

WHAT IS KITCHARI

Kitchari (pronounced kich-uh-ree) means mixture, and is the traditional cleansing food of Ayurveda. It is a combination of split mung beans and white basmati rice with plenty of seasonal spices. A Kitchari cleanse is an eating plan that is designed to reset your eating habits and give your body a break.

KITCHARI - A COMPLETE PROTEIN

The combination of rice and mung beans provides all the amino acids needed to form a complete protein. Eaten on their own, each of these foods is missing one or more of the essential amino acids that our bodies are not able to make on their own. However, together they make magic happen! The protein content of kitchari supports stable blood sugar levels so that energy and mental clarity are balanced during the cleansing process.

KITCHARI - EASY TO DIGEST

White rice is traditionally used in kitchari because it is very easy to digest. Along with the split mung beans, kitchari is a food that is gentle enough for babies. In fact, in Ayurvedic homes, kitchari is typically given to people who need to support their health, to the elderly, and to babies because it is so gentle. Also, eating a monodiet of primarily just kitchari for several days offers the digestive system a rest by making the diet extremely simple.

KITCHARI - IMPROVES DIGESTION

Agni, or the digestive fire (referred to as metabolism in Western terms), is considered in Ayurveda to be the golden key to all health. Good agni means we are able to digest, assimilate, and absorb nutrients from our food. Weak or imbalanced agni means malabsorption and accumulation of *ama* (natural toxins).

KITCHARI - LOOSENS TOXIC BUILD UP

Mung Bean has an astringent (dry) quality. This astringency has a natural pulling action that helps to remove toxic buildup from the intestinal lining. This

pulling action is much gentler than a harsh or abrasive scraping action that happens with raw or cold foods, especially raw vegetables. Kitchari also liquefies ama (toxins) during the second stage of digestion. This makes the ama easier to remove.

KITCHARI - REMOVES NATURAL TOXINS FROM THE BODY

Once toxins are loosened and liquefied, it is essential that they get properly eliminated from the body. The split mung beans provide enough fiber (over 15 grams per 1-cup serving) to move these toxins through the GI tract and out of the body.

KITCHARI CLEANSE

A Kitchari cleanse can be 3 to 10 days. Some people will do a Pre-cleanse (optional). We recommend doing a cleanse 4 times a year - each season. So, if you did not do a Pre-cleanse this go round, maybe try it next time.

Pre-cleanse: is a period of up to 1 week before the start of the cleanse. During this time, you may cut back on sugar, caffeine, alcohol, and anything else that won't be allowed during the cleanse. You can also begin to shift the foods you're eating to eliminate processed food or food habits.

Cleanse: When you begin your cleanse, your daily meal plan depends greatly on what you're looking to achieve. At a minimum, you should be eating grain dishes at breakfast and Kitchari for lunch and dinner. Snacking is limited, but you can reach for fresh fruit or raw nuts if you find yourself hungry between meals and unable to wait. Hydration is important, so you'll want to aim for 8-12 servings of water or tea during the day.

Post-cleanse: After the cleanse is complete, you may wish to adopt a post-cleanse plan. This involves slowly reintroducing foods and ingredients back to your diet over a week to 10 days. You may keep eating Kitchari for a few days, even after the cleanse is over, but you can begin to add other foods to your eating plan. Doing this will help make sure you don't upset your digestive system or return to old habits too quickly, potentially reversing the effects of the cleanse.