



Ayurveda Cleanse

by Rashmi Zimburg and
Tina Chugani-Nair

March 11-19, 2023



Dear friends,
Spring is the season of renewal, and new beginnings, the ideal time for clearing out the old and allowing space for growth without resistance. Ayurveda classifies Spring as the Kapha season predominated by Water and Earth elements with qualities that are heavy, wet, and cool, so Ayurveda suggests pacifying these qualities within yourself by consuming light, dry, and hot foods and beverages.

By "spring cleaning" our system, we make the room we need to step into spring with purpose, optimism, and invigoration. When our bodies are healthy, our PH balance is more alkaline than acidic. Since Ayurveda leans towards having a body that is more alkaline and unctuous, it also provides a very pragmatic and systematic way of treating an imbalance. Our Cleanse uses the 6 Tastes (Shad Rasa) and Spices to provide the oomph needed to help our bodies realign.

Please join us!

Ayurveda proclaims that even if we eat healthily our bodies don't respond because our digestion is disturbed. Why? Because we make choices that go against our own wisdom and common sense. We have an unhealthy relationship to our senses. We give in to taste vs. health, wrong food combinations and of course the screens, lack of sleep etc. This builds toxins or AMA, which do not allow us to process the food we consume.

A cleanse is a time to nurture yourself. Rest is a significant aspect of this cleanse. This is not punishment or penance; it is permission to give "us" the well-deserved attention.

Please contact rashmi@chezrush.com if you are interested.

Warmest regards,
Rashmi and Tina

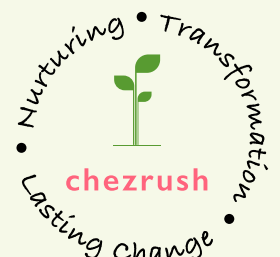
The Plan

- There will be a morning routine.
- Daily inspiration
- Recipes for nine days.
- Continuous WhatsApp support.
- The first three days will have a variety of tonics and drinks and 2 or 3 meals of Kitchari.
- Re-introduction of Kitchari meals again with some additional vegetables and tonics for the final three days.

The Goal

- More energy
- An understanding of your personal needs
- Awareness of what foods are helpful and which should stay out of your normal diet.
- Improved Digestion
- Weight Loss

Because we cannot scrub our inner body we need to learn a few skills to help cleanse our tissues, organs and mind. This is the art of Ayurveda.
— Sebastian Pole



More information about Rashmi and her work can be found at www.chezrush.com