

Siddhi's Yogi Cleanse

Sample Day: Liver Cleanse Day

Before you get up and out of bed, roll your ankles and wrists, gently move your head from side to side, then stretch your arms overhead and stretch your entire body from the fingertips all the way into your toes. Imagine you are breathing into all the cells of your body! Allowing the prana, the life force, to stimulate all your organs and systems.

Cleaning your mouth with a tongue scraper

Your nose with a Neti pot

Your eyes with cold water

Now you are ready for ISHNAAN Water Therapy:

1. Brush your body

2. Massage your body with almond oil

3. Take a cold shower for at least three minutes while you continue to massage your body

This will not only wake you up, it will eliminate sleepiness, increase your clarity, strengthen your immune system and sharpen your mind. While your blood chemistry changes your organs get the support they need to heal because cold showers stimulate healing.

Stay with warm water when you are menstruating. To keep the calcium magnesium balance in the thigh bone, it is recommended to wear shorts during the cold shower.

Before you start your yoga practice, please drink a cup of warm water with juice of half a lemon.

Now is the time to start your practice with Pranayam (Breath) for your liver.

Sitali Pranayam:

Sit in a comfortable position with your spine erect. Apply the mudra for the liver: Bend your middle finger down, touch the tip of your thumb to the tip of your ring finger.

Extend index and your little finger. Rest your hands on your knees.

Inhale through your curled tongue, as if you are sipping air through a straw.

Hold the breath as long as comfortable and then slowly exhale through the nose.

Continue for 3-11 minutes.



Liver Mudra

Now we can begin with the Warm ups:

Neck rolls: to stimulate the thyroid gland.

Sit with your spine straight with your hands resting on your knees. Inhale and bring your right ear to your right shoulder, then roll your head back, exhale slowly bring your left ear to the left shoulder, then chin into your chest. Now continue for 1/2 minute into one direction and then 1/2 minute into the opposite direction.



Neck Rolls



Sufi Grind



Sufi Grind

Sufi Grind: to stimulate your kidneys and your adrenals.

Sit in easy pose, (cross legged) hands are around your knees.

Inhale, lean over your left knee, arch your spine slightly, move your chin forward while you are moving forward in a grinding forward and around towards your right knee, once you come over your right knee you start to exhale, round your spine and slowly bring your chin towards your chest. Continue into the same direction for 1/2 minutes and then reverse the direction for another 1 1/2 minutes.

Life Nerve Stretch:

Sit, with your legs straight in front of you. Reach with your index and middle finger around your big toes, press the thumbs onto the toe nails.

Straighten your spine, tuck your chin in slightly. Inhale, now on the exhale bend your elbows towards the ground and let your torso follow. Straighten your arms, inhale up, exhale down.

Continue for 3 minutes.



Life Nerve Stretch

1. Posture for the Liver: Liver Twist 1

Stand with your feet a little bit more than hip width apart.

Inhale, twist your torso to the left, right hand on your left shoulder, left hand behind your back reaching for your right waist. Look over your left shoulder and see if you can look at your right heel. Exhale, swing your torso to the right and change the hand position: right hand onto left shoulder, left hand behind your back, reaching for your left waist.

Continue for 3 x 25 swings, after each set of 25 inhale, stretch your arms up, have the palms touch overhead and on the exhale swing your arms down the side of your body.

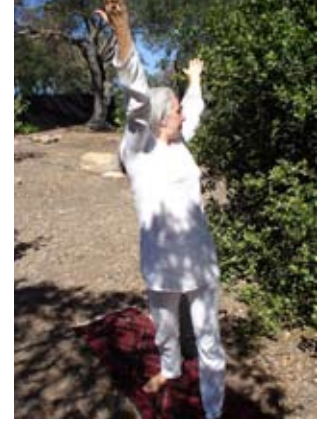
Now start with the next 25 twists.



Liver Posture 1



Liver Posture 2



2. Posture for the Liver: Liver Twist 2

Come into a standing posture, feet are hip width apart, extend your arms up and out to 60 degree, palms facing each other, inhale, start to move your torso to the left, follow your left hand with your eyes, then on the exhale swing your body to the right, following your right hand with your eyes.

Make sure that you keep your arms up and straight.

Continue to swing from side to side for 5 min

Nourishment plan for today: following page

Nourishment plan for today:

My favorite morning cereal! (5-6 servings) you can keep in the refrigerator. Combine:

1/2 cup Goji berries

1/2 cup raw organic cacao nibs (coarsely ground)

1 cup shredded coconut flakes

1 cup sunflower seeds (coarsely ground)

Serve with almond or brazil nut milk, (please see recipe below)

For the Almond/Brazil Milk: great fluid protein. Soak 1cup almonds or Brazil nuts overnight in water, rinse the nuts in the morning and with 4-5 cups of water blend the nuts in a blender (If you want the milk to be thicker, use less water).

Now strain the nuts through a cheese cloth or nut bag.

Remember to eat every 2 1/2 hours!

Make yourself great salads, steamed vegetables that contain plenty of Today's liver food.

Dark leafy greens, garlic, onions, broccoli, brussel sprouts, cabbage, bok choy, kale, radishes, dandelion fennel, ginger, nettle

Liver Cleanse Green Juice: Yields 1 quart

1 cup Cilantro, 1 cup Apple juice

1/2 Banana, 1 pears

1/2 inch fresh ginger

1/2 cup cranberries

1 cup fresh dandelion greens

1/2 head endive

Drink this over the whole day, take a sip, "eat" the juice, mix it with a lot of saliva before you swallow it.

Take your time!

Throughout the day drink 8 glasses of plain water and 4 extra glasses of water with the juice of half a lemon in each glass. Really flush the liver!

Today is the day for the Coffee Enema!

The coffee enema stimulates your liver, gallbladder and large intestine to release built-up toxins.

Necessary Articles:

Certified organic coffee (not instant or decaf)

1.5 pints steam-distilled water

Enema bag

One vitamin E capsule

Brew 2 heaping tablespoons of freshly ground certified organic coffee in 1.5 pints of steam-distilled water.

Cool to room temperature and pour coffee into an enema bag.

Place the contents of the vitamin E capsule (oil form) on the tip of the enema bag to ease insertion. Assume a position on hands and knees with "head down and rear up" when receiving the enema. Once the liquid has been inserted, roll onto your right side and hold the solution in your body for 15 minutes before allowing the fluid to be expelled.