenation program for 40 days, but it will be well worth it. Forty days of practice can help to replace old habit patterns – you will find it much easier to stay on a new regimen after 40 days of steady discipline.

WHAT TO EXPECT

In 40 days you will experience many positive benefits as you continue with the Spring Yoga Cleanse. These may include:

- Increased energy
- Less triggered by stress
- Decreased joint pain and body aches
- Improved vision
- Improved sleep
- Easier weight loss
- Menstrual cycle regulated
- Reduction in headaches, neck and shoulder pain
- Improved digestion
- Reduction in anger or irritability
- Elevation in mood

Initially during the cleanse, you may experience some of the following detoxification reactions.

- Headaches
- Nausea
- Vomiting
- Irritability
- Fatigue
- Change in bowel movements
- Joint stiffness

You are more likely to experience these symptoms if you are coming off of a daily coffee habit. Headaches, nausea, and sometimes vomiting are normal symptoms of coffee withdrawal!. This will pass after the first few days.

All symptoms should pass after the first two weeks of the cleanse, if not sooner. Consult a naturopathic doctor if symptoms persist.

If you have significant health issues, consult your medical team before beginning this cleanse. Do not stop any medication or health regimen while on the cleanse without your doctor's approval (conventional or naturopathic).

THE 5-DAY LIVER CLEANSING AND REJUVENATION PROGRAM

We start our Spring Yoga Cleanse with the 5-Day Liver Cleansing and Rejuvenation Program and a specialized diet. The liver flush, cleansing tea, fresh vegetable juice, breakfast cereal or smoothie, bean and grain dishes, salads, cabbage, beets, sprouts, nuts and seeds, and snacks will be your foods for the week. **If you want to do a deeper cleanse and encourage weight loss, consume only the liquids (Liver Flush Drink, Kale Smoothie, vegetable juice, and teas).** See page 54 for 5-Day Liver Cleanse recipes.

DIETARY COMPONENTS OF THE 5-DAY LIVER CLEANSE

The primary dietary components of the 5-Day Liver Cleanse are:

- 1) **Liver Flush Drink in the morning**, 1 cup
- 2) **Liver Loving Cleansing Tea**, 1-3 cups daily
- 3) **Breakfast of oatmeal, oat bran**, (or quinoa, amaranth, buckwheat) with cinnamon, 1-2 Tbsp freshly ground flaxseed, blueberries and/or blackberries, organic soy milk, almond milk or hemp milk or a **Kale Smoothie**. If available, add up to 1 Tbsp of freshly ground milk thistle seeds to your morning smoothie or oatmeal. Milk thistle is a powerful protector of your liver. Use a coffee grinder to grind them.
- 4) **Fresh vegetable juice**, up to 1 liter daily
- 5) Snack on **sunflower seeds, pumpkin seeds, Brazil nuts (3 daily), blanched almonds (1/3 cup total), fresh fruit** (apple, pear, orange, tangerine, berries, plums, kiwi), or **nori or raw Brassicas with bean dip**
- 6) **Salads with bean, grain and vegetable dishes** for lunch and/or dinner. (Avoid grain if you want to lose weight). In salads, emphasize leafy greens, Brassicas, beets, seeds and sprouts. Use olive oil, flaxseed oil, lemon and apple cider or balsamic vinegar in salad dressings. Add broccoli sprouts to salads and bean and grain dishes as a garnish.
- 7) Liberal amounts of **onions, garlic, ginger, turmeric and rosemary** in your cooking.
- 8) **Coleslaw or sauerkraut**
- 9) **Yogi Tea**, *no dairy or sweetener*, unlimited

You will need a one liter mason jar for the vegetable juice. Carry it around with you and drink throughout the day. You'll need a thermos or insulated cup for your tea.

DIETARY RESTRICTIONS DURING THE 40-DAY SPRING YOGA CLEANSE

The following foods are common food allergies or create congestion in the liver. Eliminate them from your diet:

- yeast and flour of any kind, including baked goods
- wheat, rye, spelt, kamut, and corn (if you are gluten sensitive, also avoid barley)
- dairy and eggs
- meat, fish
- fried foods
- peanuts
- white sugar
- coffee

SUPPLEMENT COMPONENTS OF THE SPRING YOGA CLEANSE (40 DAYS)

Supplement	Daily Dosage
B complex	100 mg
Vitamin D3	3000 IU
Calcium/magnesium	500 mg of each
Vitamin C	1000 mg x3
N-acetyl cysteine (NAC)	1500 mg
Alpha lipoic acid	400 mg
Coenzyme Q10 or Ubiquinol	100 mg
Zinc	50 mg
Selenium	200 mcg
Curcumin	1500 mg
Flaxseed oil (keep refrigerated)	3000 mg (2 Tbsp)
Probiotic	50 billion

Start on Day 1 of the 5-Day Liver Cleanse and continue for 40 days. These supplements support your liver detoxification pathways.

If you can't include all of them, at least use a methylated B complex (such as Advanced B Complex from AOR) and flaxseed oil.

KEEP A JOURNAL

As you progress through this Spring Yoga Cleanse, you will go through physical and emotional changes. Keep a journal of your foods, reactions, emotions, experiences, hurdles and progress. Get to know yourself deeply. Be patient and compassionate with yourself. This will help you to digest and integrate your experiences more fully, and inspire you to repeat the cleanse annually. Congratulations on taking this important step to improve your well-being. All the best to you during the cleanse.

DAY 1 | REMOVE LIVER STAGNATION AND ENCOURAGE FREE-FLOWING ENERGY

LIVER STAGNATION

Liver stagnation can occur because of stress. When stress builds without an outlet to release it, heat is generated in the liver. Liver heat can result in headaches, tired or burning eyes, digestive disturbances, breast pain, menstrual disorders and inflammation. Some of the ways to reduce stress are to practice long deep breathing throughout the day, exercise daily, and express your emotions, rather than holding them in.

Foods that reduce liver stagnation:

lemons, limes, beets and beet greens, leafy greens, apple cider vinegar, olive oil, sprouts, raw brassicas, mung beans and rice

OPEN THE ROUTES OF ELIMINATION

As you begin this liver cleanse, it is important that you open the routes of elimination to the outside so that toxins can be discharged. Be sure to drink 3 liters of water a day and use 45 grams of fiber a day to support elimination. To meet your fiber requirements, take 2 Tbsp of chia seeds, 2 Tbsp flaxseeds, 1 cup of legumes and 2 Tbsp of oat bran or psyllium seed powder daily (if tolerated), and consume 8 servings of fruits and vegetables daily.

THE LIVER FLUSH DRINK

After opening the routes of elimination, use this morning drink to help flush toxins out of the liver. The liver flush stimulates the liver to eliminate toxins, increases bile flow, increases the circulation of blood in the liver, and improves overall liver function. It also helps to remove impurities from the blood and lymph.

Continue the Liver Flush Drink for at least 10 days. For a deeper cleanse, keep it up for 40 days. Follow this morning drink with a breakfast of oatmeal or other grain or the Kale Smoothie. Consider drinking it through a wide straw to protect the enamel of your teeth.

How to do the Liver Flush:

1. Mix together freshly-squeezed lemon and/or lime juice to make one cup of liquid. According to traditional Chinese medicine, the sour taste activates the liver. Water it down to taste with pure spring, distilled or filtered water.
2. Add 1-2 cloves of fresh garlic, 1-2 tsp of fresh ginger juice or grated ginger. Both garlic and ginger protect the liver.
3. Add ½-1 tsp turmeric to improve liver detoxification.
4. Mix in 1 Tbsp of high quality extra virgin olive oil from a metal or opaque glass container and blend the mixture together. Drink in the morning and wait one hour before eating anything else. Keep your diet simple the rest of the day, either eating mainly fresh fruits and vegetables, greens, beets, brassicas, legumes (lentils, split peas, black beans, mung beans, adzuki beans) and grains (brown rice, quinoa, millet, buckwheat).
5. Follow the liver flush with 1 cup of the Liver Loving Tea, using 1 ounce of the herbs to 20 ounces of water.

6. Take a bowel cleansing formula which may include bentonite (or take 1 tbsp. bentonite daily) at the same time as you do the liver flush, as well as having 2-4 tablespoons of freshly ground flaxseeds daily and 2 tbsp of chia seeds. This will ensure that you eliminate the toxins released from the liver. Drink at least 2 liters of filtered water daily.
7. Continue for a cycle of 10 days. Stop for 3 days. Continue another 10-30 days if desired. Do it 1-4 times yearly.
8. If you have cancer, chronic disease or a serious health problem, do it under the supervision of someone experienced with detoxification regimens.

FOODS AND NUTRIENTS THAT PROTECT YOUR LIVER

The following categories of nutrients support and protect your liver. Include these foods in your diet for 40 days and consult a naturopathic doctor if you would like to cleanse more deeply by adding the additional herbs or nutritional supplements.

Antioxidants

Antioxidants help to protect the cells of the liver and in the body from damage.

Herbs: milk thistle, Chinese licorice, ginkgo, skullcap, Jerusalem artichoke, rosemary, bilberry, schizandra, eleuthero, chaparral, lemon balm, saffron, turmeric.

Foods: cabbage, garlic, whole seeds, fruit, greens, red peppers, sprouts, spirulina, carrots

Vitamins: Vitamins A, C, E

Minerals: zinc, selenium

Amino Acids: methionine, glutathione, cysteine

Flavonoids: catechin, quercetin, rutin, kaempferol, luteolin, pycnogenol and grape seed extract

Other: Coenzyme Q10, alpha lipoic acid, melatonin

Membrane Stabilizers

Membrane stabilizers protect the cell membrane from damage, making it less vulnerable to toxins.

Herbs: milk thistle

Foods: cabbage, garlic, flaxseed oil and seeds

Choloretics (activate bile flow)

Choloretics move the bile out of the liver with the toxins in it, to be eliminated.

Herbs: globe artichoke, capillaris, garlic, chelidonium, burdock, barberry, blessed thistle, gentian, milk thistle, goldenseal

Foods: olive oil

Sulphur-Containing Compounds

These provide the building blocks for the liver's detoxification mechanisms.

Herbs: milk thistle (St. Mary's thistle), dandelion

Foods: cabbage, cauliflower, brussel sprouts, broccoli (Brassica family), broccoli sprouts, onions, garlic, soy, sunflower seeds, oatmeal

Enzyme Assistants

These help the liver enzymes work more efficiently.

Herbs: schizandra, bupleurum, chelidonium, desmodium

Foods: Brassica family, green vegetables, turmeric, ginger, garlic

Liver Cleansers

These help to cleanse toxins from the liver.

Herbs: burdock, dandelion root, yellow dock, blue flag, Oregon grape root, phyllanthus, schizandra

Foods: apples, other juicy fruits, apple cider vinegar, lemon juice, grapefruit juice, garlic, beets, dandelion greens, turmeric powder

Liver Rebuilders

These help to rebuild the liver and supply the nutrients it needs to operate efficiently.

Herbs: globe artichoke, milk thistle (St. Mary's thistle), butternut, oat, bupleurum, desmodium, phyllanthus

Foods: seeds (flax, sesame, sunflower, pumpkin), almonds, whole grains, B vitamin rich foods (wheat germ, nutritional yeast, royal jelly, bee pollen), beets and other foods rich in iron

BREATHING EXERCISE: BURN INNER ANGER AND BUILD THE IMMUNE SYSTEM

Originally taught by Yogi Bhajan on February 19th, 2000

Sit straight in a cross-legged position.

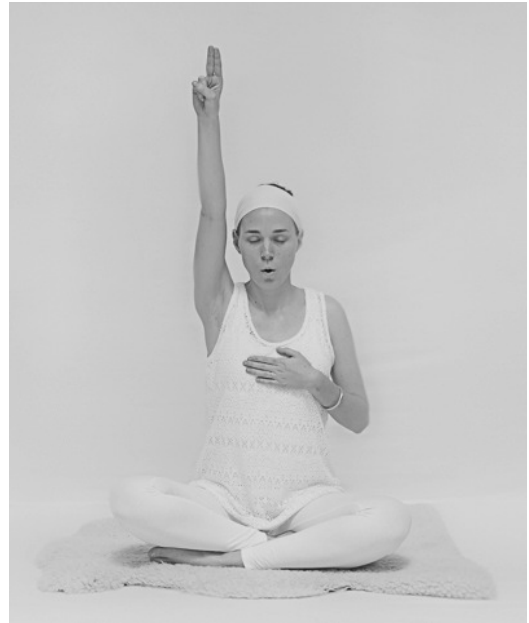
Mudra: Extend and stretch the right arm forward and upward at a 60 degree angle, pointing the index and middle fingers. Place the left hand on your heart.

Eye Position: Eyes are closed, focusing at the third eye or the tip of the nose.

Breath Pattern: Form an “o” with the mouth and breathe powerfully through it. Do it emotionally – burn your inner anger, get rid of it.

Time: Continue for 11 minutes.

To End: Inhale deeply, hold 10 seconds, stretch both arms and hands over your head, and stretch the spine. Cannon fire exhale. Repeat 2 more times. Relax.



Comments

This meditation will build a powerful immune system. It correlates the breath of life, the tattvas and the chakras. If you do it for 11 minutes every day, after 40 days you will be a different person.

YOGA SET: KUNDALINI YOGA FOR THE LIVER, COLON, AND STOMACH

1. **Stand with your legs 2 feet apart.** Place your hands on your hips. Bend from the waist to the right, to the left, then forward and back, returning to the upright position after each bend. One second in each direction. Chant aloud, **Sa** as you bend to the right, **Ta** to the left, **Na** to the front and **Ma** to the back. Continue rhythmically, coordinating the movement with the mantra for **5 minutes**.

This exercise opens up the hip area and prepares you for the next exercise.



2. **Remain in a standing position with your legs 2 feet apart and the hands on the hips.** Begin to roll the upper torso around on your hips. Roll to your maximum capacity, bending completely in all directions. Continue for **2-3 minutes**, one second per roll. Then start chanting **Har Hari**, one repetition with each roll and continue for **2 more minutes**.

This exercise stimulates the gonads.



3. **Stand with your legs apart and your arms relaxed down at your sides.** Bring the arms up, parallel to the ground and cross them grasping the upper arms. Lean back and let your arms come up and back, pulling your breast muscle up. Return to the second position, arms up and parallel to the ground, and then to the first position with your arms relaxed down at your sides. Chant aloud **Sa-Ta-Na-Ma**. Continue rhythmically, coordinating the movement with the mantra for **3-4 minutes**. One complete cycle will take 2-3 seconds.

This exercise relieves lower back pain and pressurizes the lymph glands.



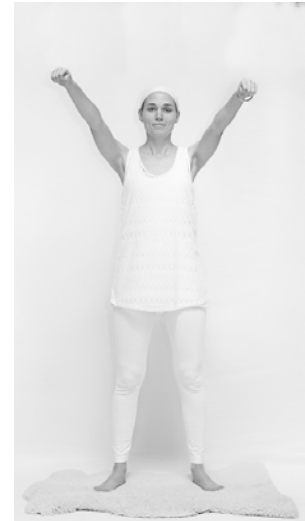
4. **Remain standing with the arms parallel to the ground grasping the upper arms.** Do deep knee bends squatting into Crow Pose, a crouching position with the knees drawn into the chest and the soles of the feet flat on the floor. As you go up and down chant aloud **Sa-Ta-Na-Ma**. Coordinate the movement with the mantra powerfully and rhythmically as follow: **Sa** - down, **Ta** - up, **Na** - down, **Ma** - up. Complete one cycle every 3 seconds. Continue for **3 minutes**.

This exercise balances the body's energy. It also works to relieve pain in the lower back.



5. **Continue standing with the legs apart.** Put your thumbs on the Mercury mounds (the mound below the little finger on your palm), and make your hands into fists. Swing your arms backwards in large rapid circles, making sure to move the shoulders. Chant aloud, ***Har Har Har Har Har Har Hari***. 2-3 circles per repetition. Continue rhythmically coordinating the movement with the mantra for **2-3 minutes**.

This exercise balances the psyche and enhances communication skills.



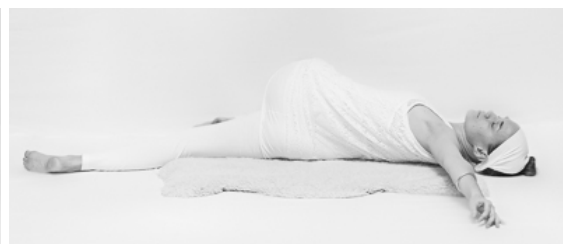
6. **Stand on the balls of your feet and place your hands on your hips.** Kick your feet forward alternately in a jogging shuffling motion. Use a fast pace. Chant aloud, ***Hum Dum Har Har, Har Har Hum Dum***, one repetition every 3-4 seconds. Continue rhythmically coordinating the movement with the mantra for **3 minutes**.

This exercise balances the metals in the body.



7. **Immediately lie down with your legs straight and begin a Cat Stretch to both sides,** alternately bending the knees and touching them to the ground on the other side of the straight leg. Continue this powerfully for **1-2 minutes**.

This exercise puts a pressure on the liver and removes toxins. It also consolidates the effects of the previous exercises.



8. **Come into Half Cobra Pose.** Lie on the stomach, keeping the heels together with the soles of the feet facing up. Inhale and arch the spine up while resting on the forearms, with your neck up and chin out. Your forearms are extended straight ahead of you, with your fingers spread wide for support. Begin to kick your buttocks hard with alternate heels. Continue for **3-4 minutes** at a moderate pace. Switch to a rapid pace **1 more minute**. Total exercise time should be 4-5 minutes.

This exercise is specifically for regulating the calcium/magnesium balance in the blood stream and body which is controlled up the thighbone. This bone also controls one's sexuality. The exercise also applies a maximum pressure to the parathyroid and thyroid when the neck is up and the chin is out.



9. **Frog Pose.** Squat down so the buttocks are on your heels and the heels are off the ground and touching each other. Put the fingertips on the ground between the knees and keep the head up. Inhale, raise the buttocks high, keeping the fingers on the ground. Exhale, come down, and let the buttocks strike the heels. The exhale should be strong. Chant aloud **Sa-Ta-Na-Ma** one repetition every 2-3 seconds. Continue rhythmically coordinating the movement with the mantra for **2 minutes**.



This exercise works on the knees.

10. **Stand up straight with the arms down by your sides.** Then sit down in a cross-legged position. Alternate this standing/sitting movement **4 times**.

This exercise balances the prana and apana in the body.

11. **Repeat Frog Pose** (exercise 9) for **30 seconds**.



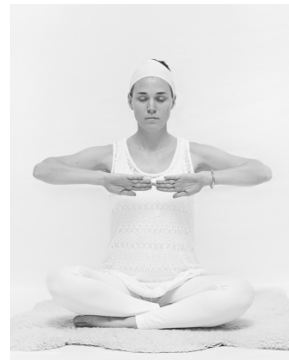
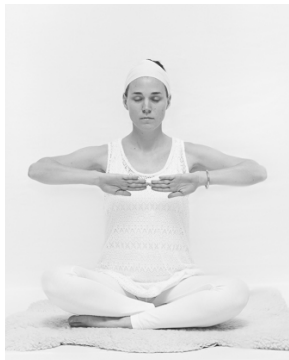
12. Lie down on your back. Keeping the legs straight, lift them up and grab onto your toes with your hands. Begin to breathe in through a rolled tongue. Exhale through the nose. Continue for **1-2 minutes**.

The breath used in this exercise cools the body off.



13. Sit in Easy Pose. Place the arms at shoulder level with the fingertips meeting at the centre of the chest, palms facing out. Alternating left to right, straighten the arms out to the side with a jerk to the elbow and return to the centre. Continue for **3 minutes**.

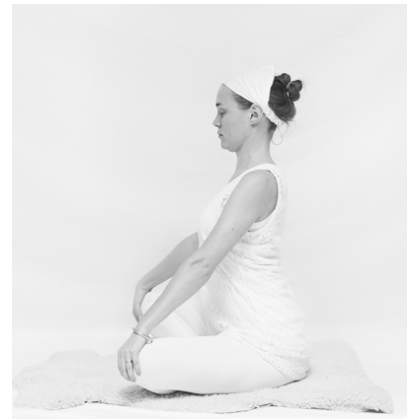
This exercise works directly on the forearm muscle, which regulates the colon.



14. Spinal Flexes with hands on knees.

Sit in Easy Pose. Place the hands on the knees. Focusing on the upper spine and shoulders, inhale and flex the spine forward. As you exhale flex the spine back, keeping the shoulders relaxed and the head straight. Continue at a moderate pace for **4 minutes**.

This exercise is for the lymph area and is reported by some people to prevent breast cancer. If done correctly it will create an unusual pressure behind the ears on the neck. It means your whole nervous system and central channel, the Sushumna, is stretching. It should create sweat on the face.



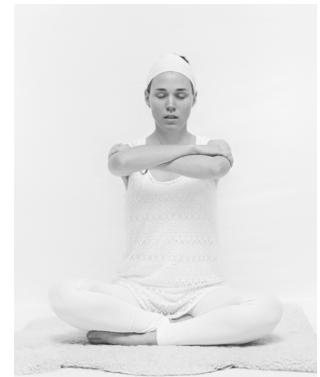
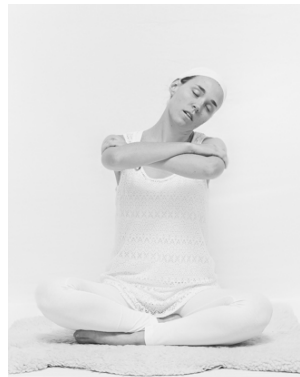
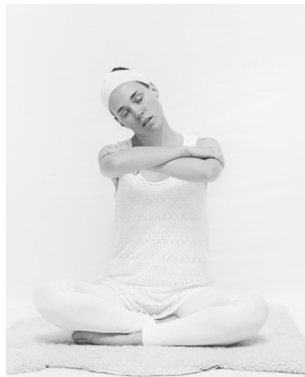
15. **Remain sitting in Easy Pose.** Make loose fists of the hands by placing the thumbs on the inside and wrapping the fingers loosely around the thumbs. In a rapid movement, inhale and extend the arms up. Exhale and lower the arms with the fists returning to shoulder level. Continue for **2-3 minutes**.

This exercise works on the spine and the sciatic nerve.



16. **Sit in Easy Pose.** Cross your arms at the heart center, grasping the upper arms. Chant aloud **Sa-Ta-Na-Ma** as you begin to bend your head in the following manner: Right, center, left, center. Complete one cycle every 2-3 seconds. Continue rhythmically coordinating the movement with the mantra for **1-2 minutes**.

This exercise adjusts the neck.



17. **Sing the song “Nobility” for 4 minutes or sit meditatively and breathe long and gently for 4 minutes.**



MEDITATION: SYNCHRONIZATION MEDITATION - HEART SHIELD MEDITATION

Sit straight in a meditative position.

Mudra: Bring the left hand in front of the heart centre, palm facing the chest 4 to 6 inches away. Keep the fingers stiff but not tight. The forearm is parallel to the ground. The right arm is straight, resting over the knee. Hold the right hand in Gyan Mudra, with the forefinger curled under the thumb and the other fingers straight and joined.

Eye Position: Eyes look down the nose.

Mantra: Chant the following mantra out loud.

Sat narayan wha-hay gu-roo

Ha-ree narayan sat naam

Translation:

True Sustainer Indescribable Wisdom

Creative Sustainer True Identity

Time: 11 minutes.

To End: Then inhale, hold briefly and relax. Meditate with open awareness as your heart centre adjusts your feelings with the boundaries of the self.

Comments

This meditation strengthens and balances the projection of your mind - "Creating Art Through Past Memory". It is a combination of the Postive Mind x Ahangkar/Negative, from Yogi Bhajan's book *The Mind*.

When **balanced**, this Projection acts like a gourmet that intensifies sensations and experiences them very personally. There is a tendency to be a collector, to acquire things that will express your feelings and ideals. The positive feelings of the past are savored, repeated, and refined. It becomes a way to feel who you are. It is an aesthetic of the personal past. At best this can lead to a storyteller, one who unites a family and relationships from a sense of history and ancestors. If it is **too strong**, the attachment tendency of ahangkar can dominate. Then it devolves into a cloying nostalgia or an attachment to miseries of the past as a way to belong. The writer Salinger did not publish a story for decades after "Catcher in the Rye". He said it was to keep the experiences he wrote about his own, undisturbed by the thoughts and feelings of others. When it is **too weak**, you can lack the ability to set boundaries on the intense feelings of the past – you become entangled with them, without distinguishing the positive and negative impacts of the past feelings. Or, with less ahangkar, you cannot rank your own experiences easily to set priorities. All of your experiences seem distanced or emotionally flat. You are a gourmet without strong opinions and with a blunted palate.



DAY 2 | IMPROVE LIVER DETOXIFICATION

WHAT HAPPENS WHEN WE ARE TOXIC?

When the body is unable to break down and eliminate a toxic overload, symptoms of illness may manifest. Symptoms include headaches, joint pain, fatigue, irritability, depression, mental confusion, digestive disturbances, cardiovascular irregularities, flu-like symptoms or allergic reactions such as hives, runny nose, sneezing and coughing.

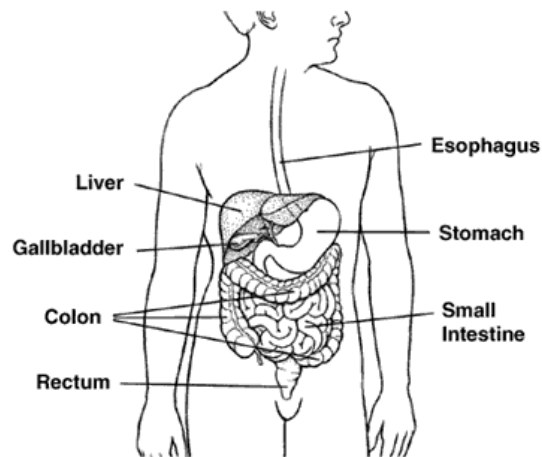
HOW TOXINS DO THEIR DAMAGE

Toxins can combine with and destroy enzymes, can stagnate in tissues and interfere with circulation, causing high blood pressure, and can thicken the blood resulting in decreased circulation and availability of nutrients to specific areas of the body. They can also block the transmission of nerve impulses resulting in psychological disturbances and interact with hormones causing glandular imbalances. As toxins build up in our bodies, they look for routes of elimination, which may cause rashes, blemishes, eczema, psoriasis, itching and inflammation of the skin. Over time the detoxification and eliminative organs become overwhelmed and inflammation and disease result. The journey toward wellness from most illness requires a process of detoxification, and regular detoxification is good prevention for all disease.

UNDERSTANDING LIVER FUNCTION

The liver is a vital organ and has a wide range of functions. Our livers:

- Break down proteins, fats, and carbohydrates, providing us with energy and nutrients
- Store minerals, vitamins and sugars, to be used as needed by the body
- Filter the blood and helps to remove harmful chemicals and bacteria
- Create bile, which is stored in the gallbladder, and is used to break down fats and carry away toxins
- Help to assimilate and store the fat-soluble vitamins A, E, D, K.
- Act as a reservoir for blood storage, and quickly releases it when needed
- Help to make blood proteins, which maintain fluid balance
- Help to maintain electrolyte and water balance
- Create substances that function as part of the immune system, such as gamma globulin
- Break down and eliminate excess hormones and convert estrogen into its harmless forms. The liver manufactures the hormones IGF-1 and IGF-2.
- Help to regulate energy, moods and emotions by controlling blood sugar and hormone levels

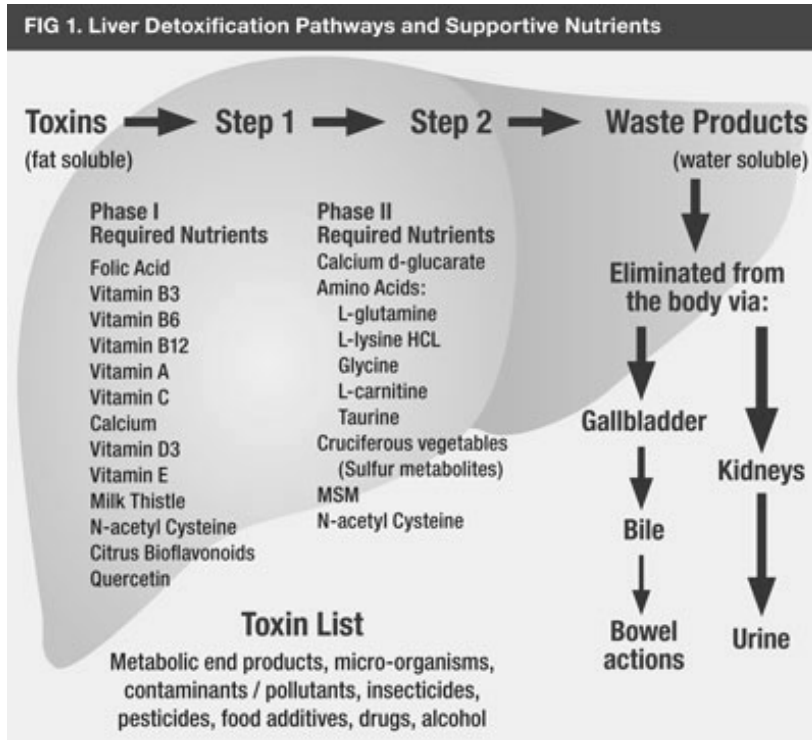


THE LIVER'S DETOXIFICATION SYSTEM

The liver uses a two step detoxification sequence known simply as Phase 1 and Phase 2. Each of these steps uses different types of enzymes for detoxification. Enzymes rely on minerals to work – if we are deficient in minerals, we will be more fatigued and toxic.

Chemicals or hormones that are fat-soluble must first be processed through Phase 1 detoxification to be made water-soluble, so they can be inactivated by Phase 2 enzymes. The Phase 2 enzymes do the real clean-up.

If our liver detoxification systems are overwhelmed or inadequate, fat soluble toxins will lodge in our fatty tissues, causing a fatty liver, lipomas, cellulite, easy weight gain and accumulation of toxins in the breasts, ovaries and uterus, causing cysts or potentially cancer. We'll be draining the toxins from the liver and elsewhere during this cleanse.



PHASE 1 DETOXIFICATION

Phase 1 detoxification uses a group of 100 different enzymes, known collectively as the 'cytochrome P450' system, each with an affinity for a different family of fat-soluble toxins. Some toxic substances are inactivated completely through Phase 1, but most are not, and need Phase 2 to finish the job. Many of the water-soluble intermediate products of Phase 1 are highly reactive and can have up to 60 times more toxic activity than their previous fat-soluble incarnations, unless they are quickly neutralized by Phase 2 enzymes. These reactive intermediate products are called 'epoxides'. Some epoxides are highly carcinogenic, such as benzo[a]pyrene (BP), a polycyclic aromatic hydrocarbon found in smoked meats, and the C4 estrogen, a breakdown product of estrone. People who have a fast Phase 1 and a slow Phase 2 are at most risk of disease because they build up epoxides during Phase 1 detoxification.

When the P450 enzymes act on a toxin, free radicals called 'superoxide radicals' are formed along with epoxides. If not quickly neutralized, both of these products have the potential to damage cell membranes, resulting in tissue injury and inflammation. Superoxide radicals are neutralized by an enzyme called 'superoxide dismutase' (SOD) that is dependent on the minerals **manganese**, **copper**, and **zinc** to work. The Ayurvedic herb **amla** can double our levels of SOD. Epoxides are neutralized by Phase 2 reactions and by antioxidants like vitamins A, C, E, zinc and selenium as well as another antioxidant called glutathione. Glutathione is a protein containing the amino acids **cysteine**, **glutamic acid**, and **glycine**. Glutathione production and activity are dependent on healthy levels of **selenium**, **magnesium**, **sulfur**, **manganese**, **vitamin B1 (thiamine)**, and the amino acid **cysteine**. The herb **milk**

thistle can increase glutathione production by 35% in the liver, while **alpha lipoic acid** increases glutathione levels in red blood cells and lymphocytes 30-70%. Sugar decreases the production of glutathione. The P450 enzymes need **zinc, copper, magnesium, molybdenum, iron, calcium, choline, niacin, riboflavin, vitamins C, E, A** and the **B complex** to work effectively.

Vegetarian Foods High in Minerals that Support Liver Enzymes

<i>Mineral</i>	<i>Vegetarian Foods that Contain this Mineral</i>
manganese	hazelnuts, pumpkin seeds, chia seeds, flaxseeds, sesame seeds, pecans, walnuts, Macadamia nuts, almonds, cashews, pistachios
copper	kale, shiitake mushrooms
zinc	wheat germ, pumpkin seeds, Napa cabbage, dried apricots
selenium	Brazil nuts, cashews, black walnuts, Macadamia nuts
magnesium	spinach, Swiss chard, kale, pumpkin, bran, tofu, edamame, brown rice, Brazil nuts, almonds, cashews, pine nuts, pecans, walnuts
sulfur	broccoli, cauliflower, cabbage, kale, Brussels sprouts, bok choy, garlic, onions, leeks, chives, asparagus, tofu, edamame, butter beans, mung beans, chick peas, lentils, Brazil nuts
iron	pumpkin seeds, sesame seeds, sunflower seeds, flaxseeds

Harmful and Protective Substances that Speed Up Phase 1 Detoxification

<i>Harmful Substances to Avoid</i>	<i>Protective Substances to Add</i>
Dietary: alcohol, high protein, char-broiled meats, methylxanthines (found in coffee, chocolate and cola), saturated fat.	Dietary: brassica family (cabbage, broccoli, Brussels sprouts), oranges, tangerines, caraway seeds.
Drugs: nicotine, phenobarbital, sulfonamides, steroids, barbiturates, valium, antihistamines, benzodiazepines, cimetidine (and other drugs used for stomach ulcers), ketoconazole, sulfaphenazole.	Nutritional Supplements: indole-3-carbinol or DIM, vitamin B3 (niacin), vitamin B1, vitamin C, limonene (in essential oils of lemon, orange, celery), rosemary, schizandra, St. John's wort.
Pollutants: carbon tetrachloride, exhaust and paint fumes, dioxin, pesticides.	

PHASE 2 DETOXIFICATION

Phase 2 detoxification enzymes step in to bind up the water-soluble toxins and epoxides to either glutathione, methionine, glycine, glucuronic acid or sulphur compounds. These are all called conjugation reactions. Once bound, these toxins are neutralized and can no longer do damage (unless they become unbound in the large intestine). The smaller products of Phase 2 detoxification, being water soluble, are eliminated through the kidneys. The larger ones are eliminated through the stools.

During Phase 2 detoxification, six types of different biochemical interactions can occur to attach or 'conjugate' the toxic metabolites from Phase 1 to other small chemicals, which then make the original substance ready for excretion. Sulfation, methylation, and glucuronidation are important reactions in breaking down and eliminating your body's estrogen.

Phase 2 System	Substances Detoxified	Assisting Nutrients	Promoters	Inhibitors
glutathione conjugation	bacterial toxins, aflatoxin, lipid peroxides, ethyl alcohol, quercetin, bilirubin, prostaglandins, acetaminophen, penicillin, tetracycline, nicotine, insecticides, styrene, benzopyrene, methylparathion, chlorobenzene, petroleum products, naphthalene, toxic metals	glutathione, vitamin B6, B2, B3, C, NAC, germanium, magnesium, manganese, selenium	brassica family, soy, whey, legumes, oatmeal, indole-3-carbinol, DIM, limonene (essential oils of lemon, celery, orange), milk thistle, alpha lipoic acid. curcumin	deficiencies of selenium, zinc, or vitamin B12, deficiency of glutathione
amino acid conjugation	bile acids, PABA, butyric acid, stearic acid, nicotinic acid, Aspirin, aliphatic amines, phenylacetic acid, solvents, benzoic acid (food preservative)	L-glycine, L-glutamine, taurine	glycine, 40 grams protein daily	inadequate dietary protein
methylation (important in estrogen metabolism)	C2 and C4 estrogens, dopamine, epinephrine, norepinephrine, L-dopa, histamine, thiouracil, morphine, paraquat, mercury, lead, arsenic, thallium, tin	SAM (S-adenosyl-methionine), choline, vitamin B6, B12, folic acid, B2, magnesium	soy nuts, kidney beans, black beans, org. low fat cottage cheese, methionine, choline, betaine, folic acid, B12, magnesium, MSM	deficiency of choline, folic acid, magnesium, or vitamin B12; excess of boron or molybdenum
sulfation (important in estrogen metabolism)	C16 estrogen, DHEA, thyroxine, testosterone, cortisol, melatonin, catecholamines, vit. D, bile acids, tyramine, coumarin, aniline dyes, amines, formaldehyde, quercetin, methyl dopa, acetaminophen, terpenes, phenols, intestinal toxins	cysteine, taurine, selenium, methionine, MSM, B6, sulforaphane (broccoli sprouts), bifido-bacterium	soy, whey, cysteine, taurine, methionine, glutathione, bifidobacterium	NSAIDS, yellow food dye, excess vitamin B6, excess/def. of molybdenum, deficiency of methionine and cysteine
sulfoxidation	garlic, sulfite food additives, preservatives, chlorpromazine, sulfite drugs (asthma)	molybdenum, legumes, whole grains	none found	deficiency of molybdenum
acetylation	serotonin, PABA, histamine, tryptamine, caffeine, choline, tyramine, clonazepam, mescaline, isoniazid, procainamide, benzidine, sulfa drugs, anilines	Acetyl-Co-A, vitamins B1, B5, C	peppers, cabbage, citrus, whole grains, green tea.	deficiency of vitamins B1, B5 or C
glucuronidation (last step in estrogen metabolism)	steroid hormones, estrogen, melatonin, bilirubin, bile acids, vitamins A, E, K, D, salicylates, morphine, acetaminophen, menthol, benzodiazepine, naproxen, digoxin, valproic acid, steroids, lorazepam, propanolol, morphine, diazepam, phenols, aniline, butanol	vitamin B6, glucuronic acid, calcium-D-glucarate, fiber, probiotics	ellagic acid (red raspberries), fish oil, limonene, birth control pill, cig smoke, yellow tartrazine dye, phenobarbital	aspirin and other NSAIDS, bowel bacteria can cause reabsorption of estrogen

GRAPEFRUIT JUICE

Grapefruit, grapefruit juice, and Seville orange juice (but not sweet orange juice) contains a flavonoid called naringenin that can slow down cytochrome P450 enzymes by 30%. A study published in the July 2007 edition of the British Journal of Cancer reported that in the test subjects, 50,000 post-menopausal women, eating just a quarter of a grapefruit daily raised the risk of breast cancer by up to 30%. It is believed that the fruit boosts the levels of estrogen, which in turn increases the risk of developing the disease. Its effect can last up to 24 hours, and if we drink grapefruit juice daily, it can last up to 5 days. Grapefruit juice increases blood concentrations of oral contraceptives, many cholesterol-lowering drugs, Xanax, and numerous others.

Limit your consumption of grapefruit or grapefruit juice to twice weekly or less.

CURCUMIN AND ELLAGIC ACID

Curcumin, which forms 95% of turmeric and gives it its yellow color, and ellagic acid, found in red raspberries, both slow down Phase 1 detoxification while speeding up Phase 2. They lower the formation of the toxic metabolites formed as intermediaries in Phase 1, while quickly inactivating those that have already formed, which is helpful in preventing cancer. Curcumin and ellagic acid should not be used when taking certain pharmaceuticals, as they may interfere with their effectiveness. Other dietary inhibitors of Phase 1 are quercetin, capsaicin (from red chili pepper), and eugenol from clove oil. Green tea slows down the P450 enzymes, as do blueberries, blackberries, red grapes, kiwi, watermelon, parsley, spinach, and red wine.

Improve Phase 1 and 2 detoxification with: **curcumin, ellagic acid, amla, rosemary, schizandra, milk thistle, vitamins A, B complex, C, and E, choline, selenium, zinc, magnesium, manganese, CoQ10, indole-3-carbinol or DIM, limonene from essential oil of lemon, flaxseed and fish oil**, and foods containing **cysteine and methionine**. Vegetarian foods that contain high amounts of cysteine and methionine include: coconut milk, sunflower seeds, almonds, kidney beans, adzuki beans, chick peas, black beans, pinto beans, lentils, mung beans, navy beans, soy beans, tofu, and broccoli.

BREATHING EXERCISE: MEDITATION TO CONQUER SELF-ANIMOSITY

Originally taught by Yogi Bajan in March 1979

Sit in an Easy Pose with a light jalandhar bandh. Maintain an alert attitude.

Mudra: Relax the arms at the sides and raise the forearms up and in toward the chest at the heart level. Draw the hands into fists, and point the thumbs straight up toward the sky. Press the fists together in such a manner that the thumbs and fists are touching. The palms are toward each other. This meditation requires the upper torso to be held straight, without rocking back and forth.

Eye Position: Fix the eyes at the tip of the nose.

There is no required mantra other than the subtle sound of the breath.

Breathing Pattern:

Inhale through the nose.

Exhale completely through the mouth.

Inhale deeply and smoothly through the mouth.

Exhale through the nose.

Time: Continue for **3 minutes**. Gradually build the time to **11 minutes**. Practice daily, but do not exceed 22 minutes in any one session.

To End: Inhale and stretch the arms up over the head. Keep the stretched position as you take **3 more deep breaths**. Relax.

Comments

There are no enemies. There are challenges to our creativity. The greatest enemy is the self. Self-defeating activity and self-animosity occur where we do not accept ourselves. We instinctively reject self-confirmed continuity. We will oppose our own success and accomplishment just to break with steadiness. That break is the assertion of ego: an attempt at marking and possessing something in Time and Space. This self-animosity distracts us from the real gift of human life: the capacity to confront and experience the self in relationship to the Unknown infinity of our Self.

This meditation conquers the state of self-animosity and gives you the ability to have constant consciousness in support of the core self.



YOGA SET: LET THE LIVER LIVE

Originally taught by Yogi Bhajan on January 30, 1985

1. **Lie on your left side.** Place your left hand under your head with the left elbow resting on the ground. Lift the right leg up straight and hold the toes with your right hand. Keep both legs straight. Begin Breath of Fire and continue for **4 minutes** in this posture.

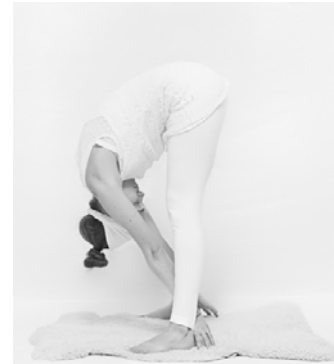


2. **Come into Wheel Pose:** lie down on your back and bend the knees. Keep the feet flat on the floor and place the palms on the ground above your shoulders with the fingers pointing towards the feet. Lift the torso off the ground, raising the navel all the way up. In this posture, take one complete breath through the nose, inhaling and exhaling completely. Then take one complete breath through the mouth, inhaling and exhaling completely. Continue alternating from nose to mouth, taking one complete breath with each. Continue for **4 minutes**.



If you are unable to do Wheel Pose, then lie on your back and visualize your body in a perfect Wheel Pose and follow the breathing instructions. Alternatively, do Bridge Pose.

3. **Come into the same posture as in exercise 1** with Breath of Fire through the mouth for **2 minutes**.



4. **Stand up with legs apart 18 to 24 inches.** Bend forward and stretch the hands back through legs to touch the floor. Reach back as far as possible. Keep the head down. Hold this position for **1 minute**. Then, in this position, roll the tongue and do Breath of Fire through the rolled tongue for **3 more minutes**.



5. **Repeat exercise 1 with Cannon Breath** through the mouth (extremely powerful, explosive breath). Continue for **30 seconds**.

6. **Stand up and sit down 52 times** without using the hands for support.

7. **Stand with hands on the hips.** Roll the upper torso in large circles. Continue for **2 minutes.**

8. **Relax**



MEDITATION: SURROUND YOURSELF WITH PROTECTION (CHII-A KRIYA)

Sit in Easy Pose.

Mudra, Eye Position, and Mantra: Touch the tip of the thumb and the tip of the Jupiter (index) finger. The other fingers are relaxed. With your hands in this mudra, move your arms in the following sequence. Chant using the tip of your tongue. Once you know the movement, close the eyes.

1. Stretch your arms out to the side with the palms facing forward, index finger and thumb touching. Keep your elbows straight. Chant **Har**.
2. Without bringing your hands near your shoulders, move your hands directly in front of you with your palms down, elbows by your sides and your forearms pointing straight out in front of your body. Chant **Haray**.
3. Bend the elbows and bring your hands up by your shoulders, palms facing out. Chant **Haree**.
4. Stretch your arms out to the sides again. Chant **Wah**.
5. Bring your arms directly to the front, palms down. Chant **Hay**.
6. Bring your hands up near your shoulders. Chant **Guroo**.

Time: Continue 11 minutes.

To End: Inhale through the nose, suspend the breath 15-20 seconds. Keep your arms in position #6 and squeeze your rib cage as you stretch your spine upward. Exhale. Repeat this sequence two more times.

Comments

There comes a moment in your life when nothing works. All shelter and hope is gone. When the enemies overcome and friends have left. Do this meditation: Har Haray Haree Wha-hay Guroo. It has six sounds. Don't take it as a mantra. These are six unchangeable sounds. What surrounds you is six: The four directions and up and down. Meditate on these six in this way and they will cover you.

Har – the One

Haray – the projected One

Haree – the merged One

Whahay Guru – the ecstasy of God

This is a Shakti mantra plus a Bhakti mantra. It expresses the three qualities of the word Har, the Creative Infinity: seed, flow, and completion, unto the Infinite. This mantra can bring you through any block in life. It brings prosperity. It also develops Vaak Siddhi – the power that what you say will come true.

The sound current has an Infinite power on God. It can bind God. It has the power. It is the only power, which is given to the human. Vaak Siddhi is the perfection of the sound projection. Guru Nanak explained it, 'Through the mouth you utter a sound current, to which God listens with love.' What you talk is not a sound current. The sound



current is that which you create with the organic matter of your body where you use your pranas and that has a projective power.

DAY 3 | IMPROVE LIVER DRAINAGE

LIVER DRAINAGE

Drainage implies movement and flow to assist in the cleansing process. We improve drainage by eating enough fiber and drinking sufficient fluid to ensure three bowel movements a day. Movement in the form of an hour of exercise a day, such as walking, swimming, dancing, cycling or jogging, will improve drainage. We can also improve liver drainage by giving the liver the foods, herbs and nutrients it needs to simulate movement and flow of toxins so they are ready for excretion.

Olive oil is one of the primary foods that help the liver and gallbladder move toxins through. The brassicas, leafy greens, lemons and limes, beets, cabbage, apples, apple cider vinegar, garlic and ginger can also improve liver drainage.

Long deep breathing and “breath of fire” put gentle pressure on the liver from the diaphragm, improving drainage, as does vigorous exercise where circulation is increased. When we use yoga postures that twist, rotate or compress and release the torso, we also stimulate liver drainage. Castor oil packs have been used for decades in naturopathic medicine to assist liver drainage.

EMOTIONAL DRAINAGE

When our emotions are not “in motion” and we find ourselves holding on to resentment, anger, frustration, jealousy, hate or depression, liver drainage is compromised. In Traditional Chinese Medicine, the understanding is that stress affects the liver, disturbing its capacity to direct its energy flow in all directions.

Part of the cleansing process, therefore, is to bring awareness to your emotional reactions and states, and discern which emotions need expression and which can be let go. We are meant to express our emotions effectively and honestly, not to suppress or deny them. However, this does not mean that we are reactive, impulsive, or need to express everything we feel.

Express what is important to you in a mindful, assertive and compassionate way. Recognize emotions that are toxic to you and others and use the yoga practices to transform them. Like thoughts, feelings are transient, and may be triggered by events that have occurred to us in the past, that remain unresolved and not fully metabolized. Part of the purpose of this cleanse is to help you metabolize emotions from your past so they can be released. This will allow you to be more spontaneous and available in the present. It may take time to learn how to communicate effectively in a way that both honours emotions and respects others, but is well worth the effort.

The practice of Kundalini Yoga develops the capacity to witness one’s emotions, assess which emotions are worthy of expression, and confidently and neutrally convey them. While acknowledging our feelings, we also cultivate flourishing emotions and values that express the qualities of the soul – joy, patience, tolerance, compassion, humour, kindness, acceptance, faith and trust.

Track your emotions and reactions daily in your journal to help you discern what needs to be expressed and what can be let go.

THE CASTOR OIL PACK

Once you have activated your detoxifying enzymes with foods, nutrients, herbs and juices, use a topical application, called a castor oil pack, to improve drainage through the liver. Castor Oil packs are an effective method to stimulate the immune system and lymphatic system, decrease inflammation, and mobilize toxins out of your liver.

Materials

- a soft, clean piece of flannel, wool or cotton
- organic cold-pressed castor oil (Palma Christi)
- large glass or ceramic bowl
- hot water bottle or heating pad
- old clothes you can wear that may get stained with oil
- 3 old towels
- garbage bag

Instructions

1. Wear older clothes
2. Fold flannel three layers thick so it is still large enough to cover the entire upper abdomen and liver
3. Place the flannel in the bowl and pour enough oil on it to saturate it. Squeeze out any excess oil so it is not dripping
4. Prepare heating pad or hot water bottle
5. Place old towels on your bed or where you will lie down.
6. Lie down and place the saturated cloth over your liver and abdomen.
7. Cover the castor oil cloth with the garbage bag
8. Place the hot water bottle or heating pad over the pack and let it sit for 45-60 minutes, while resting or reading. Cover with another dry towel.
9. After an hour, clean your skin with water and a bit of baking soda (2 Tbsp baking soda to 1 quart water)
10. Keep the used pack in a sealed large glass jar, and re-use by adding 1 Tbsp castor oil each time. You can re-use it several times before washing the cloth and starting anew.
11. Apply the castor oil pack for at least 4 consecutive days per week for one month. The most benefit comes from daily use.

BREATHING EXERCISE: ALTERNATE NOSTRIL BREATHING FOR PERSPECTIVE & EMOTIONAL BALANCE

Originally taught by Yogi Bhaian in 1969

Sit in Easy Pose, with a light *jalandhar bandh* (neck lock).

Mudra: Use the right thumb and right mercury finger (pinky) to close off the alternate nostrils.

Eye Position: Eyes are closed, pressed gently up, focusing at the Brow Point.

Breathing Pattern: Close off the right nostril with the right thumb. Inhale deeply through the left nostril. When the breath is full, close off the left nostril with the Mercury finger (the little finger), and exhale smoothly through the right nostril. The breath is complete, continuous, and smooth. An alternative method of closing off the nostrils is using the thumb and index finger.

Mantra: Although this can be done without mantra, you can mentally use the Bij Mantra, **Sat Naam**, to help the concentration. Inhale **Sat**, exhale **Naam**.

Time: Continue with long, deep regular breaths for **3-31 minutes**.

To End: Inhale, exhale completely, hold the breath out and apply *mulbandh* (root lock). Relax completely.

Comments

This is a basic technique in Kundalini Yoga and Hatha Yoga. Every Kundalini Yogi should master this practice. It is excellent to do before bed to let go of the worries of the day.

Inhaling through the left nostril stimulates the brain's capacity to reset your framework of thinking and feeling, allowing new perspectives. Exhaling through the right nostril relaxes the constant computations and cautions of the brain, which helps to break automatic patterns. Regulating your breath pattern in this way sets a new level of brain functioning which establishes emotional balance and calmness after periods of intense stress or shock.

The times for practice vary with purpose, skill level, and context:

- **3 minutes** is used if this exercise is added to a yoga set
- **10 minutes** as a start, if practiced alone
- **15 minutes** will turn this exercise into a deep meditation
- **22 minutes** trains the mind to use the state created by this breath as a resource
- **31 minutes** will cleanse the body and restore the nervous system from the effects of the current and past shocks



YOGA SET: KRIYA FOR TOLERANCE

1. **Sit in easy pose with the spine straight.** Lock the fingertips together like hooks with the right palm facing down. Push the side of the hands into the belly. As you press the hands in, exhale completely, hold the breath out, then inhale and hold the breath for 7 or 8 seconds. Continue this cycle for **3 minutes**.



2. **Sat Kriya.** Sit on the heels and raise the arms over the head with the palms flat together. Pull in the navel point as you say **Sat**, relax the navel point as you say **Naam**. Continue Sat Kriya for **3 minutes**.



3. **Stretch the legs out straight in front of you.** Place the palms on the ground in back of the hips. Raise both legs to a 60 degree angle from the ground. Hold this position and begin breath of fire. Continue for **2 minutes**, then inhale, exhale, apply mul bhand. Relax immediately into easy pose and belly laugh loudly for **1 minute**.



4. **Sit in easy pose.** Hold both arms bent with the hands as fists at shoulder height. Inhale deeply and hold the breath. As you hold, begin punching forward (as in boxing) with alternate hands. When you must, exhale and inhale deeply. Continue for **3 minutes**.



5. **Sit in easy pose. Alternate between camel ride and shoulder lifts.** Put the hands on the shins. Inhale – press the spine forward. Exhale – push it back. Inhale – lift the shoulders up to the ears. Exhale – let the shoulders down. Continue this cycle with deep breath for **3 minutes**. Then inhale, exhale completely, apply mul bhand. Relax.



Comments

To gain strength for tolerance and humility, the navel centre needs to be developed. This kriya works on the abdomen, stimulating the navel energy to rise to the higher centres and then integrating it with the whole aura. It is a good preparation for meditation. Two cycles of this kriya give you a physical tune-up.

YOGA SET (2): LIVER LOVER

Originally taught by Yogi Bhajan on August 15, 1969

1. Sit on heels, and lie back down, head on floor, hands clasped in Venus lock on the stomach (Supta Vajrasana), with Breath of Fire.



2. Squat on one foot with the other foot on the thigh. Balance with the opposite hand. The other hand is in Gyan Mudra, arm rounded out to the side with Breath of Fire for **2-3 minutes**. Repeat on the opposite side.



3. Squat in Crow Pose, hands extended straight out between knees and clasped in Venus lock. Make a small “O” of the mouth and do Breath of fire through it for **2-3 minutes**. Relax.



This exercise is cooling and healing.

4. In Easy Pose, extend arms straight out to the sides, parallel to the floor, palms down. Move the upper body left and right, side to side with Breath of Fire for **2-3 minutes**. Inhale, hold, exhale and relax.

This exercise keeps you young and revitalized.



5. Life Nerve Stretch: Legs outstretched, bend and bring the left foot against the right thigh. The right thumb squeezes into the right big toenail and the left hand is placed under the right heel. Begin Breath of Fire in this position. Then Inhale, hold and draw the nose to the knee, exhale, relax. **2-3 minutes.**



6. Sit on the left heel, right leg stretched forward and raise it as high as possible, supporting the body with the hands behind the hips on the floor and drop the head back. Begin Breath of Fire for **2-3 minutes.** Inhale, hold, exhale hard, lower the right leg and bend forward to grab the toes. Inhale. Exhale, apply Mulabandha. Inhale and relax.



MEDITATION: CORE ALIGNMENT MEDITATION

Part 1

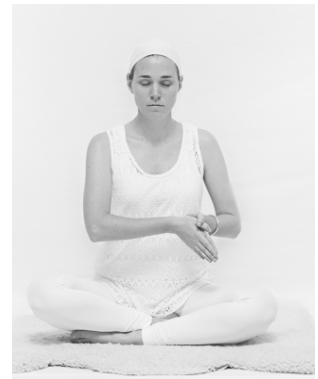
Right hand over left, palms face down at the heart level. Thumb tips touch and are pointed toward the chest. Chant the sound **Har** (the creative energy of Infinity or God) at a steady pace. With each **Har** pull in the navel point and lift the chest up and forward. Then release the navel and allow your lower spine to rock back slightly.

Continue for **3 to 11 minutes**.

Part 2

Put hands in prayer pose with the thumbs crossed. Inhale deeply and begin to “chop” with the hands as you chant **Har**. Do it steadily 12 times as you turn left, then 12 times back to centre, then 12 times turning to the right and finally 12 times back to centre. Inhale deeply; begin again.

Continue for **11 to 31 minutes**. To end, inhale and hold the breath, press the molars together, and continue the motion for one full cycle. Relax.



Comments

This meditation will integrate your time and how your internal self deals with all the projections through time.

DAY 4 | RELAX YOUR LIVER

THE VALUE OF QUALITY SLEEP

Our bodies operate in rhythm with our exposure to light and dark, and the seasons. The pineal gland is the main regulator of our biological clock, and is influenced by light coming in through the eyes, that first signals the hypothalamus, which then adjusts the function of the pineal gland and the level of melatonin secretion. We need to sleep in a dark room to have optimal melatonin levels, except during the days before and after the full moon. Moonlight also regulates hormonal levels through its effect on the pineal gland, so welcome the moonlight into your bedroom especially the day before, the day of, and the day after the full moon.

A restful night's sleep in a dark room is one of the primary conditions for good health, and we need about 7-9 hours of sleep to feel our best. Your parasympathetic nervous system is activated while you sleep, and allows the body to heal, relax and regenerate. The liver and kidneys do most of their work at night.

Here are some yogic tips to improve the quality of your sleep.

1. Exercise for at least 40 minutes daily to help release stress.
2. Spend 20 minutes outside each morning in natural light to help regulate melatonin levels (and produce sufficient vitamin D).
3. Leave at least 2 hours after eating before going to bed. Ideally, finish your last meal before 7pm. This supports your liver and digestive system.
4. Practice a pranayam, meditation or take time to pray for at least 11 minutes before bed. This can increase melatonin levels.
5. Drink a glass of water or herbal tea before bed to keep hydrated and support kidney cleansing.
6. Wash your feet with cool water, rub them with a course towel and massage them with almond oil before bed, as a way to relax and rebalance.
7. Take care of your bathroom routine, brushing and flossing your teeth.
8. Sleep with your bed in an east-west direction so that you are not aligned with the Earth's magnetic field.
9. Sleep in a dark room, with electrical devices at least 3 feet or more from your bed.
10. Get to bed by 10 pm.
11. Lie on your back and begin long deep breathing, consciously relaxing, letting go, and feeling gratitude for daily experiences, events and interactions.
12. Turn onto your right side as you relax into sleep, so that the left nostril opens, which will have a calming and cooling effect on the body and brain. It also relaxes the heart.

THE IMPORTANCE OF DAILY RELAXATION

You can cultivate a relaxed state by bringing awareness to your breathing at different times of the day, and slowing it down. Make a habit of connecting to your breath when you are under stress, and let your attention to the breath displace the cycle of anxiety, reactivity, fear, or useless repetitive thoughts. Become familiar with the benefits of the breathing exercises in this cleanse by practicing them daily, or even several times a day.

Periods of deep relaxation help to prevent stagnation and the build up of heat in the liver. Relaxation allows the energy of the liver to flow freely outward in all directions. It gives our glandular system an opportunity to recalibrate. When we rest and embrace stillness we become aware of our feelings and where in the body we are

holding tension. Our intuition opens up when the mind becomes quiet, and we can more easily steer ourselves towards a meaningful and fulfilling life.

HOW TO INSERT RELAXATION BREAKS INTO YOUR DAILY SCHEDULE

We have a physiological need to relax approximately every 2 ½ hours for 11-20 minutes. By doing this, we offset the cumulative effects of stress, reduce muscle tension and support glandular function. Our moods are more elevated and stable. Look at your daily schedule and determine where you can insert 2-5 short relaxation breaks. What would work for you during those periods to let go of tension and stress?

Here are some possibilities. Insert specific activities into your schedule at particular times, and continue for the next month until you've developed the habit. You'll feel like a new person!

- ☐ take a 20 minute nap
- ☐ practice a pranayam for 11 minutes
- ☐ meditate for 11-20 minutes
- ☐ have a short sauna
- ☐ enjoy a cup of herbal tea
- ☐ take a walk
- ☐ change what you are doing
- ☐ lie down and listen to relaxing music
- ☐ pet your cat or dog
- ☐ walk your dog
- ☐ play music
- ☐ write poetry
- ☐ write in your journal
- ☐ listen to a spiritual talk
- ☐ sit in the park
- ☐ book a massage
- ☐ give yourself a foot massage
- ☐ other

Reinforce your self-care regime by using your journal to note the changes you experience when you take time to relax.

BREATHING EXERCISE: INNER CONFLICT RESOLVER REFLEX

Originally taught by Yogi Bhaian in October 1979

Sit in an Easy Pose, with a light *jalandhar bandh*.

Mudra: Place the hands over the chest, with the palms on the torso at the level of the breasts. The fingers point toward each other across the chest.

Eye Position: Close the eyes 9/10ths of the way.

Breath: The key to this meditation is attention to the breath.

Inhale deeply and completely for **5 seconds**

Exhale completely for **5 seconds**

Hold the breath out for **15 seconds** by suspending the chest motion as you pull in the Navel Point and abdomen

Time: Begin with **11 minutes**. Build up to **31 to 62 minutes**.

To End: Inhale deeply and stretch the arms up over the head. Relax the breath and shake the arms and hands for **15-30 seconds**. Relax.



Comments

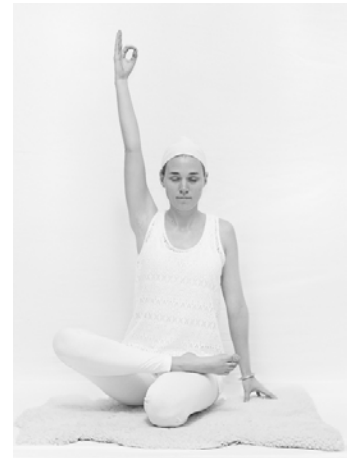
This is a form of ancient humanological therapy. We are often confused and held in deadlock when inner conflict blocks our ability to think and act clearly. In these moments, the mind's prana, or energy, is scattered and distributed in a disturbed manner. This breath pattern holds the breath out three times as long as it is held in. So, the body senses a lack of prana in vital areas of functioning and asks how it can quickly and optimally reorganize itself to respond to this survival threat. The fibers of the Pranic Body extend and re-channel the prana to form a new pattern filled with clarity and action potential. Your built-in computer can calculate your total resources and the level of challenge, then design a strategy to prepare and use the mind and body effectively. This meditation resolves many conflicts and is an automatic reflex for survival. Inner conflict is the result of excess or disturbed prana. The effect is certain, gradual and simple. Be honest with the breath timing and the meditation will be honest with you.

YOGA SET: LIVER SET FOR HEPATITIS

1. In the **Rock Pose**, lie down, resting the hands in Venus Lock on the stomach with Breath of Fire for **2 minutes**. Inhale, hold the breath in and relax.



2. **Sit on the left heel, and place right foot on left thigh.** Balance with fingers of the left hand on the floor, and right hand is straight up in Gyan Mudra. Do Breath of Fire for **2 minutes**. Deeply inhale, exhale and relax.



3. **Stand with heels together and place hands in Venus Lock at the groin** bending at the hips to form a 60 degree angle with torso. Through puckered lips (Beak Breath, panting) do Breath of Fire for **2 minutes**. Inhale, hold for 10-15 seconds, exhale and relax.



4. In **Easy Pose**, stretch arms straight out to the sides and rock from side to side palms down, rock side to side on the buttocks, keeping the arms parallel to the ground for **2 minutes** with Breath of Fire. Relax.



5. **Life Nerve Stretch** with left foot on top the right thigh, grabbing the right toe, with Breath of Fire for **2 minutes**. The modification is to place the sole of your left foot against your right thigh, as pictured.



6. **Camel Pose** with both hands behind hips and right leg stretched out in front, with Breath of Fire for **2 minutes**.



7. **Life Nerve Stretch**, both legs out in front. Grab toes, inhale deeply, exhale completely pulling Root Lock and pump the stomach in and out as long as possible. Inhale, exhale and repeat.



8. **Relax for 2-5 minutes.**



MEDITATION: CORE ALIGNMENT MEDITATION

Sit straight.

Mudra: Place the right palm on the back of the left hand. Both palms face down in front of your torso at the level of the heart centre.

Eye Position: Eyes are at the tip of the nose or 1/10th open.

Mantra: Chant the following 3 times on a single breath.

Ha-ree naam sat naam ha-ree naam ha-ree

Ha-ree naam sat naam sat naam ha-ree

Time: 3-11 minutes.



Comments

This meditation strengthens and balances the projection of your mind - “Negative Mind x Buddhi”, from Yogi Bhajan’s book *The Mind*. In the midst of all thoughts, emotions and commotion, this Aspect keeps you on the path.

Too strong, you can be a nag and wise-guy always full of advice to correct the errors of other people. Focused through your self, you can become fixed on a solution that is not on the surface, sometimes far fetched imaginings or ideologies, that put you into an observant, safe and judgmentally powerful position. **Too weak**, and you act too slowly to threats, especially ones that are evidenced by strong emotions or by future rather than immediate impacts. Instead of preserving you only salvage. When **balanced**, you can say and mean “All this life is Your gift. The pain and tragedy is as sweet as nectar”. You are alert to any positive or negative impact that can sway you from your essential path. You can find the silver lining in any cloud. You defend by awareness, not by reaction or threat. You guide your project between all the interests that would interfere or stop it. You pass the challenges and sail toward fulfillment.

DAY 5 | YOUR LIVER'S COMPANION, THE GALLBLADDER

CARE FOR YOUR GALLBLADDER WITH WATER, LEMON AND OLIVE OIL

The gallbladder is a small pear-shaped organ that is tucked under the rib cage next to your liver. Your gallbladder works in tandem with your liver to help with the digestion of fats. Your liver makes bile, which is then stored in your gallbladder. The gallbladder secretes bile into your small intestine when you eat fatty foods – bile helps to emulsify fats so they are more easily absorbed.

Gallstones are deposits that form in the gallbladder or bile ducts, commonly made from cholesterol, calcium salts or black or brown pigment. They can be as small as a grain of sand or the size of a golf ball. Women are more prone to gallstones than men, particularly during pregnancy, if taking hormone replacement therapy with estrogen, or if they are overweight. Rapid weight loss, elevated triglyceride levels and Crohn's disease, an inflammatory bowel disease, may also make us more prone to gallstones.

If we have sludge or stones in the gallbladder, most of the time we have no symptoms, or alternatively the stones may block the flow of bile and we may experience nausea, upper right-sided abdominal pain, pain between the shoulder blades (particularly under the right shoulder blade), vomiting, discomfort after eating fatty foods, light-coloured or oily stools, bloating, belching, heartburn, headache, constipation or diarrhea.

To assist your gallbladder and prevent the formation of gallstones, drink plenty of water and take one Tbsp of olive oil daily. Olive oil stimulates the flow of bile so that fatty foods do not cause a problem and you are less likely to form gallstones.

Use lemon juice liberally in salad dressings and smoothies, as the citric acid and vitamin C in lemons may help to dissolve calcium deposits and prevent or reverse the formation of stones. Freshly squeezed apple juice may also be helpful in reducing stone formation.

FOODS THAT ASSIST YOUR GALLBLADDER

The following foods help to cleanse the gallbladder and relieve symptoms associated with gallstones or toxic bile.

- beets
- leafy greens – dandelion, Swiss chard, spinach, beet greens, kale
- carrots
- cucumbers
- zucchini
- parsley
- celery
- green beans
- okra
- sweet potatoes
- apple cider vinegar
- garlic
- tomatoes
- berries
- pears
- apples and fresh apple juice
- grapes and grape juice
- olive oil
- flaxseed oil
- ginger
- turmeric

FOODS THAT MAY AGGRAVATE YOUR GALLBLADDER, CAUSING NAUSEA OR PAIN

If you have gallstones or discomfort associated with the gallbladder, consider eliminating the following foods, which can aggravate the gallbladder:

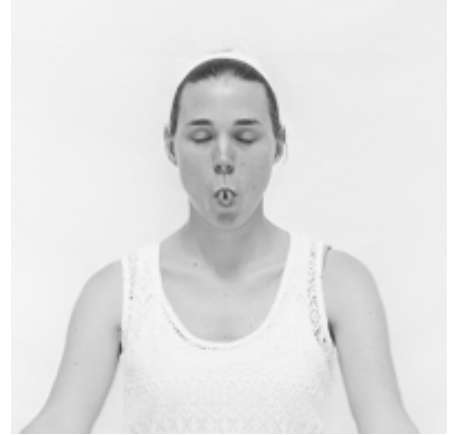
- eggs
- pork, turkey, chicken, beef
- dairy (milk, cheese, cream, butter, ice cream)
- gluten (wheat, barley, rye, spelt, kamut)
- corn
- nuts
- trans fats, hydrogenated or partially hydrogenated oils
- margarine
- fried foods
- saturated fats, including coconut oil
- coffee
- spicy foods
- chocolate
- alcohol, beer, wine
- fruit juice and sugary drinks
- specific food allergies

BREATHING EXERCISE: SITALI KRIYA

Sit with a straight spine in a comfortable cross-legged position . Take the tongue and roll it into a “V”, with the tip just outside of the lips. Slowly inhale through the curled tongue and exhale deeply through the nose. Continue for a **minimum of 2-3 minutes**.

Comments

Sitali Kriya gives you power, strength, and vitality. It is helpful to practice it whenever you get a fever, sickness or discomfort. It is a cure within you. At first the tongue will be bitter (a sign of toxicity), and then it will become sweet. Once it becomes sweet, it is a sign that toxins have been eliminated and you are less likely to become ill. It helps to eliminate anger and bring sweetness to the personality. Sitali breathing also strengthens the nervous system.

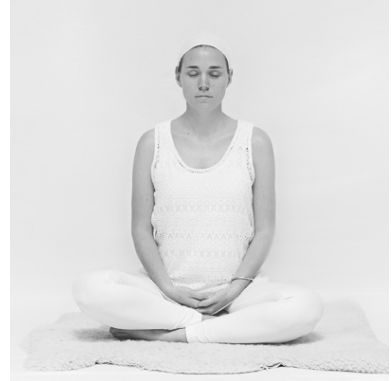


It is good to practice this pranayam 26 times in the morning and 26 times in the evening for detoxification. Sitali pranayam soothes and cools the spine in the area of the fourth, fifth and sixth vertebrae, which helps to regulate the sexual and digestive energy. Great powers of rejuvenation and detoxification are attributed to this breath when practiced regularly.

Many people who practice this Kriya find that they have things come to them that they need more easily.

YOGA SET: THE LIVER SET

1. **Easy Pose**, hands in lap, inhale for 5 seconds, exhale for 5 seconds, hold breath out for 15 seconds and pump stomach for **5 minutes**.
Relax for **5 minutes**.



2. Pavan Sodhan Kriya:

Part I) Lying on back, inhale, raise legs to 60 degrees (a), hold for 15 seconds. Exhale, bring knees to chest (b), hold 15 seconds and repeat from beginning (c) then exhale and lower legs to the floor for 15 seconds (d). This completes 1 cycle. **Do 8 cycles, and relax for 5 minutes.**



Part II) Inhale and raise body from waist up to 60 degrees (e), hold for 15 seconds and exhale down (f), holding breath out for 15 seconds. As you rise, roll eyes to 3rd eye point, and as you come down, lower eyes. Keep spine straight and feet on the floor.

Completely relax.



Note: Pavan Sodhan Kriya was given at UCLA on October 8, 1971. When practicing Pavan Sodhan Kriya on its own, Part I is to be done for 31 minutes with a 10 minute relaxation period. “Do every morning for 31 minutes after moving bowels and you will conquer old age.” It works on the liver, sex organs, navel point and diaphragm.

3. **Rock Pose**, but extend one foot back, and arch the neck, looking up. Hands in Prayer Mudra at neck. Hold for **5 1/2 minutes** on each side.



4. **On back**, spread legs three feet apart and raise them two feet from floor. Arms are 3 feet apart and raised too. Hold with long deep breathing **until you shake**.



5. **In Lotus, ½ Lotus or Rock Pose**, lie back and relax with long deep breathing for **3 minutes**.



MEDITATION: AAP SAHAIEE HOA, FOR PROTECTION AND PROSPERITY

Sit in easy pose or in a chair with a straight spine and relaxed shoulders.

Mudra: Hands are placed over the heart, left over right.

Mantra: Chant or sing the following mantra.

Aap Sahaiee Hoa Sachay Daa Sacha Doo, Har Har Har

Translation:

The Creator has become my protector, the Truest of the True has taken care of me.

Har is the primal name / sound of the Creator.



Time: Chant this mantra for 11 to 31 minutes every day to bring the blessings of prosperity into your life.

End: Inhale and hold the breath for 10 seconds and relax.

RECIPES FOR THE 5-DAY LIVER CLEANSE

Refer to the 5-Day Liver Cleanse instructions on page 11 for an overview of the cleanse and dietary instructions, as well as supplements to take for the full 40 days.

DAILY MEAL PLAN

On rising	1 cup liver flush drink 1-2 cups liver loving cleansing tea
Breakfast	Yogi Tea (chai) Kale Smoothie or Quinoa, oatmeal, amaranth or buckwheat with cinnamon, berries, ground flaxseed, chia, hemp, milk thistle seed (ground), almonds, organic soy milk or almond milk
Snack	Vegetable juice Nuts and seed mix: raw or soaked sunflower seeds, pumpkin seeds, sesame seeds, Brazil nuts, pecans, almonds, walnuts, cashews, hazelnuts (for minerals) or nut butter ball
Lunch	Bean soup, dip, or tofu (kidney beans, adzuki beans, chick peas, black beans, pinto beans, lentils, mung beans, navy beans, soy beans), with or without grain (quinoa, buckwheat, brown rice, millet) Fresh salad with leafy greens (spinach, lettuce, kale), added Brassicas (broccoli, bok choy, cabbage), grated beet, avocado, broccoli sprouts, garlic, onion or chives
Snack	Fruit (apple, pear, kiwi, apricot, orange, tangerine) or vegetable juice
Dinner	Yogi tea (chai) Tofu or bean main dish; steamed greens, garlic Coleslaw or saurkraut, vegetable dishes, seaweed salad
Before bed	1 cup liver loving cleansing tea (optional) or Super Golden Milk

THE LIVER FLUSH DRINK

The liver flush is used to stimulate the liver to eliminate toxins, increase bile flow, increase the circulation of blood in the liver, and to improve overall liver function. It also helps to remove impurities from the blood and lymph.

Mix or blend the following ingredients:

- 1 cup of freshly-squeezed lemon and/or lime juice
- Water, to taste (pure spring, distilled or filtered)
- 1-2 cloves of fresh garlic
- 1-2 tsp of fresh ginger juice or grated ginger
- ½ to 1 tsp turmeric
- 1 Tbsp of high quality extra virgin olive oil from a metal or opaque glass container

LIVER LOVING CLEANSING AND REJUVENATING TEA

To improve the detoxification capacity of your liver, Sat Dharam Kaur ND has formulated a special liver cleansing and rejuvenating tea. Mix together equal parts of dried:

- milk thistle seed, ground
- dandelion root
- schizandra berries
- rosemary
- burdock root
- lemon balm
- licorice root (avoid if you have high blood pressure)

Use 2 tsp of the blend per cup of water. Simmer the herbs for 20 minutes. Drink 2 cups each morning after the liver flush, and/or drink before bed. Continue for 40 days.

KALE SMOOTHIE

Blend the following ingredients and enjoy! Makes about 3 cups.

- 1 whole organic lemon, including peel
- ½ avocado
- 1 apple
- ½ cup organic blueberries and raspberries
- 1 clove garlic
- small chunk of ginger
- 5 leaves of kale (remove stalks)
- 1 ½ cups water
- 2 tsp chia seeds
- 2 tsp ground flax seeds
- 2 tsp hemp seeds
- 1 tsp milk thistle seeds (ground)
- ½ tsp Amla powder

FRESH VEGETABLE JUICE TO CLEANSE THE LIVER

Juice 8 large carrots, 1 medium beet, 4 leaves kale, 1 green apple, 1 whole organic lemon, 1 Tbsp ginger root, 1 clove garlic. Drink 1-2 times daily, between meals. Aim for a liter a day.

YOGI TEA

For each serving:

- 10 oz water
- 3 whole cloves
- 4 whole green cardamom pods, cracked open
- ½ cinnamon stick
- 4 whole black peppercorns
- 2 slices of fresh ginger root
- ¼ tsp black tea, such as Jasmine
- ½ cup organic soy milk or other milk

Make at least four cups at one time. The measurements may be adjusted to your taste, but only slightly. Do not vary too far on the cloves or cinnamon.

Bring the water to a boil. Add the cloves, cardamom, peppercorn, cinnamon, and ginger.

Boil for at least 30 minutes, then turn off heat, add the black tea and let steep for five minutes. Stir in the soy milk and briefly bring to a boil. When it reaches a boil, immediately turn off the heat source. Strain and serve with honey or maple syrup.

Instead of adding the milk immediately, the spice liquid may be stored in the refrigerator until you are ready to drink it. Then, heat up the tea and add the soy milk.

SUPER GOLDEN MILK

To help detoxify the liver, warm the kidneys, decrease inflammation, and prevent infection, drink this before bed. It will also help to prevent cancer, arthritis, and Alzheimer's Disease.

First make a paste you can store in the fridge by mixing the following ingredients:

- 1 cup water
- 1/2 cup turmeric
- 1/2 cup ginger juice (10 inches whole ginger)
- 60 cardamom pods (1 Tbsp), roll under rolling pin and use seeds, discard pods
- 4 tbsp raw honey
- 2 tsp cinnamon
- 1 tsp cloves ground
- 1 tsp black peppercorns ground

- use 1 1/2 tsp for each cup of almond milk or soy milk, warmed

Blend the green cardamom seeds, cloves, and black peppercorns in a coffee grinder or food processor to make a powder. Add them to the turmeric powder in a bowl. Add the water to turmeric and spices and stir to make a paste. Juice the ginger root and add the ginger juice to the paste. Add the honey to the paste. Cook the mixed ingredients over medium heat for about 20 minutes, until well blended, the consistency of toothpaste. Cool, and keep refrigerated in a covered glass jar. This will keep refrigerated for at least a month.

To serve: Add 1 ½ tsp of paste to one cup of organic soy or vanilla almond milk in a small pot and heat on the stove until warmed. **Optional:** Blend the heated mixture in a blender or food processor for a smooth and frothy texture.

LIVER LOVING RECIPE INDEX

Below are some delicious ideas for your use during the 35 days after the 5-Day Liver Cleanse.

Get creative and explore further recipes online or from books, focusing on salads, Brassicas (cabbage, kale, cauliflower, broccoli), steamed greens, beets, sprouts and bean/grain dishes as your staples. Refer to the Dietary Restrictions on page 11 for ingredients not allowed... anything else is fair game!

Note: if you have an underactive thyroid or autoimmune thyroid disease, a regular intake of raw brassicas may make things worse. Substitute spinach for kale, for example, or zucchini for broccoli in recipes where this is possible.

BAKED TOFU WITH SWEET POTATO

4 cakes firm organic tofu, cut into ¾" slices
1/3 cup apple cider vinegar or lemon juice
3 Tbsp Bragg Liquid Aminos or soy sauce
3 Tbsp finely grated ginger
10 cloves garlic, minced
3 large sweet potatoes, baked or steamed
1/2 cup tomato sauce
fresh or dried rosemary to taste

Layer the tofu to cover the bottom of a 4 baking dishes. Marinate in vinegar and soy sauce for at least one hour. Sprinkle the minced ginger and garlic evenly over the tofu. Mix together in a food processor the cooked yam (without the skin) and the tomato sauce. Spoon it over the tofu spreading it evenly on top. Sprinkle chopped rosemary leaves on top. Bake at 350 F for 25 minutes.

BEET AND TOFU STEW

Yields 6-8 servings

1 tsp olive oil
2 cups sliced onions
1 cup chopped beet greens
3 cups water
3 cups sliced cabbage
1 cup sliced carrots
3 cups chopped potatoes
2 packages firm organic tofu (450 grams each)
3 cups whole tomatoes, chopped
1 ½ tsp caraway seeds
1 ½ tsp fresh or dried rosemary
½ tsp sea salt

2 Tbsp lemon juice
ground pepper to taste

In a pot, heat the oil and add the onions and beet greens, and sauté over medium heat, stirring continuously for 4-5 minutes, until onions are browned. Add 1 cup of the water, cover, lower the heat and simmer for 5 minutes. Add the cabbage and carrots, stir well, and simmer, covered for 5 minutes. Add the remaining 2 cups of water, potatoes, beets, tomatoes, tofu, caraway seeds, rosemary, lemon and salt and bring to a boil. Lower the heat, cover and simmer for about 35 minutes, until beets are tender. Add pepper to taste.

BLACK BEAN AND SWEET POTATO CHILI

2 Tbsp extra-virgin olive oil
1 large red onions, chopped
2 red peppers, chopped
5 cloves garlic, minced
1 large sweet potatoes, cut into 1/2-inch cubes
Zest and juice of 1 lime
1 large can diced tomatoes
4 cans black beans, rinsed and drained
1/2 Tbsp cumin
1 Tbsp chili powder
1 Tbsp cocoa powder
1 bunch chopped cilantro leaves, washed and dried (add at end)
Salt to taste

Warm the oil in a large pan over medium heat and add the onion, red pepper, garlic, and salt. Saute until soft, about 4 minutes.

Add the sweet potato and lime zest, and cook 10 to 15 minutes more, continuing to stir occasionally.

Add the tomatoes, black beans, jalapeno, lime juice, cumin, chili powder, and cocoa, bring to a simmer, cover, and cook through.

CABBAGE AND WHITE BEAN SOUP

Yields 6 servings

2 Tbsp extra virgin olive oil
1 medium onion, chopped
1 medium carrot, chopped
1 leek or 10 wild leeks, diced
1 tsp dried oregano
1 sprig rosemary, minced
1 tsp turmeric

1 Tbsp tomato paste
1 (28 ounce) can crushed tomatoes
1 liter vegetable stock
½ head green cabbage, shredded
2 cups cooked white beans
1 handful chopped flat leaf parsley, or cilantro
sea salt
pepper

Heat the olive oil in a large soup pot over medium heat. Add the onions, carrots, celery and leeks to the pot and stir. Sauté until the onions are soft and translucent, about 5 minutes. Lower the heat if necessary to avoid burning.

To the pot, add the tomato paste, dried oregano, rosemary, turmeric and garlic. Stir for 1-2 minutes, until you begin to smell the oregano and garlic and the tomato paste is well mixed. Add salt and pepper to taste. Add the crushed tomatoes and vegetable stock, and stir. Bring the soup to a boil and add the shredded cabbage. Simmer for 15-20 minutes, or until the cabbage is mostly tender.

Add the white beans and bring the soup to a boil one more time. Add chopped parsley or cilantro and stir. Taste the soup and adjust seasoning before serving hot.

CABBAGE ROLL-UP

Yields 1 serving

1 large cabbage leaf
½ avocado, cut in chunks
1 clove garlic, minced
lentil, pea, red clover and/or fenugreek sprouts
lemon juice
Bragg liquid aminos
dulse flakes
slivered red pepper
your favorite sprouts or greens

A cabbage leaf makes a great “sandwich” for any filling. Softening the cabbage makes it easier to roll the filling up in it. Any guacamole, pate’, or salad recipe is delicious stuffed in a cabbage or lettuce roll.

Soften the cabbage leaf by dipping the whole leaf in hot water until soft; set aside. Slice off part of the thick stem at the base. In a small bowl, mash the avocado with a fork and add the garlic, sprouts, lemon juice, Bragg liquid aminos and dulse to taste. Place the mixture on the cabbage leaf. Top with red peppers, sprouts and any other vegetables you have on hand; roll up and enjoy.

CAULIFLOWER & POTATO CURRY WITH LENTILS

vegetable oil
1 large onion, chopped
1" piece ginger, minced
7 garlic cloves, minced
1 tsp turmeric
1 tsp coriander
2 tsp ground cumin
2 tsp curry powder, or to taste
1 can chopped tomatoes
1 head cauliflower, cut into florets
2 yukon gold potatoes, cut into chunks
salt to taste
3/4 cups dry lentils, cooked in broth

Heat the oil in a saucepan. Cook the onion for 10 mins until soft, then add the ginger, garlic, turmeric, coriander, cumin and curry powder. Cook for 1 min more. Stir in the tomatoes and sugar. Add the cauliflower, potatoes and seasoning to taste. Cover with a lid and gently cook for a good 30 mins, stirring occasionally, until the vegetables are tender – add more water if you need to, but it is meant to be a dry curry. Meanwhile, cook lentils until tender. When finished, stir into curry.

COLOURFUL QUINOA SALAD

1 ½ cups uncooked quinoa
½ medium carrot, shredded
1 bell pepper, diced
4 Tbsp chopped parsley
¼ of a red onion
1 can chickpeas

Dressing:

4 Tbsp apple cider vinegar
4 Tbsp olive oil
1 Tbsp dijon mustard
Salt & pepper to taste

Cook the quinoa according to package directions. When it is done, all water should be absorbed. Don't overcook or it will become mushy. Meanwhile, chop all other ingredients and make the dressing.

Combine vegetables, cheese and chickpeas with quinoa and dressing. Serve cold.

CURRIED TOFU

coconut or olive oil
7 cloves garlic, minced
1 onion, chopped
1 red and/or green pepper, chopped
3 chopped tomatoes
1-2 Tbsp curry powder
1 can chickpeas
2 packs tofu, cubed
30 cups water
salt to taste

Saute onions and garlic in oil until they are just starting to brown; add curry powder and cook until fragrant. Add peppers, chickpeas and tofu, saute a few minutes more until everything is coated. Add tomatoes and simmer on med-low until they break down and everything is well combined. Add a little water if needed and adjust salt/curry. Serve over rice.

CREAMY GARLIC DRESSING

Use this dairy-free dressing as an alternate dressing on ceasar, greek, or any other type of salad you would use a creamy white dressing for!

¼ cup olive oil
3 Tbsp apple cider or red wine vinegar
4 cloves garlic
1/8 cup cooked chickpeas or white beans
Salt and pepper to taste

Combine all ingredients and use hand blender to blend until smooth.

GREEN-CABBAGE AND RED-APPLE SLAW WITH BRUSSELS SPROUTS

From Martha Stewart Living, January 2007
Yields 6 servings, refrigerate for up to 2 days

This crunchy slaw unites three suppliers of vitamin C: green cabbage, brussels sprouts, and citrus.

3 Tbsp cider vinegar
½ small green cabbage, very thinly sliced (about 5 cups)
8 brussels sprouts (about 6 ounces), trimmed, halved lengthwise, and thinly sliced
½ small red onion, halved lengthwise and thinly sliced crosswise (about ½ cup)
1/3 cup fresh orange juice

4 tsp fresh lemon juice
 1 tsp finely chopped fresh dill
 1 tsp grainy mustard
 1 tsp poppy seeds
 ½ tsp coarse salt
 1/8 tsp freshly ground pepper
 3 Tbsp extra-virgin olive oil
 2 small red apples, such as Gala, cut into matchsticks

Bring 1 ¼ cups water to a boil in a large pot over medium-high heat. Add 2 tablespoons vinegar and the cabbage. Cover, and steam until cabbage has just wilted, about 2 minutes. Using a slotted spoon, transfer cabbage to a colander set over a large bowl. Immediately add Brussels sprouts and onion to colander; toss to combine. Let cool 5 minutes. Whisk orange juice, lemon juice, remaining tablespoon vinegar, dill, mustard, poppy seeds, salt, and pepper in a small bowl. Pour in oil in a slow, steady stream, whisking until emulsified. Transfer cabbage mixture to a large bowl. Add vinaigrette and apples, and toss gently to coat. Let stand at room temperature 10 minutes, tossing occasionally. Serve.

GREEN LENTIL COCONUT CURRY

3 cups of green lentils, rinsed
 5 cups vegetable stock
 1 yellow onion, diced
 7 cloves garlic, minced
 2 Tbsp of fresh ginger, minced
 1 Tbsp of curry powder
 1/2 Tbsp of black mustard seeds
 1 tablespoons of garam masala (the following recipe makes more than 1 Tbsp; save for future use):
3 tbsp coriander seeds
1 tbsp cumin seeds
1 tbsp black peppercorns
1 ½ tsps cumin seeds (shahjeera)
1 ½ tsps dry ginger
¾ tsp cardamom B¾ tsp cloves
¾ tsp cinnamon
¾ tsp crushed bay leavea

 3 tbsp tomato paste
 1 can coconut milk

Rinse lentils well. Cover lentils with water in a large pot and bring to the boil. Turn heat down and simmer for around 15 minutes. At the same time that the lentils are cooking, dice onion, garlic, and ginger and fry in a little oil until the onion begins to turn translucent. Add the spices (except the mustard seeds) to the onions and cook for a couple of minutes to form a dry spice mixture. Add the coconut milk and tomato paste to the onions and spices and stir. This will help lift all the spices from the bottom of the pan. Pour into the saucepan with the lentils and simmer

for a further 20 minutes. Combine mustard seeds with oil in a small sauce pan and cook until they begin to pop. Remove from heat and add to curry.

KALE AND POTATO SOUP

Olive oil
1 onion, chopped
7 cloves garlic, chopped
4 Yukon Gold or red potatoes, peeled and cut into 1/2-inch cubes
2 stalks celery, chopped
2 carrots, chopped
3 Tbsp salt
3 tsp paprika (smoked, if available)
2 tsp thyme
2 tsp rosemary
1 bay leaf
24 cups vegetable broth
1 bunch kale, center stems removed and leaves chopped
Salt and freshly ground black pepper

Heat 2 tablespoons olive oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft. Add garlic and cook, stirring, for 30 seconds.

Stir in potatoes, celery, carrots, salt, paprika, thyme, rosemary, bay leaf, and water and bring to a boil. Reduce heat and simmer, covered, for 20 minutes or until potatoes are tender.

Stir in kale. Simmer, covered, for 10 minutes or until kale is tender. Discard bay leaf and rosemary and thyme stems. Puree to desired consistency, or remove half of ingredients with slotted ladle, puree, and then return to pot for a thick base, and hearty chunks. Taste and season with additional salt and pepper, if desired.

KALE AND TEMPEH STIR FRY

Yields 8 servings

2-3 Tbsp extra virgin olive oil
1 tsp coriander seeds
1 tsp cumin seeds
1 tsp turmeric
1 tsp sea salt
2 large onions
6 cloves garlic
2 Tbsp fresh ginger root
1 cup shitake mushrooms, sliced
1 package tempeh (250 grams)
1 bunch kale

½ cup water
Bragg's liquid aminos
Black pepper

Chop onions and garlic. Peel ginger and mince. Warm the oil in a wok and add coriander and cumin seeds, while stirring. Add chopped onions and sauté on low heat until translucent, about 4 minutes. Add turmeric, sea salt, garlic, and ginger and continue to stir to prevent scorching. Wash and slice mushrooms and add to other ingredients, stirring often. Crumble the tempeh with a fork or food processor and add to other ingredients, stirring as needed. Wash and chop kale and add to wok with the water. Stir until kale is gently cooked. Add Bragg's liquid aminos and pepper to taste.

MASSAGED KALE SALAD

Yields 4-6 servings

1 bunch kale, stalks removed, leaves thinly sliced
1 lemon, juiced
¼ cup extra virgin olive oil
Sea salt
Freshly ground black pepper
1 apple, thinly sliced
2 Tbsp toasted pepitas (pumpkin seeds)

In a large serving bowl, place kale, half of lemon juice and a little salt. Massage the kale until it starts to soften and wilt, 2-3 minutes. Set aside.

In a small bowl, whisk remaining lemon juice with freshly ground black pepper. Slowly add the ¼ cup of oil while whisking until a dressing forms, and you like the taste.

Pour the dressing over the kale, and add the apple and pepitas. Toss and serve.

MUNG BEANS AND RICE

Yields 4-6 servings

9 cups water
1 ½ cup mung beans, soaked overnight
1/2 cup brown rice
4-6 cups chopped assorted vegetables (carrots, celery, zucchini, broccoli, etc.)
2 Tbsp olive oil ghee
2 onions, chopped
1/3 cup minced ginger root
4 cloves garlic, minced
3 tsp turmeric powder
½ tsp pepper

1 tsp (heaping) garam masala
1 Tbsp sweet basil
2 bay leaves
Seeds of 5 cardamom pods
Braggs liquid aminos or soy sauce, season to taste
1 tsp sea salt

Rinse beans and rice. Bring water to a boil, add rice and beans, sea salt and bay leaves and let boil over a medium flame. Prepare vegetables. Add vegetables to cooking rice and beans. Heat a little water with olive oil, or use ghee to sauté onions, garlic and ginger over a medium-high heat. Add spices (not herbs). When nicely done, combine onions with cooking mung beans and rice. You will need to stir the dish often to prevent scorching. Add basil. Continue to cook until completely well done over a medium-low heat, stirring often. The consistency should be rich, thick and soup-like, with ingredients barely discernible.

QUINOA, BEET AND ARUGULA SALAD

Yields 6 servings

½ pound beets, peeled and sliced
1 cup quinoa
2 cups water
1/3 cup olive oil
1/3 cup lemon juice
1 clove garlic, crushed
½ tsp sea salt
¼ tsp ground black pepper
1 onion, chopped
3 ounces arugula, chopped
5 ounces goat cheese, crumbled
½ cup sunflower seeds
Bragg's liquid aminos

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil. Add beets, cover pan, and steam until just tender, 7 to 10 minutes. Set aside. Bring quinoa and 2 cups water to boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes. While the quinoa is cooking, whisk olive oil, lemon juice, garlic, sea salt, and black pepper together in a large bowl. Roast the sunflower seeds in a dry skillet over medium heat for 4 minutes, stirring to prevent burning. Add Bragg's Liquid Aminos in the last minute and continue to stir.

Remove quinoa from heat, then immediately add half of the vinegar dressing while fluffing the quinoa with a fork; reserve remaining dressing. Cover and refrigerate quinoa until cool, at least 1 hour. Stir onions, arugula, goat cheese, beets, sunflower seeds and remaining dressing into cooled quinoa mixture. Toss lightly before serving.

ROASTED BRUSSELS SPROUTS

1 lb Brussels sprouts
3 Tbsp cups olive oil
2 Tbsp balsamic vinegar
2 tsp dijon mustard
salt and pepper

Remove any brown ends and chop the brussels in half. Spread between two roasting pans and dress with oil, vinegar, mustard, honey, salt and pepper. Cover pans with foil and roast at 375degrees for ~25 minutes. Check on them at this time and if they are close to done and starting to brown, remove the foil and roast for another 10 – 15 minutes.

ROASTED CAULIFLOWER WITH ALMONDS

Yields 6 servings

1 head of cauliflower
4 cloves garlic, peeled and coarsely minced
lemon juice from 1 lemon
2 Tbsp extra virgin olive oil
½ tsp rosemary, finely chopped
sea salt and freshly ground pepper
½ cup roasted almonds, finely chopped

Preheat oven to 400°F. Mix olive oil, lemon juice and garlic together and pour in a baking dish. Cut cauliflower into florets and stir into the mixture, coating the cauliflower well. Sprinkle with rosemary, salt and pepper to taste. Place baking pan in oven, uncovered, for 25-30 minutes, or until the top is lightly browned. Test with a fork – it's done when the fork tines easily pierce the cauliflower. Remove from oven and sprinkle with roasted almonds. Serve immediately.

SPLIT PEA DAL

14 cups dried yellow split peas
oil
4 onions, chopped
20 cloves garlic, minced
5-inch piece ginger, minced
3 Tbsp ground cumin
1/4 tsp cayenne
2 Tbsp teaspoon turmeric
sea salt, to taste

2 Tbsp teaspoon garam masala:

- 2 Tbsp cardamom seeds
- 2 tsp whole cloves
- 2 tsp black peppercorns
- 2 tsp cumin seeds
- 4-inch stick cinnamon
- 2 tsp ground nutmeg
- 2 bay leaf
- 3 Tbsp black mustard seeds

Grind the spices to a fine powder in a coffee grinder or blender. Store in a tightly-sealed jar in a cool and dry place for up to 4 months.

Rinse the split peas under cold running water and soak for 1 hour under several inches of cold water. Drain and rinse, then add to a medium saucepan and cover with several inches of fresh water. Bring to a boil, then reduce the heat to low, cover, and simmer for 45 minutes or until the peas are tender. Drain and set aside.

Heat the oil in a large pot over medium heat. When hot, add the onion and fry for 2 minutes or until the onion starts to turn translucent. Toss in the ginger and garlic, and stir for 1 minute. Add the cumin, cayenne, turmeric and cook for 5 minutes or until fragrant. Stir in the split peas and let the pan simmer for 10 minutes to let the peas warm and absorb the flavours.

In a small pan heat oil and black mustard seeds on medium heat. When the seeds start to make a popping sound stir and add to the lentil mixture.

SPRING SEED BURGER

- 3 Tbsp flax seeds, ground
- 6 Tbsp water
- 1 cup carrot pulp
- 1 cup sunflower seeds, ground
- ½ cup finely minced celery
- 6 Tbsp finely minced onion
- 2 Tbsp finely minced parsley
- 2 Tbsp finely minced red pepper
- ½ tsp sea salt
- ½ tsp turmeric
- 1 tsp rosemary, finely chopped

These burgers are delicious served in a cabbage leaf bun. Fold a cabbage leaf over the burger with any condiments you like or cut a few squares of cabbage from the large leaves and place the burger in between them.

In a blender, combine the ground flax seeds and water; blend thoroughly. Immediately pour the mixture into a bowl and set aside. (Rinse the blender container immediately before the mixture left in it hardens and becomes difficult to wash out.) In a medium-sized bowl, thoroughly mix the carrot pulp, sunflower seeds, celery, onion, parsley, red pepper, turmeric, rosemary and sea salt. Add the flax seed mixture and mix thoroughly. Add more water if necessary so that the mixture can be formed into patties. Form into six ½-inch (1 cm) thick patties. Place in a warm oven for 10-15 minutes. Makes 6 patties.

Note: To grind flax seeds, place them in a clean electric coffee grinder and grind until powdered. To make carrot pulp, put carrots through a heavy-duty juicer, using a juicing screen. Use the pulp in the recipe; drink the juice or reserve it for another use.

SPRING VEGETABLE SOUP

Yields 6 to 8 servings

2 carrots
2 sticks of celery
2 medium onions
2 cloves of garlic
Olive oil
1 x 400g can navy beans
1 ½ cup chopped cauliflower
1 ½ cup chopped broccoli
2 cups baby spinach
2 large ripe tomatoes
2 vegetable stock cubes, preferably organic
Sea salt and freshly ground black pepper
Extra virgin olive oil

Peel and chop the onions, garlic, carrots and celery. Place a large pot on medium heat and add 2 Tbsp olive oil. Add all chopped vegetables and mix together with a wooden spoon. Cook for 10-15 minutes with the lid on, until the carrots have softened and the onions are golden, stirring often to prevent scorching. Drain and rinse the beans. Break up broccoli and cauliflower into small florets. Roughly chop the spinach. Quarter the tomatoes, removing any stalks. Put the vegetable stock cubes in a separate pot and add 2 liters of boiling water from a kettle. Stir until the stock cubes are dissolved, then add to the vegetable pot. Add the beans, tomatoes, cauliflower and broccoli. Give the soup a good stir and bring it to a boil. Reduce heat and simmer 10 minutes with the lid on. Add spinach and cook for a further 30 seconds, then remove pot from heat. If you prefer a less chunky soup, blend half the soup in a blender, then return it to the pot. Season with salt and pepper before serving.

SUNFLOWER SEED PATÉ

Yields 8 servings

3 cups sunflower seeds, soaked 8-12 hours, sprouted for 2-4 hours
1 cup fresh squeezed lemon juice
1/2 cup chopped scallions
1/4-1/2 cup raw tahini
1/4 cup Bragg liquid aminos
2-4 slices red onion, cut in chunks
4-6 Tbsp coarsely chopped parsley
2-3 medium cloves garlic, coarsely chopped
1/2 tsp cayenne pepper (or more to taste)

Soak sunflower seeds 8-12 hours, drain, allow to sprout for 3-4 hours (leave out on counter) then thoroughly rinse and drain removing as many of the thin inner husks that float to the top as possible. In a food processor, process the sunflower seeds, lemon juice, scallions, tahini, Bragg liquid aminos, onion, parsley, garlic and cayenne until the mixture is a smooth paste. When thoroughly blended taste and adjust the seasoning. The pâté will develop a stronger garlic taste in a few hours.

SWEET POTATO CHICKPEA SALAD

1 large sweet potato, peeled and chopped into 1/2 inch pieces
1 can chickpeas, rinsed & drained
1/2 onion, peeled and chopped
1/4 tsp cinnamon
1/2 tsp cumin
½ tsp salt
2 Tbsp coconut oil, divided

Preheat oven to 425F and line a baking sheet with parchment or a non-stick liner. Peel and chop sweet potato. In a large bowl, add the cooked chickpeas, uncooked sweet potato, chopped onion, cinnamon, salt, and 1/2 tbsp coconut oil. Mix well. Spread onto prepared baking sheet and place in the oven at 425F for 36-40 minutes. Remove from oven and place into a large bowl. Add the remaining 1/2 tbsp coconut oil and stir well to coat. Add additional sea salt if preferred.

TOFU BROCCOLI STIR FRY

Yields 4 servings

1 package firm, organic tofu (450 grams)
1 Tbsp extra virgin olive oil
1 broccoli crown, cut into small florets (about 2 cups)
2 cloves garlic, diced
½ cup shitake mushrooms, sliced
1 tsp curry powder
½ tsp turmeric
4 scallions, sliced
2 medium, firm tomatoes, diced
1 cup baby spinach
Salt and freshly ground pepper to taste
Pinch of cayenne pepper

Heat the oil in a large skillet or wok. Add broccoli and a small amount of water to keep the pan moist. Sauté over medium heat, stirring frequently, until bright green. Add the garlic and mushrooms and continue to stir, until the mushrooms are cooked. Cut the tofu into ½ " cubes and add to skillet. Sprinkle in curry powder and turmeric and stir until well blended with the tofu mixture. Add scallions and tomatoes; continue to cook over medium-high heat for 4 minutes, or until tomatoes have softened and everything is well heated. Stir in a pinch of cayenne. Add the spinach, cover, and cook until wilted. Stir the spinach into the tofu mixture. Remove from heat and season with salt and pepper. Serve hot.

WILD LEEK AND POTATO SOUP

Yields 4 servings

1 Tbsp extra virgin olive oil
2 handfuls of wild leeks
6 Yukon Gold potatoes
4 cups vegetable broth
2 cups plain soymilk (unsweetened)
1 tsp Bragg's liquid aminos
Pepper
Sea salt

Wash leeks thoroughly, by plunging them in cold water and swishing off dirt, and peeling off the outer layer of skin. Chop the leeks and dice the potatoes. Warm the oil in a soup pot and add leeks, gently sautéing until they are wilted, about 15 minutes. Add vegetable broth and potatoes, bring to a boil, then simmer, covered for 30 minutes, stirring occasionally to prevent scorching. Add soymilk, Bragg's Liquid Aminos, salt and pepper to taste.

YUMMY VEGGIE BURGER

Yields 8 burgers

1/2 cup onion, diced
1 large garlic clove, minced
flax eggs: 2.5 tbsp ground flax + 1/2 cup warm water, mixed in bowl
1 cup oats, processed into flour
1.5 cups bread crumbs
1 cup grated carrots
1 cup cooked black beans, rinsed and roughly pureed or mashed
heaping 1/4 cup finely chopped parsley (or fresh herb of choice)
1/3 cup almonds, chopped (toasted if preferred)
1/2 cup sunflower seeds, (toasted if preferred)
1 Tbsp extra virgin olive oil
1 Tbsp Bragg liquid aminos
1 ½ tsp chili powder
1 tsp cumin
1 tsp oregano
fine grain sea salt and black pepper, to taste

Preheat oven to 350F (if baking). In a large skillet, sauté onions and garlic in 1/2 tbsp oil. Mix your flax eggs together in a small bowl and set aside for at least 10 mins while you prepare the rest of the ingredients.

Place all ingredients (except spices and salt) into a large mixing bowl and stir very well. Now, add seasonings and salt to taste.

With slightly wet hands, shape dough into patties. Pack dough tightly as this will help it stick together.

Cooking methods: You can fry the burgers in a bit of oil on a skillet over medium heat for about 5 minutes on each side. If baking in the oven, bake for 25-30 mins (15-17 minutes on each side) at 350F, until golden and crisp.