



DAILY RHYTHMS FOR OPTIMAL HEALTH + WELLNESS DURING THE CLEANSE

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During the cleanse, consider how you can honor the natural cycles of the seasons, the days, and your body. Here are some tips and strategies we have found useful for staying connected to purpose, passion, hunger, and community.

Morning...

- Dawn Patrol. Start your day by waking up prior to or as the sun is rising.
- Head to the bathroom to pee, scrape your tongue, and brush your teeth.
- Hydrate. Drink warm water to flush out your body and help you poop. Add lemon if you wish to introduce a bit of flavor and/or alkalinity.
- Pause, reflect, and be grateful for the gift of the new day. Meditate, breathe, journal. Dedicate a few moments to be present with yourself and welcoming the new day.
- POOP! - clean out your gut. Get embodied - dry brush, oil your body, and/or move your body. Get your blood flowing, breath moving, and perhaps even sweat a little (or a lot). Move your body for 20 minutes. Breathe through your nose, yoga, walk, jump on trampoline. Dance. You get the idea!
- Nourish yourself with food that will energize you and break your fast.
- Do your best work

Mid-Day...

- Nourish yourself with the biggest meal of the day. Sit down and enjoy a real meal. Taste it, smell it, and feel it fill you up.
- Take a moment in the middle of your day to look out at the horizon, step on the earth, smell the sea breeze, hug a friend.
- Slow down. Don't rush.

Evening...

- Enjoy a supplemental, early, light dinner. Close your kitchen around 6pm.
- Unplug from all electronics around 8pm or earlier if you can.
- Go for a walk or other form of gentle movement.
- Take in the sweetness of friends, family, or time with yourself.
- Embody gratitude and ease
- Read, listen to, or reflect upon something that inspires you.
- Take a bath, sauna, hot shower, or foot soak to help unwind from the day.
- Lather yourself in pure oil as a form of self care and self love.
- Head to bed early... lights out by 10pm.

Other tips throughout the day to help stoke your inner flame of desire, digestion, and connection:

- * Drink only warm water and herbal teas between meals. Drinking warm water takes less energy for your body to process and helps move toxins along.
- * Begin to decrease and unplug from all stimulants, in foods as well as in your environment.
- * Become more connected to your local environment and ecosystem by eating what is in season.
- * Avoid snacking between your meals. This will allow time for your digestion to fully process the food you consumed. The result will be more efficient digestion and more energy for your body to spend on repairing and regenerating.