

AYURVEDIC DETOX WATER RECIPES

Before we talk about the detox recipes, let's just quickly understand the meaning of Ayurveda and the meaning of detoxification in the words of Ayurveda.

Ayurveda:

Ayurveda is a holistic system of medicine from India that uses a constitutional model. Its aim is to provide guidance regarding food and lifestyle so that healthy people can stay healthy and folks with health challenges can improve their health.

Ayurveda is made up of two Sanskrit words *Ayu* which means life and *Veda* which means the knowledge of. To know about life is Ayurveda. However, to fully comprehend the vast scope of Ayurveda let us first define "Ayu" or life. According to the ancient Ayurvedic scholar Charaka, "Ayu" is comprised of four essential parts.

The combination of mind, body, senses and the soul.

It can easily be defined as a system, which uses the inherent principles of nature, to help maintain health in a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature.

Detoxification:

Ayurveda recommends internal cleansing at every change of seasons. Detox is considered especially beneficial in the spring; because that is the time all of nature is rejuvenating itself.

There are three different types of toxins that can impact the physiology. Ama, Amavisha and Garvisha.

- **Ama:** It is the most common type of toxin, and is the waste product of incomplete digestion. Sticky, white and foul-smelling, it forms in the digestive tract when the food you eat is not digested properly. Ama is usually caused by eating foods unsuitable for

your body type or the season; by eating too much or too little; by eating before the previous meal is digested; by going to sleep on a full stomach; or by eating foods that are left over, processed, old or fermented.

If ama continues to be produced over a long period of time, it can leave the digestive tract, travel to a weak area elsewhere in the body and settle there. Usually it blocks the shrotas (microcirculatory channels) and disrupts the flow of nutrients to the area as well as the body's natural waste removal systems.

- **Amavisha:** It is a more reactive form of ama that forms when ama settles in one part of the body for a long time and mixes with the subdoshas, the dhatus or the malas there. This more toxic, reactive type of ama is more dangerous than the simple ama and must be dealt with differently during detoxification.
- **Garvisha:** It is the third type of toxin, and unlike the other two, garvisha comes from outside the body. Included are environmental toxins such as chemicals, preservatives, poisons, air and water pollution, genetically engineered foods, synthetics and chemicals in clothing, synthetic drugs, chemicals in household cleansers, and heavy metals such as lead, arsenic and asbestos. Garvisha also includes toxins from spoiled foods.

Ayurveda always follows the rule of balance first. This is a principle that is made clear by Charaka, one of the great ayurvedic healers of ancient times. The principle is that the physician should never create a new imbalance in order to repair or fix an imbalance. Whatever herbs we use, whatever purification methods we employ, we should never risk disturbing the doshas (mind/body operating principles) further.

Nor should he create an imbalance in the quality and quantity of the dhatus (body tissues) or the quality, quantity and flow of the malas (body wastes). It's also essential that any detox program support the health of the shrotas, the large and small channels that provide the path

for toxins to leave the body, so that embedded impurities, once loosened by the purification program, can be flushed out of the body completely and quickly.

VITAMIN STRAWBERRY WATER.



This hydrating and antioxidant infused-water boasts flavor and skin enhancing nutrients, not to mention a beautiful presentation! Enjoy this refreshing and seasonal anti-inflammatory drink!

What goes in:

- 1 cup strawberries
- 2 cups cubed watermelon
- 2 sprigs fresh rosemary
- Filtered water
- Dash of salt.

Method:

- Muddle the strawberries and rosemary in a bowl.
- Add the muddled ingredients and the watermelon to a large pitcher. Pour water over the ingredients and stir
- Refrigerate and serve chilled.
- Enjoy!

CUMILE WATER



Cucumber mint lemon water is rehydrating and refreshing.

What goes in:

- 12 cups of water (3 quarts)
- 2 to 3 lemons, thinly sliced (you can also substitute limes or mix it up...use a lemon/lime combination—using organic lemons or limes is best)
- 1 small cucumber or 1/2 of a medium to large cucumber, preferably organic, thinly sliced
- 10 to 15 mint leaves. preferably organic

Method:

- Rinse lemons and cucumbers very well before slicing; slice thinly.

- Add lemons, cucumber, and mint to pitcher.
- Cover with water and refrigerate at least 4 hours or overnight (the flavor will be stronger if you refrigerate overnight)
- Pour in a large glass over some ice...it's very refreshing! This water tastes best the day or day after you make it.

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APPLE GINGER CINNAMON WATER



Apples cinnamon and ginger provide an holistic approach to drinking water. All three ingredients are highly acclaimed in the Ayurveda.

What goes in:

- 8 cups of water
- 2 medium organic apples (sweet apples work best–Fuji apples are a good choice), cut into thin slices (if you don't use organic, peel your apples so you don't get the pesticides from the skins in your water)
- 4 to 6 cinnamon sticks
- 6 thin slices of peeled fresh ginger root

Method:

- Fill pitcher with 8 cups of water.
- Slice apples, putting the slices in the water right away (this helps prevent the slices from browning too soon).
- Add cinnamon sticks and ginger root, and stir all ingredients together in the pitcher.
- Refrigerate overnight before serving.
- When ready to serve, add ice cubes to pitcher and stir right before serving or add ice to individual serving glasses and pour your flavored water over the ice.

APPLE CIDER VINEGAR WATER



What goes in:

- 1 lemon, thinly sliced
- 1/2 cucumber, thinly sliced
- 4 sprigs mint
- 2 quarts filtered water
- 2-6 T. apple cider vinegar

Method:

- Slice lemon and cucumber as thinly as possible. Divide into 2 separate quart sized bottles or mason jars.

- Pluck mint leaves from stems and divide into jars.
- Fill to the top with water, leaving room for as much apple cider vinegar as you want. I put 3 tablespoons into 1 liter of water, which is a lot if you don't like vinegar. I suggest starting at 1 tablespoon and going up from there, tasting as you go and stopping when you feel like it is about to get too vinegary.
- Refrigerate overnight.
- Serve chilled.

LEMON GINGER DETOX WATER



What goes in:

- ½ a lemon freshly squeezed.
- ½ ginger root knob.
- 1 tall glass water.
- Twigs of mint leaves.

Method:

- Add the lemon juice to the glass of water.
- Finely grate the ginger by using a zester, add to the glass of water.
- Add the mint leaves.
- This drink is a perfect way to start your day.