

# Living Aligned

AYURVEDA & THE *RETURN* TO RHYTHM

## DAY 1 AYURVEDIC SPRING CLEANSE GUIDE



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## INTRODUCTION

# Welcome to Your Day 1 Ayurvedic Spring Cleanse!

You've chosen to take the first step on a beautiful, transformative journey — to cleanse your body, clear your mind, and reconnect with your inner wisdom.

Today marks the beginning of an inner reset: a chance to realign your body's natural rhythms, awaken your energy, and return to the truth of who you are.

This is just a taste of what's possible during the Ayurvedic Spring Cleanse.

Here on Day 1, you'll find simple, powerful practices to ignite Agni (your digestive fire), begin gently detoxifying, and nourish yourself from the inside out.

How to Use Today's Guide:

- Daily Practices: Follow the morning, midday, and evening rituals to support balance and flow.
- Writing Prompts: Reflect with the journaling questions to connect deeper with your body and emotions.
- Mindful Nourishment: Explore gentle eating practices that honor your body's needs today.
- Body-Mind Connection: Move through the guided yoga, meditation, and breathwork to activate your inner light.

[You can access all the practices for Day 1 here](#)

## INTRODUCTION

As you move through today's journey, trust what arises.

Even a single conscious breath, a single moment of stillness, can open the door to profound healing.

If you feel called to go deeper — with the full 7-day cleanse experience — you're invited to continue into the Lite or Full version.

Each day builds upon the last, offering deeper rituals, meals, meditations, and movement to support lasting transformation.

Welcome to your Spring Reset, love.

This is just the beginning — and you are exactly where you need to be.

## 1. INTENTION-SETTING PAGE

As you begin this cleanse, take a moment to connect with your deeper self. This is your time to set the tone for your journey.

### **Personal Intention:**

What do you hope to achieve emotionally, physically, and spiritually during this cleanse?

### **Focus Areas:**

Where do you feel the need for balance? (Kapha, Agni, emotional clarity, self-care, etc.)

### **Affirmation for Your Cleanse:**

Write an affirmation that will guide you through this process.

Example: "I am open to healing and releasing what no longer serves me."

### **Visualization:**

Take a few moments to imagine how you will feel at the end of this cleanse. Visualize your energy, clarity, and self-awareness blossoming. What will your life look like after this transformative journey?

Now, take a deep breath and allow yourself to fully immerse in your answers. **The next page is your space to explore your thoughts, intentions, and reflections freely. There are no limits—just your truth. Write as much or as little as feels right for you.**

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## 2. FOODS AND PRACTICES TO AVOID DURING YOUR SPRING CLEANSE

While embarking on this transformative cleanse, it's equally important to avoid certain foods and practices that can hinder your body's detoxification process or disturb your balance.

Here's what to steer clear of:

### FOODS TO AVOID:

- **Processed & Junk Foods:** Avoid packaged, processed foods, fast food, or anything that's artificially flavored, sweetened, or contains preservatives. These foods can disrupt your Agni (digestive fire) and slow down your body's natural cleansing process.
- **Dairy (except ghee):** While ghee is encouraged as a nourishing food during your cleanse, other dairy products (milk, cheese, yogurt, etc.) can be heavy and mucous-producing, especially during Kapha season. Avoid these to keep your digestive system clear.
- **Caffeine & Alcohol:** Caffeine can overstimulate your nervous system and impair your sleep patterns, while alcohol is a toxin that the liver must work hard to process. Both of these can disrupt your cleanse and emotional reset. This includes black, green and white tea.
- **Refined Sugar:** Sugar causes spikes in blood sugar and can create imbalances in your mind and body. It also promotes the growth of harmful bacteria and excess mucus. Skip sweets, sugary beverages, and processed snacks.

## 2. FOODS AND PRACTICES TO AVOID DURING YOUR SPRING CLEANSE

### FOODS TO AVOID:

- **Gluten:** Gluten can be hard to digest for some people and may irritate your gut, slowing down your detox. For optimal digestion and assimilation, avoid wheat, barley, and rye during this cleanse.
- **Excess Salt:** Excess salt can retain water, increase bloating, and stress the kidneys. Limit your salt intake and focus on flavorful herbs and spices to season your food.
- **Heavy Meats & Fried Foods:** These can be difficult for your digestive system to break down and may burden your Agni. Instead, focus on lighter, plant-based meals and easy-to-digest proteins like lentils, beans, and tofu.

### PRACTICES TO AVOID:

- **Overexertion:** While light exercise is encouraged, avoid heavy, intense workouts or anything that depletes your energy. This cleanse is about rest and rejuvenation. Gentle yoga, walking, or stretching is more than enough.
- **Negative Thought Patterns & Emotional Repression:** The purpose of this cleanse is not just physical detoxification, but also emotional reset. Avoid suppressing your emotions. If something comes up, be gentle with yourself. Embrace mindfulness, journaling, dancing, crying, laughing, etc, express any emotion that comes up.

## 2. FOODS AND PRACTICES TO AVOID DURING YOUR SPRING CLEANSE

### PRACTICES TO AVOID:

- **Screen Time Late at Night:** Limit your exposure to screens (TV, phone, computer) especially before bedtime. The blue light from screens can interfere with your sleep, which is crucial for detoxification and emotional reset. Disconnect yourself from gadgets minimum 30/40 minutes before going to bed.
- **Excessive Socializing or Overstimulation:** While it's important to stay connected, try to minimize overwhelming social engagements and overconsumption of media. Keep your environment peaceful and quiet to honor your inner space during this cleanse.
- **Rushing or Multitasking:** This cleanse is about slowing down. Avoid rushing through your day, meals, or practices. Focus on being present, mindful, and intentional in every moment. Life is a ritual.



## 7. HOW TO MOVE THROUGH THIS CLEANSE

With presence, with ease, and without pressure.

Each day is thoughtfully designed with a gentle rhythm: morning, midday, and evening practices. These rituals are here to support you — to cleanse, strengthen, and soften both body and mind. ***You don't need to do them perfectly.*** Just take it one step at a time, following the natural flow of each day with intention and kindness.

That said... life happens. You might be working, caring for others, moving through big things. And that's okay. This process is here to fit into your life, not take it over. It's a space for you to come home to yourself, not to add more pressure.

**Take what serves, leave the rest.**

Each day offers a menu of practices. You don't have to do them all.

Listen in. Feel what's needed. Choose one or two that feel most nourishing.

Let that be your anchor.

## 8. DAY 1: CLEAR THE PATH

**Theme:** Initiate cleansing, awaken digestion, identify emotional weight.

### Morning:

- Tongue scraping + oil pulling

To **tongue scrape**, gently glide a copper scraper or a spoon from the back to the front of your tongue each morning to remove ama (toxins) and stimulate digestion.

For **oil pulling**, swish a tablespoon of warm sesame or coconut oil in your mouth for 10–15 minutes, then spit it out to purify the oral cavity and nourish vital tissues.

- Warm lemon + ginger water

If you experience acidity, heartburn, or related discomforts, avoid lemon and ginger—instead, sip only warm water to soothe and support your digestive fire (agni) gently.

- Garshana (dry brushing) + light movement

**Garshana (dry brushing)** is a traditional Ayurvedic technique that involves using raw silk gloves or a natural bristle brush to gently exfoliate the skin and stimulate the lymphatic system, aiding in the removal of ama (toxins) and boosting circulation. Begin with dry skin before bathing—using long, sweeping strokes on the limbs and circular motions on the joints, always brushing toward the heart. Follow with light movement such as gentle yoga or a brisk walk to further energize the body, activate prana (life force), and support natural detoxification.

- Morning Practice: 15 Min Breath Renewal Yoga
- Affirmation: “I am ready to release what I no longer need.”

## 8. DAY 1: CLEAR THE PATH

### Midday:

- Breakfast: Stewed apple with cinnamon
- Lunch: Kitchari + bitter greens
- Dinner: Carrot-ginger soup
- Herbal: CCF tea + Trikatu

### Evening:

- Evening Practice: 15– Min Gentle Hip & Leg Release Yin Yoga Flow
- Meditation: Trataka (candle gazing)

Trataka, or candle gazing, is a classical Ayurvedic and yogic meditation technique that involves fixing your gaze on the steady flame of a candle to cultivate deep focus and inner stillness.

To practice: Sit comfortably in a dark, quiet space with a lit candle placed at eye level about an arm's length away. Keep your spine straight and eyes relaxed as you gaze gently at the tip of the flame without blinking, until your eyes naturally begin to water. Then close your eyes and visualize the flame at your third eye center (between the eyebrows), allowing the mind to rest in stillness.

This practice sharpens concentration, soothes mental restlessness, and is believed to cleanse the eyes and the subtle mind. It can be done safely on your own, especially in short, regular sessions of 5–10 minutes.

- Journaling Prompt: “What is no longer serving me—physically or emotionally?”

# Congratulations on Completing Your Day 1 of the Ayurvedic Spring Cleanse!

You've just taken your very first step into your Ayurvedic Spring Cleanse journey — and that alone is powerful.

Take a moment to honor yourself for showing up, for saying yes to your healing, your clarity, your renewal.

Today's practice was just a glimpse of what's possible when you commit to your own vibrant transformation.

Imagine how it would feel to continue — day by day — releasing the old, awakening your true energy, and aligning more deeply with your natural rhythm.

If you're feeling the shift within you... even the smallest spark... know that it's only the beginning.

You're invited to continue with the Lite or Full version of the cleanse — where each day builds upon the last, weaving deeper practices, rituals, nourishment, and embodied wisdom into your life.

Let's keep moving together — gently, joyfully, powerfully — toward the most radiant version of you.

Your body, mind, and spirit are ready.

I would be honored to walk this path with you.

**[Click here to join the full journey.](#)**

Your next chapter is waiting.

## What's Next?

As you return to your daily rhythm, stay close to what you've discovered. Let your body, intuition, and inner voice continue to guide you. Perhaps that means:

- Continuing with grounding morning rituals
- Making time each week for a digestive reset
- Journaling regularly to check in with your emotional landscape
- Cooking more intentionally with seasonal, nourishing foods
- Or simply honoring your need for rest, joy, and slowness

Whatever it is, trust that your next step doesn't need to be big—it just needs to be real. Keep listening. Keep honoring. Keep showing up for yourself.

Thank you for joining me in this sacred process. It was an honor to guide you through it. If you have questions, need support, or feel like sharing your experience, my door is always open.

With love and deep respect,

Nahir from ALMA.

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## COOKBOOK



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# COOKBOOK

## CCF Tea (Coriander, Cumin, Fennel Tea)

CCF Tea is a wonderful Ayurvedic blend known for its digestive benefits. It helps with bloating, digestion, and supports detoxification.

- **Ingredients:**

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 2 cups water

- **Instructions:**

- a. In a small saucepan, add the cumin, coriander, and fennel seeds to 2 cups of water.
- b. Bring the water to a boil, then reduce the heat and let it simmer for about 5–7 minutes.
- c. Strain the tea into a cup, and drink it warm, preferably after meals or as part of your daily routine.
- d. For added flavor, you can sweeten with a little honey, or sip it as is.

## DAY 1:

### **Breakfast:** Stewed Apple with Cinnamon

- **Ingredients:**

- 2 apples, peeled and chopped
- 1/2 tsp cinnamon powder
- 1-2 cloves (optional)
- 1 tsp ghee
- 1-2 tsp maple syrup or honey (optional)

- **Instructions:**

- a.Heat ghee in a saucepan over medium heat.
- b.Add the chopped apples, cinnamon, and cloves (if using).
- c.Stir occasionally and cook for about 5–7 minutes until the apples soften and caramelize slightly.
- d.Add honey for sweetness if desired.
- e.Serve warm.



## DAY 1:

### **Lunch:** Kitchari + Bitter Greens (Cooked in Kitchari)

- **Ingredients for Kitchari:**

- 1/2 cup split yellow mung dal
- 1/2 cup basmati rice
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 5 cm piece of ginger, grated
- 4 cups water
- 1 tbsp ghee
- Salt to taste
- Bitter Greens (e.g., dandelion greens, arugula, or kale), roughly chopped

- **Instructions:**

- a. Rinse the mung dal and rice together.
- b. Heat ghee in a pot, add cumin seeds, and sauté until they pop.
- c. Add grated ginger, turmeric, and coriander powder, and stir for a minute.
- d. Add the mung dal, rice, and water, along with the chopped bitter greens.
- e. Bring to a boil, then lower the heat and simmer for about 20–30 minutes until everything is soft and well-cooked.
- f. Stir occasionally and adjust water for your desired consistency. Add salt to taste.
- g. Serve warm, with the greens fully cooked in the kitchari.

## DAY 1:

### Dinner: Carrot-Ginger Soup

- **Ingredients:**

- 3-4 medium carrots, peeled and chopped
- 1-inch piece of ginger, peeled and sliced
- 1 small onion, chopped
- 4 cups vegetable broth or water
- 1 tbsp ghee
- Salt and pepper to taste
- Optional: 1/4 cup coconut milk for creaminess

- **Instructions:**

- a. In a pot, heat ghee and sauté the chopped onion and ginger until softened (about 5 minutes).
- b. Add the chopped carrots and vegetable broth or water.
- c. Bring to a boil, then reduce heat and simmer for 20 minutes, or until the carrots are soft.
- d. Blend the soup until smooth using an immersion blender or regular blender.
- e. Season with salt and pepper, and add coconut milk if desired for extra creaminess.
- f. Serve warm.

## DAY 1:

### **Trikatu**

Trikatu is an Ayurvedic blend of three spices—black pepper, long pepper (Pippali), and ginger. It's traditionally used to stimulate digestion, boost metabolism, and clear congestion.

- **Ingredients:**

- 1 part black pepper
- 1 part long pepper (Pippali)
- 1 part dried ginger powder

- **Instructions:**

- Mix equal parts of black pepper, long pepper (Pippali), and dried ginger powder in a small jar. A typical ratio might be 1 tsp of each spice to start with.
- To use, take a small pinch (1/4 tsp) of the Trikatu mixture with warm water before meals.
- You can also mix it with a bit of honey or ghee for smoother digestion.

### **When to Take Trikatu:**

- Take Trikatu 15–20 minutes before meals for enhanced digestion and appetite stimulation.
- Avoid using it if you have conditions like acidity, ulcers, or high pitta.