

Cleansing with Kitchari

When we choose to cleanse our bodies, it is important that we have adequate protein to keep our blood sugar stable. This will allow our body to burn fat and release the toxins that we store in our fat tissue.

One of the main goals of cleansing is to shift our body into fat metabolism and detoxify the fat cells; this cannot happen if we are under stress.

Stress = Fat storing
No Stress = Fat burning



If our body is in a constant state of anxiety, stress, worry, over achieving or fast paced rushing... our body remains in a state of fight or flight. This continued state of stress exhausts our adrenals and causes our body to either pile on weight as a source of security and reserves or go into a hyper metabolism where we need a constant flow of food to keep our blood sugar stable. Chronic stress will also agitate our intestinal walls and compromise digestion.

When we have a relationship with life that is easeful and accepting our body is then able to gain energy from a steady slow burning of fat and this allows for more constant blood sugar levels and decreases the need to snack to keep our body sugar from dropping.

Why Kitchari?

Kitchari is a traditional ayurvedic cleansing and nourishing meal. It is a combination of rice and beans, together these rice and beans create a complete protein.



During an Ayurvedic Cleanse we prepare a Kitchari of white basmati rice and split mung beans, because this is the easier form of Kitchari to digest. Kitchari is also very soothing and healing to the intestinal walls. When we set aside time to cleanse, we are resetting our body's ability to burn fat and stabilize our blood sugar. This time spent eating only very easily digestible foods, gives our body the opportunity to do some deep cleansing and releasing of toxins.

When we restore our ability to burn fat for energy this creates a sense of peace and stillness. In this calm state we can gain access to our emotional body, this give us an opportunity to release old toxic emotional and behavior patterns. This is the reason kitchari is the food used for Panchakarma, Ayurveda's deepest form of detoxification and rejuvenation.

Recipe for Kitchari



Ingredients

- 1 cup split yellow mung dahl beans
- ¼ – ½ cup long grain white or white basmati rice
- 2 TBS ghee
- 1 TBS fresh ginger root
- 1 tsp. each: mustard seeds, cumin seeds, coriander and turmeric powder
- ½ tsp. fenugreek and fennel seeds
- 3 bay leaves
- 7-10 cup water
- ½ tsp. salt (rock salt is best) or Bragg Liquid Aminos
- Optional, add your choice of greens: mustard greens, bok choy, chard, collards, spinach
cooling: dandelion greens, spouts, peas, broccoli, kale, collards.
- Optional, add root veggies: sweet potato, parsnips, beets, rutabaga, carrots, burdock, squash
Pitta: dandelion, burdock, jicama
- 1 handful chopped fresh cilantro leaves

This recipe makes enough for 3-4 servings.

Directions

1. Wash split yellow mung beans and rice together until water runs clear.
2. Roast all the spices (except the bay leaves) in 2 TBS ghee on medium heat for a few minutes. This roasting will enhance the flavor. If you are doing a no fat cleanse, dry roast spices without ghee.
3. Add dahl and rice and stir, coating the rice and beans with the spices.
4. Add your choice of root veggies.
5. Add water and bay leaves and bring to a boil.
6. Boil for 10 minutes.
7. Turn heat to low, cover pot and continue to cook until dahl and rice become soft (about 30-40 minutes).
8. Turn off the heat, add the greens and allow them to steam for a few minutes.
9. Add cilantro leaves just before serving.
10. Add salt or Bragg's and lime juice to taste.