



THE VITAL SHORT HOME CLEANSE

burn toxins
purify
boost energy
improve mood
increase immunity
loose weight
health & longevity

**5 DAYS TO REVITALISE YOUR
DIGESTION, FAT METABOLISM & ENERGY LEVELS**

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Medical Disclaimer

All material provided from Vital Veda for the Vital Short Home Cleanse is provided for informational or educational purposes only. Speak with your medical doctor regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition. The instructions and advice presented from Vital Veda for the Vital Short Home Cleanse are in no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician.

Consult your physician before beginning this program as you would any detox, weight loss or weight maintenance program. Your physician should be aware of all medical conditions that you may have as well as the medications and supplements you are taking.

If you are on diuretics or diabetes medication, have liver or gallbladder disease or take any medications, you should proceed only under a doctor's supervision. As with any plan, the weight loss phases of this nutritional plan should not be used by patients on dialysis or by pregnant or nursing women.

You must be at least 16 years of age or older to do the Short Home Cleanse.

When to do the Vital Short Home Cleanse

- The best time to detox is when you have the time to **rest**. During the 5 days you should be in bed every night by 9:30-10pm and have minimal social/work commitments. That being said, you can still do this cleanse during full time work and/or family commitments and still reap great benefits.
- It is important to cleanse and relax on a regular basis or when your lymph is stagnant (see page 3 for symptoms and/or access by consultation).
- You can do the VSHC three to twelve times a year.
- If you typically experience coughs, congestion, weakened immunity or allergy symptoms during a particular season, it is good to do this cleanse about one month prior to when you usually experience symptoms.
- Do not do this cleanse during fever, if you are not feeling 100% well or during menstruation.

The Importance of the Lymphatic System

This cleanse will help detox and nourish your lymphatic system. The lymphatic system drains the wastes from your body and controls and regulates your immune system.

It is pumped through muscular contractions, so if one is sedentary, the lymphatic system will also eventually become sedentary and will create toxicity in lymphatic- related tissues such as the breasts, skin, joints, and muscles.

When the lymph system become sluggish, you may experience:

- Bloating around the abdomen
- Breast swelling or tenderness
- Cellulite
- Cold hands and feet
- Fatigue and lack of mental clarity
- Itching skin
- Joint discomfort that moves around the body
- Occasional Constipation
- Occasional headaches
- Scratchy throats
- Sore feet in the morning
- Swollen hands or feet
- Water retention
- Weak immunity

Cleansing Supply Checklist

- Kitchari ingredients: organic split yellow mung dahl beans and organic white basmati rice or red rice + relevant spices + Organic/ grass fed cow/ Vital Veda Ghee
- Herbal support: *Shodana Vati* (available at Vital Veda) or organic *Triphala* (inferior)
- Vital Veda's Abyhanga (Massage) Oil for daily self-massage or alternative massage oil.
- Vital Veda/Raju Nasika Oil or other medicated oil or cold-pressed black sesame oil for Nasya.
- Vital Veda/Raju *Gandusha Oil* or cold-pressed black sesame oil for Oil Pulling.
- Cold-Pressed Castor Oil (if you cannot come to the VV clinic in Sydney on final day of cleanse).

Brief Summary of the Vital Short Home Cleanse

Daily Regimen (*Dinacharya*):

1. Wake up - Naturally, before sunrise. If you wake up early then stay up.
2. Oral Cleanse - Brush Teeth, Scrape Tongue, Oil Pulling.
3. Self Abhyanga Massage
4. *Exercise*: Surya Namaskar (Sun Salutation yoga sequence).
5. Nasya - Nasal drops to be administered throughout the day.
6. Meditation - Twice a day. Optional but strongly recommended.
7. Bed time - before 9.30pm.
8. Bed-Time Massage - Oil Application to head + Foot massage. (*Shiro Pichu + Pad Abhyanga*).
9. **Rest** - You need keep work/social responsibilities to an absolute minimum, if at all. Avoid external stimuli such as screens, social media, television, etc.

Diet:

- **3 Meals per Day (No Snacking)**: Follow a diet of seasonal vegetables, fruit and *kitchari*. Eat a light breakfast, a good lunch and a light and early dinner. Please see Meal Options on page 8.
- **Sip hot water**: Sip hot plain water every 10-15 minutes all throughout the day. The hotter the better. Frequency, not quantity matters.

Purification Supplements:

- Kitchen spice digestive teas.
- *Shodana Vati* - 3-5 tablets before dinner. Daily. Or *Triphala* (inferior) - 2-3 grams before dinner with ghee, honey or warm water.

Final Flush

- Come to the clinic in Sydney, Bondi on the evening of Day Four for a specific laxative treatment. *see instructions*.
- If you are outside of Sydney and this is not possible, take castor oil dose in the early morning of day 5. *see instructions*.

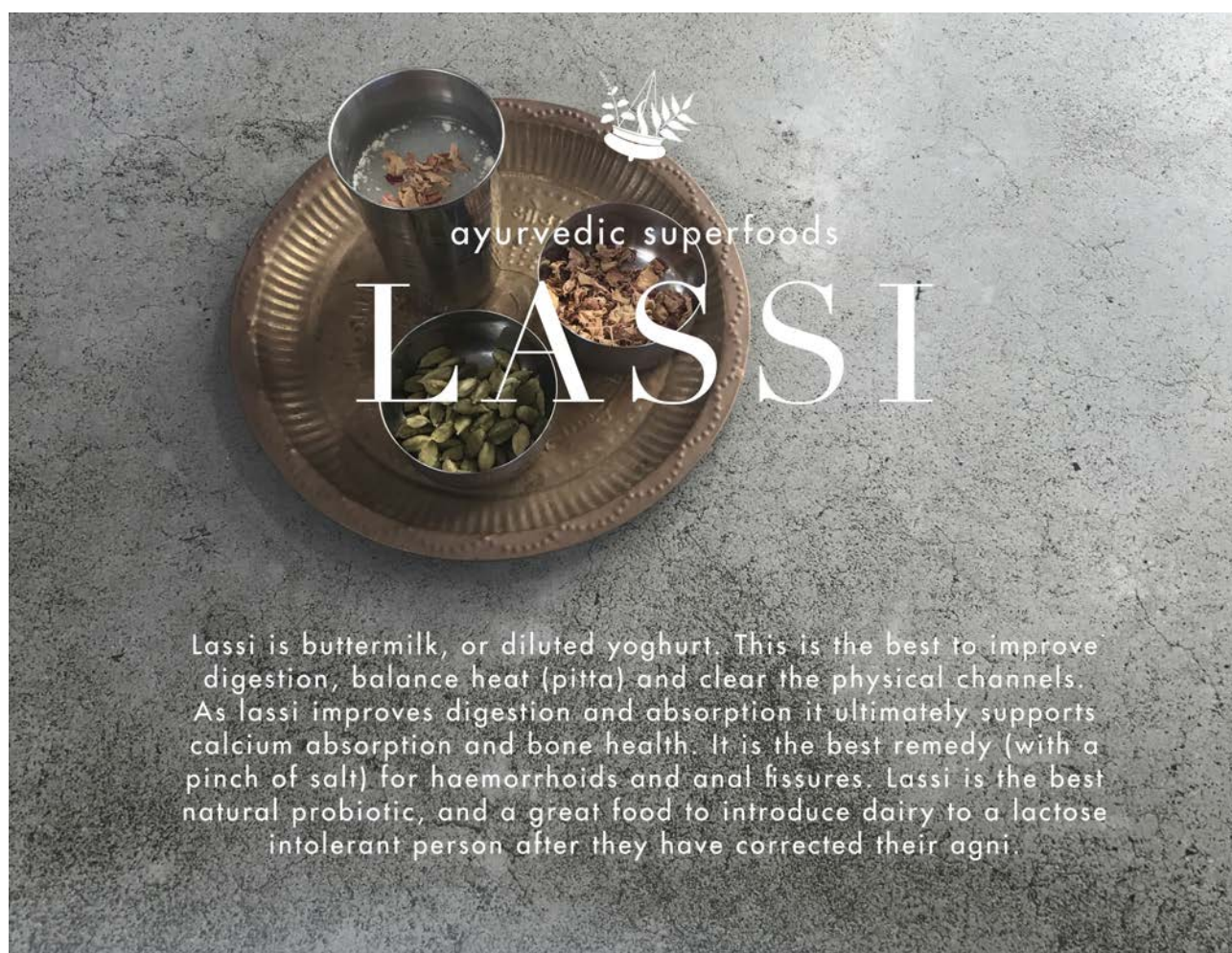
Day 5: Final Day - Rest and Rejuvenate.

- Rest and slowly - rebuild digestion.
- Skip breakfast and have possibly lunch or until you have completely flushed out. Eat *Kanji* only that day. The following day you can have normal (whole, fresh) food.

After the Cleanse

After you complete the cleanse, to repopulate the gut colonising probiotics are recommended:

- **Lassi** - 1 part plain organic yoghurt with 3, 7 or 14 parts water. Have 1-2x daily with lunch and (optional) afternoon snack. This is the best pro-biotic.
- **Shodana Vati / Triphala** - Continuing Shodana Vati / Triphala is advised to soothe and reset bowel function without creating a dependency. This is a good to continue for long term, even if your bowel/elimination is balanced.
- Continue **Dinacharya** practices as much as possible. Practice self-massage, *Shiro-Pichu* + *Pad-Abhyanga*, *Surya Namaskar* and waking and going to sleep with the natural rhythms as much as possible. Simple practices like *nasya*, *gandusha* and meditation can easily be incorporated into the your daily regimen. Ideally, this should all be apart of your daily regimen.
- **Diet:** Maintaining 3 meals a day and no snacks will maintain fat metabolism. Continue to incorporate *Kitchari* in your weekly menu.



STEP 1: DINARCHYA (DAILY REGIMEN)

Dinacharya is living in harmony with Mother Nature.

Living in accordance with natural law and nature's circadian rhythms balances our inner ecology to adjust and flow with the ever changing environment.

Being in tune with nature instinctively attunes us to our own human nature, our *true self*, where perfect health lies.

1. Waking & Sleeping with the Natural Cycles

Naturally Wake Up (no alarm) between 3.30am and sunrise.

People often wake up to go to the toilet at this time because our body's systems are actually awake. If you get up to go to the toilet, stay up, and gently do the morning program as stated below.

Air and space element (*Vata*) is dominant at this time, which influences the environment with calm, creative and clear energy that is moving freely. Getting up with this energy and these qualities allows them to imbed in you for the rest of the day.

If you naturally get up after sunrise, do so without snoozing, and continue the morning program. This sluggishness will soon disappear.

Be In Bed before 9.30 when the earth element (Kapha) is dominant to hitchhike on the heaviness and sluggishness that carries us through the night for a restful and restorative sleep.

2. Oral Cleanse - Brush Teeth, Scrape Tongue, Oil Pulling

Brushing teeth + scraping tongue - See that whitish, perhaps yellowish coating on your tongue every morning. This is toxic residue from the day before. Gently scrape it off with a proper tongue scraper within the first 3 minutes of waking before the toxins reabsorb back into your body.



Oil Pulling - swish 1/2-1 tsp of Gandusha Oil or cold-pressed black sesame oil in the mouth for 15-20 mins. This is easy because you can do it simultaneously with almost anything besides talking. e.g while cleaning the house, during self-massage, exercise, in the shower etc.

After rinse with warm water. This can be anytime in the morning or before bed.



3. Self Abhyanga Massage

Self-massage with oil is a powerful practice to increase blood circulation, lymphatic draining, tone the body, calm the nervous system and much more.

Most people moisturise daily. I propose you replace that moisturiser with oil - plain sesame or coconut is fine but medicated oil is always better (*available at Vital Veda*). After applying it, give yourself a massage, then have a shower.

After the shower you can apply your moisturiser of choice, but you will need less as your skin will still be lubricated.

There is also a quick version of self-abhyanga when you are tight for time, but during the VSHC it is recommended you do full *self-abhyanga* daily. Morning or evening is fine.



[Download Self-Abhyana Poster](#)

4. Surya Namaskar (Sun Salutation)

Practice 1-13 Surya Namaskar's (1 = a sequence on *both* sides of the body).

Surya Namaskar is known to be the most complete exercise available as it lengthens and strengthens all major muscles in the body. It helps strengthen the heart, improves circulation, digestive fire, and revitalises the mind.

Perform this 1-2x/day at sunrise, sunset, after *self-abhyanga* and before shower, or whenever you have time.

Adjust the poses according to your comfort. You should not strain.

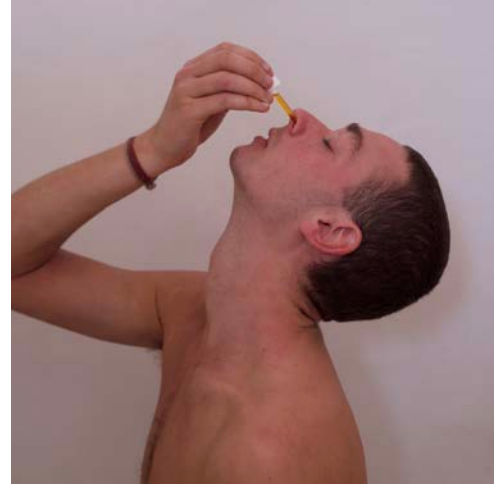
Instructions on How to Perform Surya Namaskar

5. Nasya - Nasal Drops

Method: Put 1-3 drops of Nasika Oil or cold-pressed black sesame oil on a finger - stick it up your nostril - and inhale. Repeat this in the other nostril. Apply directly in the nostrils, as per photo, is stronger.

Sniffing the oil to the brain stimulates the brain lymph to detox emotions, pacify stress, regulate hormones, strengthen all the sensory organs, internally lubricate the body and more.

If you are feeling discomfort in the throat, inhale more lightly and tilt your head back while administering the drops. This will go soon when you get used to it.



6. Meditation

Approximately 20 minutes twice a day. I recommend to learn the basic, applicable and profound technique of Vedic Meditation or Transcendental Meditation. Next best is download the 1 Giant Mind app. and practice.

7. Bed-Time Massage

- **Shiro Pichu** (Oil Application to head) - Put a few drops of *Abhyanga oil* on 2-3 fingers and rub on the crown of head.
- **Pad Abhyanga** (Foot massage) - With *abhyanga oil* massage both feet. Put on socks if you want to avoid oil on your sheets. Sweet dreams, goodnight.

8. Rest Throughout Cleanse

This is the most important part of the entire cleanse. You must repose your mind as well. You should aim to keep work/social responsibilities to an absolute minimum. Avoid external stimuli such as screens, social media, television, etc. De-exciting our senses will allow us to have a true experience of ourselves (something that a lot of us lack), which will thus allow the Vital SHC to go deeper to re-balance the physiology.

STEP 2: HERBAL SUPPORT

Herbal Teas

Take 1-3 of the following 3 kitchen herbal teas during the cleanse and at-least 1 month after:

1. Ginger Tea

Add thin slices of raw ginger root into boiling water. Sip 15-30 mins before meals.

Enkindles low digestive fire and increases your body's own digestive enzymes to improve digestion.

2. Sip hot water mixed with a pinch of each: ginger, cumin and fennel powder. Drink with your meals.

Cools the irritated mucosa of the stomach wall and counteracts excessive stomach acid. Drink if you experience occasional heat, heartburn, acidity or indigestion.

3. Digestive Tea

- 1/2 teaspoon lightly crushed cumin seeds +
- 1/2 tsp lightly crushed ajwain seeds +
- 1/2 tsp lightly crushed fennel seeds +
- 1/2 tsp ginger powder or freshly grated ginger.
- Put the powdered herbs in 1.5 cups of water and boil down to 1 cup.
- Strain and add 1 pinch of black salt.
- Sip hot/warm as a tea after each meal and if you experience digestive discomfort.

You may make larger quantities and keep in thermos for the day.

Gently helps to reset digestive function while balancing digestive issues like gas, bloating and others.

4. Vital Veda's Tridoshic Digestive Tea

Store one generous pinch in hot water and drink after meals or when you experience digestive discomfort.

- Is suitable for all body types.
- Increases the digestive fire (*deepana*).

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- Promotes complete digestion of food, including the backlog of earlier undigested food (*ama*).
- Helps in colic and digestion disturbances, bloating, gas and nausea.

Shodana Vati

Detoxification agent & whole-body cleansing rasayana (elixir). 3-dosha blanching.

Best free radical scavenger & anti-oxidant; immune modulator, & blood purifier. Good for gastrointestinal disorders, allergies, tooth and oral problems, female problems, high cholesterol, chronic cough, eye disorders, addictions, and helps clear the skin & more.

Dose: Swallow 3-5 tablets before dinner daily.

Take 1 month before the cleanse, throughout the cleanse and for at least 1-3 months after.

Suck on a Shodhana Vati as often as needed while experiencing cough, cold, sore throat, tooth or gum issues, problems with eyes or vision, digestive problems, cravings or addictions.



STEP 3: PURIFICATION THERAPY - SIP PLAIN HOT WATER

Take **1-3 small sips** of warm-hot plain water approximately every 15 minutes all throughout the day.

Water must be plain because then it will enter all the body's channels. Additionally, plain water is even more hydrating than lemon water!

[Click HERE for more on this surprisingly powerful detoxification technique.](#)



STEP 4: EAT THREE MEALS A DAY, NO SNACKS

During the VSHC, our goal is to teach our bodies how to enter into and maintain fat metabolism. One of the best ways to kick start this process is to eat three meals a day, without snacking in between. This gives the body a chance to switch to the calmer, more stable, detoxifying fuel of its own body fat.

The key to success with this is to **make lunch your main and largest meal of the day**. During lunch, take time to sit down, relax and enjoy your meal, with no newspapers, books, listening to the news, watching screens or electronic devices – perhaps just some good company and calm conversation. This will help you leave the table satisfied. From there, you can aim for a lighter, smaller and earlier supper.

Eating this way requires some blood sugar stability. If three meals a day with no snacks is not possible for you yet, have some snacks like fruit or nuts, and work your way down to three at a comfortable pace.

Don't strain too much, as stress and strain cause the body to store fat rather than burn it.

Foods to Avoid:

To gain the most benefits from your cleanse, avoid these foods:

- Avoid bread that is not cooked that day, flatbread, crackers or any baked goods as they slow down your detox.
- Avoid heavy foods (such as yogurt, nuts, oils, cheese, pizza).
- Avoid sprouts and curds (including tofu), pickles, vinegar, and alcohol.
- Avoid soy (including tofu, tempeh, miso, edamame).
- Avoid raw and uncooked vegetables.
- Avoid cold drinks and cold foods.
- Avoid white sugar, alcohol, caffeine and recreational drugs.
- Avoid creamy (dairy) foods and spicy foods.

STEP 5: 3 MEAL OPTIONS

please choose a Meal Option below that will not cause stress or strain.

- **Kitchari** is your new best friend during the Vital SHC, and a staple for meal options.
- Kitchari is a complete protein and extremely healthy for your digestive tract.
- Eating a mono-diet allows your digestive tract to detox and then rebuild to a new healthy GI tract.
- **Remember to use plenty of ghee** in the cooking of each meal. Additionally you should put some ghee onto your ready cooked meal.

1. Nourishing Meal Option: Kitchari, steamed vegetables, other legumes, fruits & protein*

This is the most diverse Meal Option available to you on the VSHC. This is for people who are not so used to Ayurvedic food.

It's designed to be deeply nourishing even as you clear toxins out of the fat cells and escort them into your GI tract.

The base of this Meal Option is still kitchari, but if you need a change, you can substitute with a different small bean (lentils, whole mung beans, adzuki beans) and a whole grain cooked together into an easily digestible, porridge-like consistency.

To this kitchari base, you can add steamed vegetables or other gluten-free grains such as quinoa.

If needed, on this Meal Option you can add lean protein and/or eat 3-4 meals per day to keep your blood sugar and energy stable.

Fruit

If you wish to eat **fruits**, Ayurveda recommends that you always eat them separately from other foods. Additionally:

- Eat sweet fruits separately from sour fruits.
- Eat melons and bananas separately.
- Only eat all-fruit meals if you have stable blood sugar, and not everyday.
- An early dinner before sunset is the best time for an all-fruit meal.
- Fruit as an afternoon is also ok if you feel the need for a snack during this cleanse.

2. Revitalise Meal Option: Kitchari & steamed vegetables*

If you feel ready for a more limited variety of foods, you can try eating just kitchari and steamed vegetables or vegetable soup.

The Revitalise Meal Option is still nourishing in terms of giving you a multitude of minerals and vitamins, but it is slightly more rejuvenating to the liver and other organs as it is simpler and easier to digest than that of the Nourish plan.

3. Transform Meal Option: *Kitchari only**

Please only attempt the Transform Meal Option if you have successfully done the VSHC before, if you have worked up to it in this cleanse or you are very comfortable with kitchari.

To maximise your cleanse and reap the most benefits, eat only kitchari, 2-3 meals a day.

This will be incredibly healing to your digestive tract and extremely detoxifying. When you eat a mono diet, your body can focus the energy that normally goes towards digestion to cleansing and healing other systems. This meal plan is a truly transformative option for both your body's detox process and your psychological relationship to food.

Always eat your largest serving of kitchari at midday, when your digestion is the strongest.

For dinner, eat early and eat a smaller serving.



KITCHARI (TRANSFORM MEAL) RECIPE

Serves 2.

- 2 Tbsp of ghee (inferior is coconut oil) - *use more ghee if you are doing the Vital Short Home Cleanse.*
- 1/2 cup of split yellow mung dahl
- 1/2 cup of white rice or red rice
- 2 tsp cumin seeds
- 2 tsp fennel seeds
- 5 Tbsp freshly grated ginger (to taste)
- 1tsp turmeric powder
- pinch of black pepper.
- 2-3 pinches of asafoetida (*optional*)
- 10 curry leaves
- 1 heaped tsp salt
- 1 whole onion (finely chopped) (*optional*)
- 1-3 garlic cloves (finely chopped) (*optional*)
- 4-8 cups of water (can be adjusted according to how long you soak for and desired consistency).

Method:

1. Wash mung and rice then Soak for 1-2 hours in water.
2. Strain mung & rice, add (approx. 8 cups of water) in a pot and cook. You may need to add more water as you go.
3. In a separate heavy-bottomed pan, add ghee on medium heat. Do this when the mung+ rice is nearly finished being cooked (after approximately 5-10 mins. This depends on heat and how long you soaked the dal and rice).
4. Saute cumin, fennel, curry leaves, fresh ginger and any other herbs (not powdered herbs) in ghee until the seeds start to pop.
5. Add onion & garlic (chopped finely) and cook until slightly golden.
6. Add *your "final spices"* to the pan - turmeric + pinch of black pepper + salt + hing and fry for less than thirty seconds.
7. Add pan-fried herbs to dahl and rice and mix well, infusing the spices in the dahl and rice.
8. Cook and continue to stir for a little while. You may need to add more water in for your desired texture.

9. Garnish with fresh lemon, black salt and fresh coriander.

Notes:

- Diarrhoea or inflammation in the gut - 2 parts rice, 1 part yellow mung
- If feeling depleted or constipated: 2 yellow mung, 1 rice
- Balanced state: an equal ratio of mung and rice.
- If having kitchari for dinner, best to not eat anything after (desert or milk) for full medicinal effect.
- Can add steamed vegetables or lean meat when not cleansing or for extra blood sugar support during a cleanse. (Although this isn't real kitchari).

***Add Additional Protein for Blood Sugar Balancing**

Feeling hungry, dizzy, moody, tired, nauseous, or uncomfortable? The body will not burn fat when it is under stress, so a major key during this cleanse is to **be sure you are feeling comfortable**. The best way to accomplish this is to keep the blood sugar balanced.

- If your blood sugar is imbalanced, add a little lean chicken or turkey to your meals.
- If you are crashing in between meals, make sure you are on the Nourish Plan, have a snack that is high in protein and plan to eat more protein at your next meal. Though the goal is not to snack, it can take some time to balance blood sugar to handle that much time between meals.
- It can take a few weeks to balance blood sugar, so there is no need to rush it during this cleanse. As I've mentioned, **at no time during your cleanse do we want you to feel like you are starving or suffering. It is important that your nervous system is calm.**

If this is your first time, I recommend that you begin with the Nourish Meal Option and, in future cleanses, work your way to the Rejuvenate and Transform. You will still benefit from a thorough detox if on the Nourish plan.

4. Golden Milk (Breakfast and/or Dinner)

- Boil 1/2-3/4 cup un-homogenised, full-cream cows milk + 1/2 cup of water + 1 finely chopped date + a few chopped almonds (that have been soaked overnight).
- When milk releases big bubbles and it about to spill out over the pot, turn the stove off.
- Drink milk with 1tsp of ghee + spices of your choice.
- [See the full recipe HERE](#)



STEP 6: FINAL FLUSH AND REST ON DAY 5

Flush the impurities that have been collected throughout the cleanse.

Castor Oil Purgation

Recipe: Mix Cold Pressed Castor Oil** + 5 crushed *Shodana Vati* or 3 grams *Triphala* powder/capsules.

Final Flush Day Regimen:

1. **The night before the final flush** you should have no dinner or a very light dinner. Take 5 *shodana vati* before dinner. Go to bed early.
2. **Dosage Time:** Drink at 4am on day 5 of the cleanse. Set an alarm to wake up and drink.
3. After taking the castor oil, rest. Don't go back to sleep. Sit up, meditate or rest and wait for the urge of elimination to come. This may take one to a few hours.
4. Don't drink any water until the first bowel motion comes.
5. After that the first motions comes, continually sip hot water to promote more motions. After every motion, sip more hot water.
6. Keep sipping hot water and passing the motions until what you are passing is fully liquid. This may even continue till lunch time or early afternoon.
7. No self-abhyanga massage or intense exercise should be done on this day.

Diet for Final Flush Day

- Don't eat anything until the laxative effect has worn off.
- Breakfast - skip.
- Lunch - Kanji (lunch can be had later than usual if bowel motions have been delayed).
- Hot milk - can be had around lunch time. Only with spices (no nuts or dats).
- Dinner - kitchari (transform meal) or kanji.
- On day 6 you can eat normal food.

****Castor Oil Quantity Depends on Body Type:**

- 15ml for body types that tend to have oily skin, hair, stools, or those who have been having loose/frequent stools throughout the cleanse. (*Kapha*)
- 20ml for body types who are prone to slightly loose stools and have been feeling comfortable throughout the cleanse. (*Pitta*)
- 30ml for body types who have generally dry skin, prone to constipation, incomplete bowel motions (*Vata*). If you have been feeling really comfortable during the cleanse, with regular, complete bowel elimination early morning, you can take this dose.

Herbal Purgation Option: This is for people who can come to the Vital Veda clinic in Bondi, Sydney, to take a herbalised purgative instead. Enquire within.

If you do not have a laxative effect, and you have been eliminating well throughout the cleanse, it's possible your bowels already flushed out, taking the built up toxins along. If

you haven't been eliminating well there is probably an imbalance involved and you need to consult a good practitioner.

This rejuvenating day assists to further eliminate toxins and allows Agni (digestive fire) to build strength and stability.

KANJI (RICE GRUEL) RECIPE

Kanji is a well-cooked rice soup that is very easy to digest when a light meal is required (in the evening), or whenever agni/digestion is low or has to rebuild. (like after a cleanse).

It is as nutritious as it is digestible and is very useful as a short-term diet to quickly clear undigested food material (*ama*) from the system (a day of kanji or even one meal of kanji works wonders after any eating "mistakes").

Cooking Procedure:

1. Boil quality white rice in a generous amount of water in an open pot (approx. 1/2 cup rice to seven cups water—adjust proportions according to need).
2. Cook until it gets a very fine, smooth structure and the rice is almost completely dissolved.
3. 10-15 minutes before it's done, add one teaspoon of roughly crushed cumin seed and ajwain seed, with a little black salt for taste, or rock salt.
4. After cooking, can keep the kanji in a thermos so it is hot and ready to eat whenever you are hungry (kanji can be taken any time of day when you are hungry).



FAQs

How much ghee should I be using in my food?

If you are cooking *kitchari* for 2 people, use approximately 4 Tablespoons in your cooking. You can then put 1-2 teaspoons of ghee onto your ready cooked meal.

I am lactose intolerant, what should I do about eating ghee?

Ghee is completely lactose free and all the milk solids should be removed therefore lactose intolerant people have no trouble digesting it. Vegans who avoid dairy for ethical reasons can replace ghee with cold-pressed coconut oil.

I want more transformative results and am eager to take it to the next level. What can I do?

[Contact Dylan Smith](#) to book a consultation (Skype/phone consultations available) to tailor the VSHC more specific to your individual body type and your present complaints. From here more herbal support may be prescribed.

Another thing you can do is instead of doing self-massage, go to your local Ayurvedic clinic for a full body abhyanga plus potentially more Ayurvedic treatments.

Can I go to work during my cleanse?

Yes. The VSCH is still very beneficial during a busy schedule such as working full time. If you only can allocate some rest days, rest on the night at day 4 and the morning of day 5. However, if you can find the 5 days to rest and retreat you will reap more benefit. This is a "Do It Yourself" cleanse, so the more diligent and committed you are, especially in relation to going inward with more silence, the more benefit you will get. Either way you can easily do the VSHC.

I can't find cold-pressed black sesame oil anywhere.

You can order through the Vital Veda clinic or your local Ayurvedic practitioner should be able to supply you with some.

Where can I get Triphala from?

Your local Ayurvedic practitioner or a health food store that stock Ayurvedic products. Make sure it is organic or from a certificated and well reputable source. In Sydney, visit the Medicine Man Apothecary in Potts Point.

I don't eat dairy, can I use an alternative milk for the Golden Milk?

Fresh almond or cashew milk with no additives is ok to use, but do not have more than once a day and be sure to dilute it with equal amount of water before boiling. Avoid soy and rice milk. Fresh coconut milk (although rarely available) is also ok.

Please contact Vital Veda for any questions or advice.

Vital Short Home Cleanse Kit

1. *Abhyanga Massage Oil* - 500ml Medicated Sesame Oil (for cold climates) or 1L Medicated Coconut Oil (for hot climates and sensitive skin) for Self-Massage.
2. *Nasika Oil* - 15ml Medicated Oil for *Nasya* (administered in the nostrils).
3. *Gandusha Oil* - 200ml Medicated Oil to for daily *Oil Pulling*.
4. *Shodana Vati* - General Detoxifying Agent and Tridosha Balancing. To be taken before dinner. 300 tablets.
5. *Tridoshic Digestive Tea*
6. *Copper Tongue Scraper*



Shipping available worldwide.

Pick up from Bronte Beach, Sydney clinic available.

Purchasing individual products are available.

Purchase the VSHC kit.

Gratitude

Special thanks to my teacher, Vaidya AV Raju for helping me compile the VSCH, for your deep and vast knowledge, and for always keeping me on track with authentic, pure and safe practice.

Also thanks to Dr. John Douillard, who is so devoted to sharing knowledge of Ayurveda and modern science with the wider community and who has taught me lots although we have not even met in person!

About Dylan Smith

Dylan Smith is a certified Ayurvedic Practitioner and holistic health educator based in Sydney, Australia, where he runs and operates the Vital Veda clinic offering patients consultations, body treatments and detoxification programs. Aimed at uncovering the root cause of ailments, Dylan travels the world to share his holistic passion, to teach patients to effortlessly integrate new foundational habits into their daily life so they can thrive.

Regularly travelling to South India to train with an internationally renowned family of Ayurvedic doctors, Dylan is devoted to learning, sharing and radiating this ancient knowledge for everyone to utilise and enjoy, to experience total wellness and bliss.



www.vitalveda.com.au