



# Ayurvedic Detox

A guide To Losing Toxins  
From The Body

*Indian Ayurvedic Detox Method  
for Your Health*

ANAND GUPTA

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# Inhaltsverzeichnis

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## **Introduction**

## **Chapter 1: Who Should Get A Detox Diet?**

## **Chapter 2: Ayurveda And Types Of Detox**

*What is Ama?*

*What is Pancha Karma?*

## **Chapter 3: Benefits of Ayurveda and Detox**

## **Chapter 4: Simple Detox Tips**

*Benefits of Water and Lemon*

*Importance of Herbs And Spices*

*Dry Brush Your Skin*

## **Chapter 5: Sample Diets**

## **Chapter 6: Recipes For The Fighter In You**

*Easy Breakfast Recipe*

*Tridoshic Kitchadi*

*Chutney - Corriander*

*Sesame Chutney*

*Rehydration Tea*

*How to go about it?*

*Herbal Spice Tea*

*Ayurvedic Tea - a detoxing turmeric tea.*

*Chyawanprash*

*The Importance Of Ghee In Ayurveda*

*Spring cleansing juice*

*Rich Healthy Kitchadi*

*Tonic of Ginger*

*Moo To reduce excess moisture of 'Kapha'*

*Moong Detox Soup*

## **Chapter 7: Sample Detox Plans**

### **Conclusion**