

PRE-SOLSTICE NOURISH
CLEANSE



RA MA
MARKET



The solstices are moments of great electro-magnetic energy. Imagine floods of radiant molecules that are discharged as the sun reaches its zenith or its depth. That's what's happening.

Whether you are approaching the summer solstice, the time with greatest abundance of radiant body energy, or you are about to enter the winter solstice, a moment to go deep within, it is an age old and EXTREMELY effective practice to cleanse the body and synch with the macro-cosmic seasonal changes.

Join RA MA Crew and the RA MA Global community for a seven-day pre-solstice detox experience that will cleanse the liver, clarify the blood, adjust the glands and bring the body into optimal balance to absorb the ions of these major interstellar portals.



You will need:

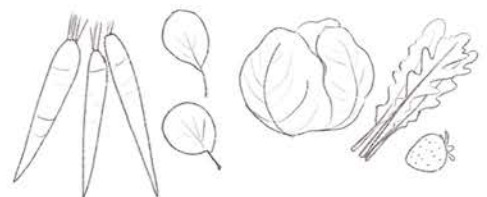
3 large sourdough loaves
4 ripe avocados
2-3 ripe tomatoes
1 red onion
2 bunches or beets with leaves
2 lemons
1 oranges
1 grapefruit
1-2 cucumbers
1 bunch of parsley
1 bunch of celery
4-5 medium zucchinis
1 bunch of mint
1-2 pineapple, ripe
1-2 whole papaya, ripe
1-2 cantaloupe, ripe
2-3 carrots
1 yellow onion
1 large cucumber
1-2 daikon radishes



2 boxes of organic dried dates
1-2 ripe bananas
1-2 cups of garbanzo flour

1 quart of organic milk (cow or alternative)
 $\frac{1}{4}$ cup raw pistachios
 $\frac{1}{4}$ cup raw cashews
 $\frac{1}{4}$ cup raw walnuts
 $\frac{1}{4}$ cup raw almonds
Raisins, for snacking
Rice Vinegar
Black pepper
Organic tamari
Turmeric, sea salt, cayenne, garam masala or any other spices to taste.
Cardamom powder
Cheesecloth or nut milk straining bag

All groceries organic where possible



SUGGESTED CLEANSE SCHEDULE

5:30am or upon waking - 8 ounces of water

UP LEVEL: Practice one of the yoga sets from
the RA MA Nourish Practice Bundle

7:00am - Breakfast

9:00am - Guru Jagat Class on RA MA TV

10:30am - 8 ounces of water

11:00am - Snack

12:30pm - Lunch

3:00pm - Afternoon snack

4:30pm - Light meditation from the RA MA
Nourish Practice Bundle

6:00pm - Dinner

7:00pm - Water or Yogi Tea until bed



Yogi Tea - Quick Cup Version

- 1 cup Water
- 2-3 Slices of fresh ginger
- 5-7 Green cardamoms
- 3-4 Cloves
- 1/2 Cinnamon stick
- 3-4 Black peppercorns
- Black tea to taste
- Milk to taste (dairy, oat, hemp...)
- Honey (or preferred sweetener) to taste

Directions: Boil for 15 minutes or so adding the black tea at the end. Then add milk.



DAY 1 - AVOCADO TOAST



DAY 1 AVOCADO TOAST

3 large sourdough
loaves

4 ripe avocados

2-3 ripe tomatoes

1 red onion

1-2 cucumbers

1 bunch of parsley

Raisins, for
snacking

1-2 cups of garbanzo
flour

Black pepper

Turmeric, sea salt,
cayenne, garam
masala or any other
spices to taste

DAY 1

The Organ Rejuvenation Mono Diet (Avocado & Sourdough Crust)

Directions

Cut the crust from your sourdough loaf by slicing across the top, bottom and sides of the bread. Create one, long, continuous piece of bread.

From these four crust slices, divide the larger pieces in half so they are more "sandwich" sized pieces and then remove any of the inside bread so that you are working with slices that are almost entirely crust.

Spoon mashed avocado, or place avocado slices, onto these sourdough crusts and enjoy as an open faced sandwich.

Optional: Add sliced tomatoes and thinly sliced raw onion if desired. Once free of bread, toast the crust for variation.



Drink 8
glasses
of water
or more.
Yogi Tea
is also
permitted.

PRANA ABSORPTION TIP #1

- One-fourth of the body energy is phosphorous.
- The body can convert phosphorous and Vitamin D through sunrays.
- For maximum absorption, comb your hair in an upward direction and secure in a bun on the top of your head, the solar center.
- At night, you can comb your hair down and let it absorb the lunar energy.



Today's yogic diet is said to rejuvenate your cells, balance your body minerals, cleanse and strengthen internal organs, cleanse your aura and emotions, regulate the thyroid and the liver, and replace worry and agitation with calm stability.

The background of the entire page is a vibrant blue. Overlaid on this are several vertical slices of fresh cucumbers, showing their characteristic bumpy green skin and pale green, seeded interior. Interspersed among the cucumber slices are pieces of delicate, light pink lace fabric, which adds a soft, textured contrast to the crisp vegetables.

DAY 2

The Alkalize
and Hydrate
Mono Diet

(Cucumber Pancakes)



DAY 2
CUCUMBER PANCAKES

1-2 organic
cucumbers

1-2 cups of organic
garbanzo flour

1/4 bunch of parsley,
chopped

Black pepper, fresh
ground

Turmeric, sea salt,
cayenne, garam
masala or any other
spices to taste

1 tsp organic
coconut oil, for
frying

Raisins, for
snacking

DAY 2

The Alkalize and Hydrate Mono Diet (Cucumber Pancakes)

Directions

Cut 1 cucumber into rough pieces and add to a blender. Use a bit of water and blend at high speed.

In a separate bowl, combine 1 cup of garbanzo flour with chopped parsley, black pepper, a bit of salt and spices to taste.

Slowly add cucumber pulp to the flour base, combining into a pancake batter. Add more or less cucumber pulp to create the consistency required.

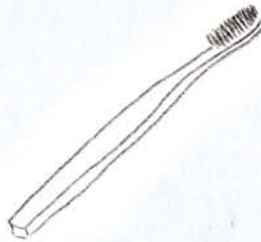
On a medium pan, heat coconut oil on medium-high and fry pancakes as you would normally.

Enjoy warm or at room temperature.



PRANA ABSORPTION TIP #2

- Wake before the sun rises.
- Brush your teeth and then use your toothbrush toward the back of the mouth to stimulate the body to expel mucous from the tonsils.
- The tonsils collect mucous and all germs and viruses from the air throughout the night.
- Clearing the tonsils first thing in the morning prevents mucous from being swallowed into the stomach and keeps the blood clear of pathogens.
- Clean blood keeps the skin radiant and the organs healthy.
- If the tear ducts are stimulated during this clearing, these tears will freshen the eyes and keep the eyesight strong throughout aging.





DAY 3

The Electrical and
Mineral Balance
Mono Diet

(Beets & Beet Greens)



DAY 3

BEETS & BEET GREENS

2 bunches or organic
beets with leaves

Lemon

Organic tamari

Optional:

2 organic oranges,
1 organic grapefruit

DAY 3

The Electrical and Mineral Balance Mono Diet (Beets & Beet Greens)

Recipe 1

- Clean beets of excess silt and then add to a large pot of water
 - Boil 2-3 beets until easily pierced with a pairing knife
- Remove from heat and when cool enough to touch, cut into easy to eat pieces
- Drizzle lemon and experience a subtle cellular remineralization

Recipe 2

- Remove beet leaves from their root and clean of excess silt.
- Layer onto a steaming tray and cook over a low boil until the leaves have sort of melded into each other.
- Drizzle lightly with tamari and enjoy as a meal in this mono diet.

Recipe 3

- Add $\frac{1}{2}$ beet to a juicer for 2 ounces of beet juice
- Add 1 orange and $\frac{1}{2}$ grapefruit to a juicer for 6 oz of juice
- Combine for a once per day electrolyte and magnesium infusion.



USE
ANY
RECIPE
FOR
YOUR
MEALS

PRANA ABSORPTION TIP #3

- For a fresh mind and new creative thinking, pull down on the lobes, inner loop, and sides of the ears.
- The ear lobes and inner loops are rich with nerve endings.
- Stimulating the ears in this way adjusts the nerve endings, activating circulation in the mind and promoting neural relaxation, brain balance and sensibility.





DAY 4

The Inner Cool Mono Diet

(Mint & Celery Soup)



DAY 4

MINT & CELERY SOUP

4 celery stalks

1 bunch parsley

4-5 medium zucchinis

1 sprig of mint

1/4 - 1/2 tsp ground
black pepper

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DAY 4

The Inner Cool Mono Diet (Mint & Celery Soup)

Steam celery,
parsley, zucchinis,
and mint for about
15 minutes or until
soft with 1/2 -1 cup
of water.

Puree in blender
with black pepper
to taste.

Makes about 1-2
servings



PRANA ABSORPTION TIP #4

- Elimination is more important to your tissue, organ and electrical health than consumption.
- A basic rule of thumb is to eat only what you can digest within 24 hours.
- A good way to tell if a certain food is digestible to you or not is to inhale the fragrance before taking the first bite.
- A pleasing aroma indicates a bio-individual nutritious and easy to assimilate meal.





DAY 5

The Poison Eater
Mono Diet

(Daikon Radish Salad)



DAY 5

DAIKON RADISH SALAD

Carrot, raw

Yellow onion, raw

Cucumber, raw

Daikon radish, raw

Rice Vinegar

Sea salt & Black
Pepper

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DAY 5

The Poison Eater Mono Diet (Daikon Radish Salad)

Recipe 1:

- Slice, chop, grate or cut ingredients in any way and in the proportions pleasing to you.
- Dress lightly with rice vinegar, sea salt and fresh ground black pepper to taste.

Daikon and cucumber eat up excess mucous in the body, onions provide antiviral support, carrots are a natural multivitamin.

Recipe 2:

Combine three parts of carrot juice, one part of daikon radish juice, and drink as much you want.

This drink will simply and effectively remove poisons from the liver.



PRANA ABSORPTION TIP #5

- Minerals are essential to cellular functioning, tissue youth, and keeping the body disease free.
- One of the major ways the body receives minerals is through WATER.
- Water mineral content can change every 12 miles.
- In accordance with a 4,000 year old yogic AquaTherapy, have your water tested for minerals and cross compare that with a blood mineral analysis.
- Supplement with Cell Salts as a homeopathic way to regain deep mineral balance.





DAY 6

The Power Shine
Mono Diet

(Fruit Salad)



DAY 6

FRUIT SALADS

1-2 organic
pineapple, ripe

1-2 whole organic
papaya, ripe

1-2 organic
cantaloupe, ripe

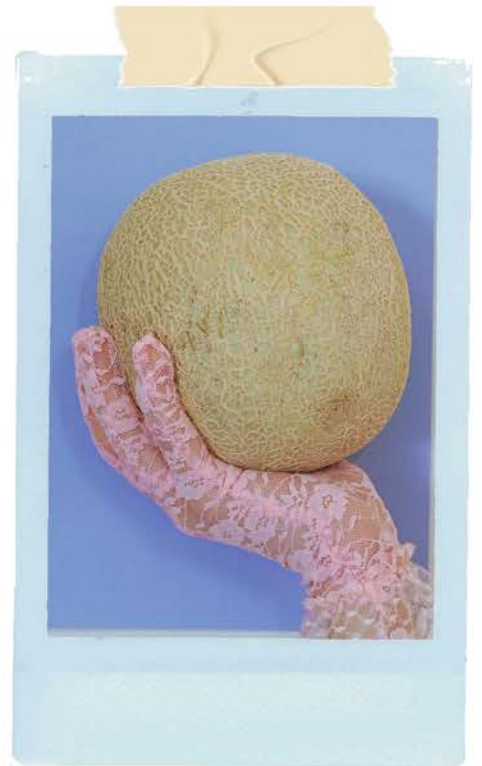
Optional: Cardamom
powder

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DAY 6

The Power Shine Mono Diet (Fruit salads)

Use the ingredients
in a fruit salad,
smoothie, frozen ice pop,
or any creative
preparation for a day
long mono diet that
tonifies the colon,
infuses the tissues with
electrolytes and
antioxidants and brings
a major brightness to the
skin, eyes, teeth and
tissues.



Sprinkle with cardamom
powder as an energy
booster, aphrodisiac and
digestief.



PRANA ABSORPTION TIP #6

- The health and glow of your skin is dependent on the functionality of the capillaries. Capillaries are fine branching blood vessels, one cell thick, that aerate and deliver nutrients to the tissues

- To open up your capillaries, fully oxygenate your system and feel charming and together, use these two ancient yogic hydrotherapeutic methods:

1. Dry brush your skin in upward strokes towards the heart. Draw a bath with water as hot as possible and massage the body vigorously. Use mustard oil as an option to improve circulation and protect against infection.

2. Dry brush your skin in upward strokes towards the heart. Take an ice-cold shower while vigorously massaging the body starting from the soles of the feet and working your way up to the face. Use almond oil to neutralize toxins. This will make you feel completely together.



A hand with a texture of orange peel is shown against a solid blue background. A brown snake is coiled around the hand, with its head resting on the index finger. The hand is positioned palm-up, and the snake's body is wrapped around the fingers and wrist. The lighting is even, highlighting the textures of the peel and the snake's scales.

DAY 7

The Eternal
Youthfulness
Mono Diet

(Ojas Rejuvenating Drinks)



DAY 7

OJAS REJUVENATING DRINKS

Organic milk (cow or
alternative)

2 boxes of organic
dried dates

1-2 ripe bananas

¼ cup organic

pistachios, raw and
sprouted

¼ cup organic
cashews, raw and
sprouted

¼ cup organic
walnuts, raw and
sprouted

¼ cup organic
almonds, raw and
sprouted

Cheesecloth or nut
milk straining bag

DAY 7

The Eternal Youthfulness Mono Diet (Ojas Revinating Drinks)

Recipe 1

Slice six dates in half and simmer in 8 ounces of milk on a very low heat for 20 minutes, stirring occasionally. Strain and serve.

Recipe 2

Create a personal, self-sensory blend of pistachios, cashews, walnuts, and almonds in a large bowl and cover with cold water. Let nuts sprout overnight. In the morning, drain the water and add nuts to a blender with sufficient fresh water to make your own nut milk. Strain nut pulp using a cheesecloth or nut milk straining bag and use in the recipe above or blend with banana for a potassium boost smoothie.



*Dates, nuts and bananas are all ojas replenishers.

Ojas are the secretions of the sex glands and are not only reproductive fluids, but also tissue and brain food.

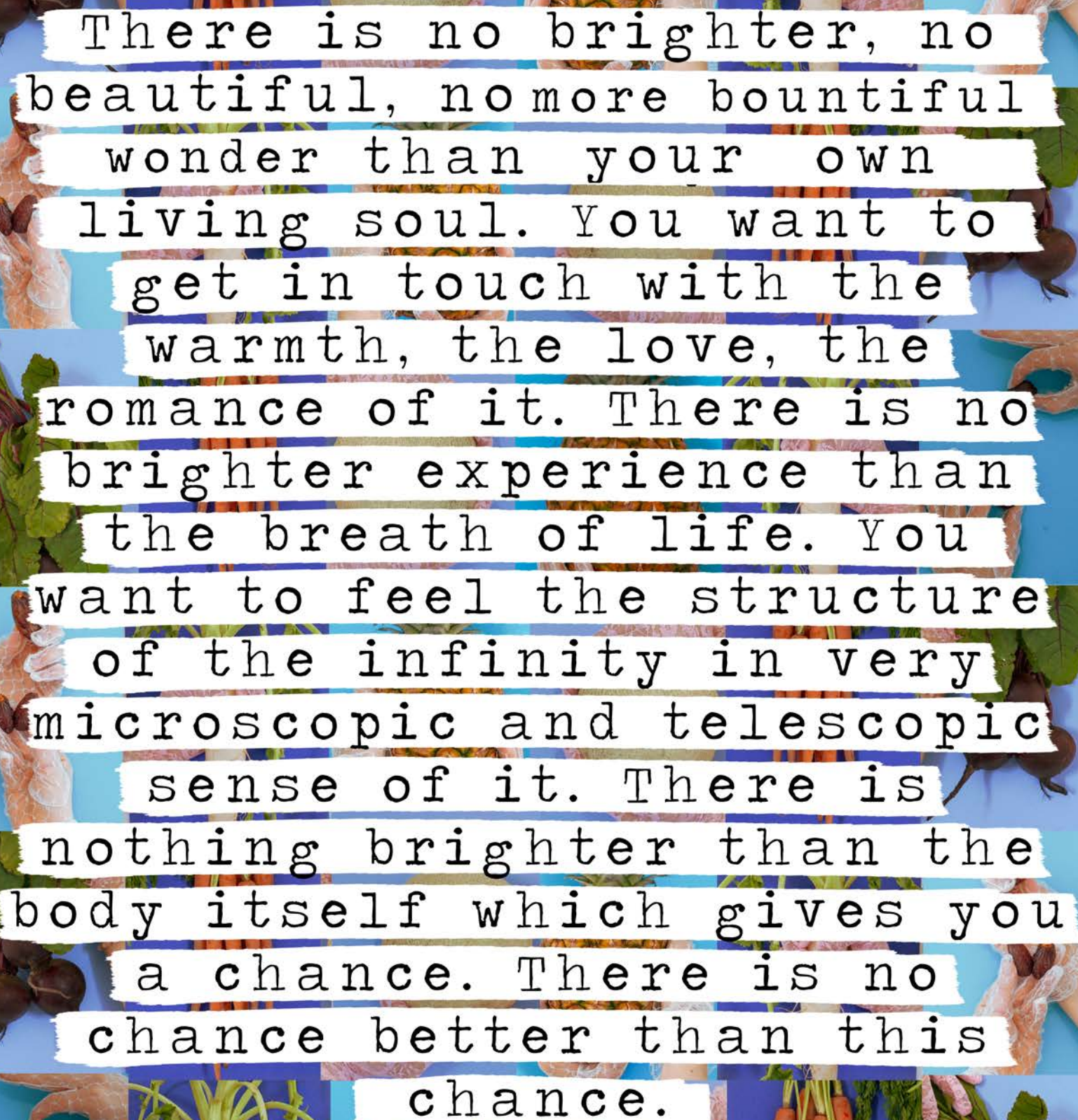
BREAKING YOUR CLEANSE

Continue to eat lightly, loading up on leafy greens (steamed or raw), abundant veggies, and fresh fruits.



Transition onto new foods slowly. Keep your refreshed respect for your body system and how it intakes nutrients.

Your bio-sensitivity on how to nourish yourself is your greatest gift and power.



There is no brighter, no
beautiful, no more bountiful
wonder than your own
living soul. You want to
get in touch with the
warmth, the love, the
romance of it. There is no
brighter experience than
the breath of life. You
want to feel the structure
of the infinity in very
microscopic and telescopic
sense of it. There is
nothing brighter than the
body itself which gives you
a chance. There is no
chance better than this
chance.

- Yogic proverb

