

# Healthiime Detox .....

Healthiime Detox Program is one of the most powerful and effective self-help cleansing processes for your body, mind, and emotions. It gives a holistic approach towards a healthier lifestyle and well-being in your life. It is one of the most invigorating and energizing plan process to experience happiness and health.

# Healthiime Detox .....

Healthiime Detox Program loosens Aam (Toxin) and excess Dosha (Vata-Pitta-Kapha) in deeper body tissues and then eliminates these impurities easily from the body. It removes the blockages from channels and clears the path, reduces tummy, and reduces body weight.

Helpful for arthritis, chronic pain, frozen shoulder, spondylitis, gout, water retention, hormonal imbalance, PCOD, endometriosis, uterine fibroids, irregular menses, infertility, diabetes, high cholesterol, hypertension, various skin disorder (like psoriasis, urticaria), migraine, chronic headache, fatty Liver, gas, acidity, constipation, imbalance in Thyroid function, chronic cold and cough, sinusitis, bronchitis, asthma, allergy, chronic fatigue syndrome, sleep disorder, parasites, improves metabolism, circulation, energy level, stamina.

**DO I HAVE ANY TOXINS IN MY BODY?**

**AAM (TOXINS) CHECKLIST:**

**IF YOUR ANSWER IS "YES" FOR MORE THAN 5 QUESTIONS, IT CAN BE HELPFUL TO DETOX.**

<b>DO YOU EXPERIENCE?</b>	<b>Yes/No</b>	<b>DO YOU EXPERIENCE?</b>	<b>Yes/No</b>	<b>DO YOU EXPERIENCE?</b>	<b>Yes/No</b>
BLOATING - GAS		PAIN IN JOINTS		DISTURBED SLEEP	
INDIGESTION		MUSCLE STIFFNESS		INSOMNIA	
MUCUS IN STOOL		BODY PAIN		FREQUENTLY COLD & COUGH	
STOMACH PAIN		HAIR FALL / LOSS		FEELING COLD HAND & FEET	
CONSTIPATION		PREMATURE GREYING		FEELING FEVERISH	
LOSS OF APPETITE OR IRREGULAR APPETITE		ANXIOUS FEELING		NOT GAINING WEIGHT	
SOUR REGURGITATION - ACIDITY - ACID REFLUX		NERVOUS FEELING		HEAT FEELING	
MOST OF THE TIME THIRSTY FEELING		RESTLESSNESS		BLISTERS IN MOUTH	
GIDDINESS		STRESSED		FREQUENT URINE INFECTION	
HEAVINESS IN BODY		CONFUSION		PIMPLES / ACNE	
LETHARGY		LACK OF FOCUS		EYES PROBLEM	
BULKY & OBESE BODY		LACK OF ENERGY		HEADACHE / MIGRAINE	

# HEALTHIIME DETOX PHASE I

DAY	BREAKFAST	MID MORNING (IN BETWEEN BREAKFAST & LUNCH)(OPTIONAL)	LUNCH	EARLY EVENING (IN BETWEEN LUNCH & DINNER) (OPTIONAL)	DINNER	DETOX TEA	DETOX HERBS EVERYDAY TO TAKE AFTER LUNCH	DETOX HERBS EVERYDAY TO TAKE AFTER DINNER	DETOX HERBS TO TAKE BEFORE GOING TO BED	DETOX DAY - 7 <sup>TH</sup> DAY
<b>DAY 1</b>	Whole Day To Drink Detox Tea Only - Throughout The Day , At Least 2 Liters 2 Tsp Of Each - Dry Ginger Powder, Cumin Seeds, Coriander Seeds, Fennel Seeds - Boil In 2 Liters Of Water For 10 Minutes And Then Drink It Little By Little Throughout The Day. To Keep It Warm It's Good To Store It In A Thermos						<b>Super Digest</b> 2 Tablets	<b>Super Digest</b> 2 Tablets	<b>Day - 1</b> Vata Detox - 3 Caps Ancient Purgo - 2 Easy Detox Tab - 2	<b>On 7th Day</b> In The Morning On Empty Stomach:  <b>Ancient Purgo</b> - 4 Tablets  <b>Easy Detox</b> - 4 Tablets  Then Drink Lukewarm Water & Black Tea,  Maybe Will Have Few Bowels (Loose Motions)  Once Bowels (Loose Motions) Stop, Then Eat Mung Kitchari With Vegetable With Ghee
<b>DAY 2</b>	Liquid Mung Soup (Without Solid Components)  Beverages - Green Tea, Black Tea, Herbal Tea	Herbal Tea 10 Basil Leaves +2.5 Cm Long Piece Of Fresh Ginger +Black Pepper Powder ¼Tsp + ¼ Tsp Kurkuma (Turmeric) Powder + 2 Inch Long Piece Of Cinnamon + 2 Cardamom Boil All Of The Above In 200 Ml Of Water For 5 Minutes And Then Drink It As Lukewarm Or Fresh Juice	Liquid Mung Soup (Without Solid Components)	Beverages  Green Tea, Black Tea, Herbal Tea	Liquid Mung Soup (Without Solid Components)	Beginning Of Day 2 <sup>nd</sup> To Day 10 <sup>th</sup> - Drink Detox Tea 1 Glass In The Morning & 1 Glass In The Evening	<b>Livtone</b> 2 Tablets	<b>Livtone</b> 2 Tablets  <b>K Tone</b> 2 Tablets	<b>Day - 2</b> Vata Detox - 3 Caps Ancient Purgo - 2 Easy Detox Tab - 2	
<b>DAY 3</b>	Liquid Mung Soup (Without Solid Components)	Take 1 Medium -size Apple +1/2 Beetroot +1 Cup Carrot Cubes + 1-inch Fresh Ginger Piece  Add 1 Glass Water And Then Blend All The Ingredients In The Blender Until The Desired Consistency,	<b>Mung Soup With Vegetables</b>	<b>Beverages</b>  Green Tea, Black Tea, Herbal Tea	<b>Vegetable Soup</b>	<b>Detox Tea</b> Formula : ½ Tsp Of Each - Dry Ginger Powder, Cumin Seeds, Coriander Seeds, Fennel Seeds Boil In 1 Glass Of Water And Then Drink It As Luke Warm	<b>K Tone</b> 2 Tablets	<b>Toxigo</b> 1 Tablet	<b>Day - 3</b> Vaca Oil - 20 Ml	
<b>DAY 4</b>	Beverages - Green Tea, Black Tea, Herbal Tea		<b>Mung Soup With Vegetables</b>	<b>Beverages</b>  Green Tea, Black Tea, Herbal Tea	<b>Vegetable Soup</b>		<b>Options - Mung Soup</b>	<b>Options - Mung Soup</b>	<b>Toxigo</b> 1 Tablet	
<b>DAY 5<sup>TH</sup> TO DAY 10<sup>TH</sup></b>	<b>Options - Mung Soup</b>  Sprouted And Steamed Mung  Rice Crackers With Almond Butter Or Sesame Paste  Beverages - Green Tea, Black Tea, Herbal Tea  Fruit - Apple, Papaya, Water Melon  Overnight Soaked Almond 8-10 Pcs  Energy Drink		<b>Options - Mung Soup</b>  Vegetable Soup  Mung Soup With Vegetables  Mung Kitchari (40% Mung Dal +30% vegetable +30% Rice)  Quinova Kitchari	<b>Options - Rice Crackers</b> With Almond Butter Or Sesame Paste  Beverages Green Tea, Black Tea, Herbal Tea  Fruit - Apple, Papaya, Water Melon  Mung Chat  Energy Drink	<b>Options - Mung Soup</b>  Vegetable Soup  mung Soup With Vegetables  Mung Kitchari (40% Mung Dal + 30% Vegetable + 30% Rice)  Quinova Kitchari				<b>Day - 5</b> Vaca Oil - 20 Ml Easy Detox Tab - 2  <b>Day - 6</b> Vata Detox - 3 Caps Easy Detox Tab - 2  <b>Day - 7</b> Vata Detox - 3 Caps Easy Detox Tab - 2  <b>Day - 8</b> Vata Detox - 3 Caps Ancient Purgo - 2 Easy Detox Tab - 2  <b>Day - 9</b> Vaca Oil - 20 Ml Easy Detox Tab - 2  <b>Day - 10</b> Vata Detox - 3 Caps Ancient Purgo - 2 Easy Detox Tab - 2	

**Note - Recommendation Of Day 1 Is On Individual Basis; Please Discuss It With Your Health Consultant Before You Follow It. Sometimes Some People Get A Headache On First Day As Food Is Not Eaten. In That Situation You Can Take Liquid Mung Soup Or Vegetable Soup!**

# HEALTHIIME DETOX PHASE II

DAY	BREAKFAST 7 AM TO 8 AM	MID MORNING (IN BETWEEN BREAKFAST & LUNCH)(OPTIONAL)	LUNCH	EARLY EVENING (IN BETWEEN LUNCH & DINNER) (OPTIONAL)	DINNER	DETOX TEA	DETOX HERBS EVERYDAY TO TAKE AFTER LUNCH	DETOX HERBS EVERYDAY TO TAKE AFTER DINNER	DETOX HERBS TO TAKE BEFORE GOING TO BED	DETOX DAY – 7 <sup>TH</sup> DAY
<b>DAY 11<sup>TH</sup> TO DAY 28<sup>TH</sup></b>	<p><b>Options –</b> Mung Soup</p> <p>Sprouted And Steamed Mung</p> <p>Rice Crackers With Almond Butter Or Sesame Paste</p> <p>Beverages – Green Tea, Black Tea, Herbal Tea</p> <p>Fruit – Apple, Papaya, Water Melon</p> <p>Overnight Soaked Almond 8-10 Pcs</p> <p>Energy Drink</p>	<p><b>Herbal Tea</b> 10 Basil Leaves + 2.5 Cm Long Piece Of Fresh Ginger + Black Pepper Powder ¼ Tsp + ¼ Tsp Kurkuma (Turmeric) Powder + 2 Inch Long Piece Of Cinnamon + 2 Cardamom Boil All Above In 200 Ml Of Water For 5 Minutes And Then Drink It As Lukewarm</p> <p><b>Or</b> <b>Fresh Juice</b>  Take 1 Medium- size Apple + 1/2 Beetroot + 1 Cup Carrot Cubes + 1-inch Fresh Ginger Piece</p> <p>Add 1 Glass Water And Then Blend All The Ingredients In The Blender Until The Desired Consistency.</p>	<p><b>Options –</b> Mung Soup</p> <p>Vegetable Soup</p> <p>mung Soup With Vegetables</p> <p>Mung Kitchari (40% Mung Dal + 30% Vegetable + 30% Rice)</p> <p>Quinova Kitchari</p>	<p><b>Options –</b> Rice Crackers With Almond Butter Or Sesame Paste</p> <p>Bevarages – Green Tea, Black Tea, Herbal Tea</p> <p>Fruit – Apple, Papaya, Water Melon</p> <p>Mung Chat</p> <p>Energy Drink</p>	<p><b>Options –</b> Mung Soup</p> <p>Vegetable Soup</p> <p>mung Soup With Vegetables</p> <p>Mung Kitchari (40% Mung Dal + 30% Vegetable + 30% Rice)</p> <p>Quinova Kitchari</p>	<p>Beginning Of Day 11th To Day 28th – Drink Detox Tea 1 Glass In The Morning &amp; 1 Glass In The Evening</p> <p>Detox Tea Formula :- ½ Tsp Of Each – Dry Ginger Powder, Cumin Seeds, Coriander Seeds, Fennel Seeds Boil In 1 Glass Of Water And Then Drink It As Luke Warm</p>	<p><b>Super Digest</b> 2 Tablets</p> <p><b>Livtone</b> 2 Tablets</p> <p><b>K Tone</b> 2 Tablets</p> <p><b>Toxigo</b> 1 Tablet</p>	<p><b>Super Digest</b> 2 Tablets</p> <p><b>Livtone 2 Tablets</b></p> <p><b>K Tone 2 Tablets</b></p> <p><b>Toxigo</b> 1 Tablet</p>	<p><b>Vata Detox 3 Caps</b> With Warm Water Before Go To Bed</p> <p><b>Ancient Purgo</b> 2 Tablets Before Go To Bed</p> <p><b>Easy Detox Tab</b> 2 Tab With Warm Water Before Go To Bed</p>	<p>Whole Day To Take Only</p> <p>Mung Soup</p> <p>And</p> <p>Vegetable Soup</p>

**NOTE:**

- **Option: You Can Also Prepare Detox Tea Like This – 2 Tsp Cumin Powder + 2 Tsp Coriander Powder + 2 Tsp Fennel Powder + 2 Tsp Dry Ginger Powder (Or Small Piece Of Fresh Ginger) To Boil In 2 Liters Water For 10 Minutes And Then To Drink It Little By Little Throughout The Day.**
- **Mung Pancake Can Be Taken For Breakfast Or Lunch Also**
- **Honey, Date Syrup, Maple Syrup Can Be Taken With Mung Pancake Or Mung Patty (Tikki)**
- **Sprouted Mung Beans Can Also Be Used, But Need To Be Cooked**



## **FOOD CAN TAKE**

- Green Mung & Split Yellow Mung
- Vegetables Like Asparagus, Fennel, Pumpkin, Spinach, Zucchini, Squashes, Carrots, Beetroot, Fresh Ginger, Fresh Coriander, Onion, Garlic, Celery, Mange-tout, Sweet Corn, Chicory, Leeks, Parsnips
- Olive Oil, Coconut Oil, Ghee
- Spices Like Cumin, Coriander, Turmeric (Kurkuma), Asafoetida (Hing), Black Pepper, Nutmeg, Ajwain, Cinnamon, Cardamom, Dry Ginger
- Sweetner Like Jaggary, Honey, Mapel Syrup, Date Syrup, Stevia, Agave Syrup
- Seeds And Nuts Are Heavy To Digest And Can Be Vata-increasing. If Taken At All, They Should Be Ground, Soaked Overnight Into Water.
- Nuts & Seeds – Need To Be Soaked In Water Overnight You. Can Take: Almond, Walnuts, Sesame Seeds, Sunflower Seeds, Flax Seeds, Chia Seeds,
- Almond Butter, Sesame Paste (Tahini)
- Coconut Chutney, Coriander Chutney

## **FOOD TO AVOID**

- All Types Of Meat, Fish, Eggs
- Wheat, Spelt, Kamut, Amaranth, Rye,
- Bread, Noodles, Pizza, Cakes, Cookies
- Yogurt, Quark, Cheese, Butter,
- Sour Tastes Like Lemon, Vinegar, Tomato,
- Vegetables Like Potatoes, Cucumber, Egg Plants (Aubergine)
- Raw Salad, Raw Vegetables
- White Sugar
- Milk, Coffee, Alcohol

## **ABOUT HERBS**

- Super Digest – Digests The Aam (Toxins) & Improves The Digestive Fire (Agni)
- Livtone – Activates Liver Functions To Expel Accumulated Toxins / Aam
- K Tone – Stimulates Kidney Functions To Eliminate Toxins/aam
- Toxigo – Scrapps The Excess Aam And Digests It
- Vata Detox – Excellent Lubricant To Move The Sticky Toxins From Different Parts Of The Body And Eliminates It
- Ancient Purgo – Relieves Excess Heat And Eliminates Through Bowel Functions
- Easy Detox Tab – Relieves Gas And Bloating And Speeds Up The Process Of Eliminating Toxins
- Vaca Oil / Lubricant Oil – Lubricates The Channels & Reduces Dryness

