

## Mini Detox – January

### The Post-Holiday Detox Plan

The focus of our detox journey this month is to get back into our health routine in case you got off track with the holiday season and all its indulgences. Your detox journey should last for 3 to 5 days. No longer than that.

Winter is the season in which the Water element is most dominant. The bladder and kidneys, which deal with the body's water, are the organs associated with the Water element and winter season. We are going to focus on supporting these organs with our diet and herbal teas for the next few days.

### The Detox Plan:

Now, it's your choice how strict you want to go into these detox days. But I do recommend to cut out all caffeine, sugar, flour products, and only consume the recommended dish and drinks from these pages. It is going to be a very simple plan and the detox is very short, just a few days, so you can do it!

### Morning:

Start your day with a cup of marshmallow root tea.

### Breakfast, Lunch and Dinner:

Eat 1 bowl of Kicharee for breakfast, lunch and dinner.

### Evening:

Drink a cup of ginger tea.

### “To Do” Daily

- ✓ Drink lots of water during these days. Drink about 1 gallon (16 cups) a day. Add a pinch of sea salt (or Himalayan pink salt) to each glass of water.
- ✓ Try to get outside and walk for 5 - 10 minutes after each meal.
- ✓ Go to bed early and have a good night sleep.
- ✓ Don't schedule a lot of activities during the detox days. Go inward and stay home as much as you can.
- ✓ Stop all electronics use 2 hours before your bedtime. Turn off your phone, laptop and TV. Read, journal, meditate or do light yoga instead.



Katalin Morocza  
Discover Life the Healthy Way

## Additional herbal teas to enjoy (optional):

Nettle tea

Pour 1 cup of boiling water over 1 Tbs. of nettle leaves. Steep for 20 minutes and enjoy.

Comfrey root tea

Simmer 1 Tbs. of comfrey roots in 2 cups of water for 20-30 minutes. Strain and enjoy.

Flaxseed tea

Simmer 1 Tbs. of whole flaxseeds in 2 cups of water for 5-10 minutes. Strain and enjoy.

## Kicharee Recipe

This makes enough to last for you for 3-4 meals. Many people prefer this recipe when the spices are doubled.

### Ingredients:

1 cup split yellow moong (or “mung”) beans

¼ -1/2 cup white basmati rice

1 Tbs. fresh ginger root

½ tsp. Turmeric

½ tsp. Coriander powder

½ tsp. Cumin powder

½ tsp. Whole cumin seeds

½ tsp. Mustard seeds

7-10 cups of water

½ tsp. sea salt

1 small handful fresh chopped Cilantro leaves

### Direction:

It is important to use SPLIT YELLOW MOONG DAL BEANS because they are easy to digest, and due to their cleansing qualities, they pull toxins from the body. They are available at Asian or Indian grocery stores. Different spellings include “mung” and/or “dahl” beans. Please note that you do not want the whole moong dal beans, which are green, or yellow split peas.

1. Wash split yellow mung beans and rice together until water runs clear.



2. Heat a large pot on medium heat and then add ginger root, turmeric, coriander powder, cumin powder, whole cumin seeds, mustard seeds. This dry-roasting will enhance the flavor.
3. Stir all together for a few minutes and add beans and rice and stir again.
4. Add water, salt, and bring to a boil.
5. Boil for 10 minutes.
6. Turn heat to low and cover pot and continue to cook until beans and rice become soft (about 30-40 minutes).
7. The cilantro leaves can be added just before serving.

## Marshmallow Root Tea Recipe

Simmer 1 Tbs. of marshmallow roots in 2 cup of water for 10-15 minutes. Strain and enjoy. This makes two servings. You can make a bigger batch and just reheat 1 cup each morning.

## Ginger Tea Recipe

Simmer 5 slices of fresh ginger root in 1 cup of water for 10-15 minutes. Strain and enjoy. Again, make a bigger batch and just reheat 1 cup each evening.

## Shopping List:

Marshmallow roots  
Fresh ginger roots  
Sea salt or Himalayan pink salt  
Whole flaxseed (optional)  
Comfrey root (optional)  
Nettle tea leaves (optional)  
Yellow moong (or mung) beans  
White basmati rice  
Turmeric powder  
Coriander powder  
Cumin powder  
Whole cumin seeds  
Mustard seeds  
Fresh cilantro

*"In winter people should retire early at night and rise late in the morning and they should wait for the rising of the sun."*

*By Nei Ching*

