

Dear Yogi

Welcome to 2019 :). This new year is off to a transformative start. We are currently in the middle of an eclipse cycle, with a solar eclipse on January 5th bringing us into the cycle, and a lunar eclipse (visible in Europe and North America) on January 21st ending our 2 weeks in the eclipse portal.

If you are interested in reading the astrology for these eclipses, one of my favorite sites is

www.astrologyking.com

Personally, I am coming out the other side of weeks of cleansing and fasting. Specifically, a gentle liver cleanse for 2 weeks.

How do we decide when a liver cleanse might be needed?

Feeling sluggish, melancholic, lack of energy, lack of appetite, mental fog. With all of the travel, uneven diets, and enjoying a glass or two of wine, I could tell it was time to nourish this very important organ. The liver is responsible for over 500 functions in the body, being directly related to gut health, metabolism, and the ability to cleanse any difficult foods, drinks, or medicines coming into our bodies. If you are interested in liver cleanses, I recommend doing some reading on all the functions of this amazing organ and I bet you will feel inspired.

Personally, I prefer a gentle approach to cleansing. Everyday skipping foods and drinks that make the liver work hard, your liver will heal and restore itself. There are some great options that you can do to boost liver function.

A few of my favorites; get a good liver detox tea, usually this has milk thistle, licorice, fennel, and some other herbs. Drink it in the morning, and throughout the day. Avoid alcohol, spicy food, and any complex food. I spend two weeks having juice in the am, homemade dals & kitchari with mild spices, oatmeal and fruit.

I avoid breads, spreads, anything fancy, and too many diverse ingredients per meal. Often eating only one food in a meal, which makes sluggish digestion become invigorated.

I take psyllium husk daily, because colon cleansing is a big part liver cleansing, the better your digestive system is functioning, and specifically eliminating, the faster your liver can restore itself.

Then, the part that kicks my butt is drinking the following drink first thing in the morning upon waking up :

Starting the Day

First thing on rising, drink 8 oz of pure water to flush your digestive tract.

An hour later, in a blender, mix up:

- 8 oz (250 ml) of any fresh squeezed citrus juice (fresh squeezed apple juice or grape juice with all the sediment will work too). Note: If you have blood sugar problems, see below for instructions.
- 1 peeled lemon
- 1 clove (not the whole bulb, just one clove) of garlic (increase by 1 clove each day)
- 1 tablespoon of olive oil (increase by 1 tablespoon each day)
- A piece of ginger (about 1" long)
- 4-8 oz (125 - 250 ml) of pure water.

I usually have to lay down after drinking this.

It helps to first slice the ginger cross-grain into 1/8 inch slices to minimize the size of the fibers. Then blend the garlic and ginger in a small amount of liquid to minimize "chunking" before adding the bulk of the liquid. Drink it down and follow with a fresh juice chaser to clear your mouth (if desired).

Recipe taken from this site, for more resources click:

<https://jonbarron.org/day-1-instructions-liver-detox-blood-cleansing-gallbladder-flush>

I'm looking forward to seeing you for morning practices or in our upcoming courses, I hope this information about my personal cleansing for holiday detox helps you feel your best in 2019!!!

My love to you

Rae

