A 3 Day Digestive Detox

Welcome!

In this guide you will find a safe and simple way to support your health over three days.

Detox is often sold as an extreme health fad, or as something that's super complex.

Yet it needn't be either of those things.

In Ayurveda, detox is considered as a period where we actively support the body to rest and digest by using a light and easy to digest diet.

For three days, you will simplify your diet to just eating a a warm and nourishing dish of rice and lentils 3 times a day.

Rather than focusing on restriction or extremes, this form of detox is gentle and has been used effectively for hundreds of years in Ayurvedic medicine. Ayurveda is a holistic healing path originating from India.

Wishing you good health and happy digestion,

Lizzy x



First, let me introduce myself...



I'm Lizzy, an Ayurvedic practitioner from the UK, and I created this free guide to empower you on your wellness journey.

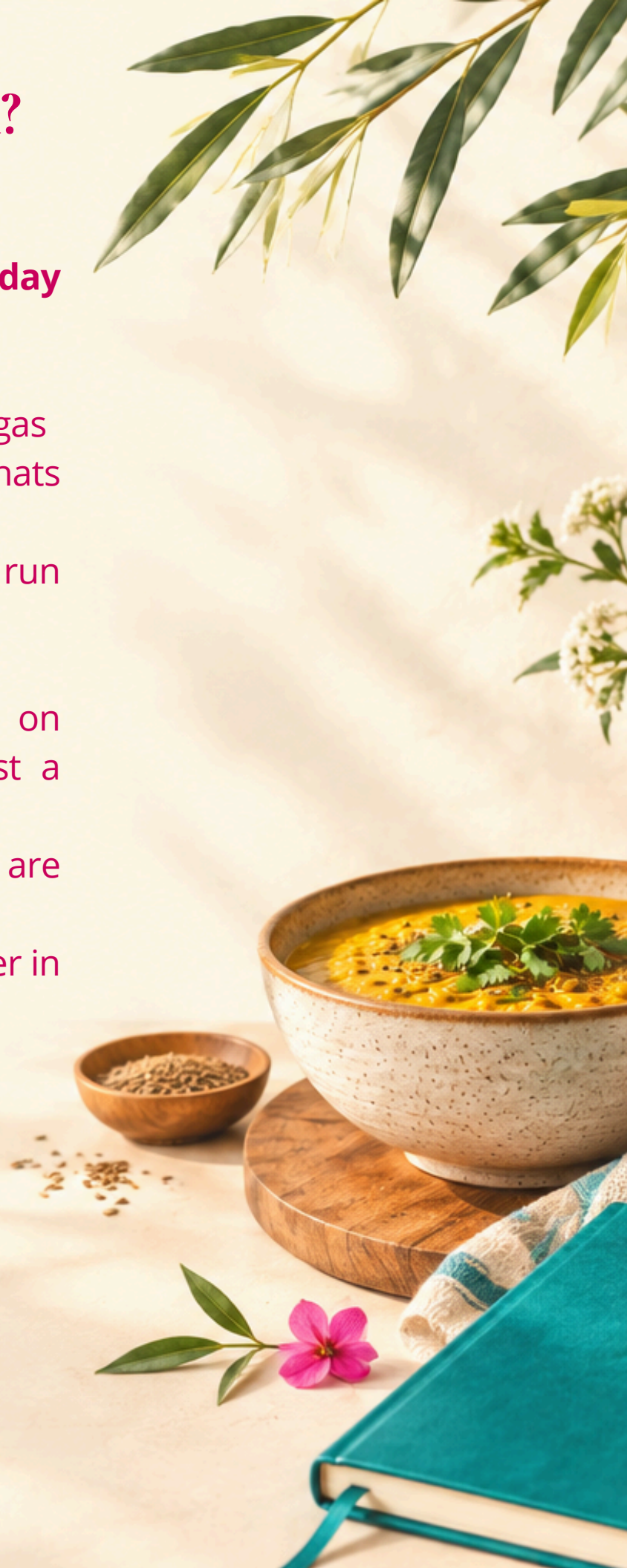
In 2023, I travelled to India to train as an Ayurvedic Practitioner after experiencing the transformational effects that Kitchari cleansing had on my own health. Since then, I've been helping others elevate their health and well-being by supporting them to apply Ayurvedic principles to their lifestyles.

A gentle food reset is a beautiful first step - and if you notice benefits over these three days, know that this is truly only the beginning of how Ayurveda can support you.

Do you need to detox?

Signs you may benefit from a 3 day detox:

- You have frequent bloating or gas
- You keep getting the bug thats constantly going around
- You are feeling generally run down
- You're exhausted by 11am
- You are increasingly hooked on sugar and everyday need just a little more caffeine
- Your mind is racing and you are finding it hard to switch off
- You feel a little fed up and lower in spirits
- Brainfog is real



Is detoxing safe?

Is this safe?

This is a gentle, food-based reset designed for individuals who are generally fit and well. Because you are eating three nourishing meals a day of rice and mung beans (called kitchari), it avoids the common physical strains and risks linked to strict liquid fasting or severe calorie restriction.

How does it support the body if you are eating?

Kitchari is a traditional Ayurvedic dish combining white basmati rice, split mung beans, and gentle digestive spices. Instead of starving your system, this easily digestible meal provides clean energy while giving your digestive tract a well-deserved rest—allowing your body's natural detoxification pathways to do their job efficiently.



The Important Bit

Whilst I am incredibly excited to share this gentle reset with you, please remember that I am here as a guide and an educator, not your doctor. This handbook is meant for general wellness education only; it is not medical advice, and it is not intended to diagnose, treat, or cure any medical condition.

While every effort is made to ensure this information is accurate, one of the main principles of Ayurvedic Health information is that every body is unique and needs something a little bit different.

Always use your best judgment, consult your primary healthcare professional or a qualified Ayurvedic practitioner before making changes to your diet, and pause immediately if something does not feel right for you.

This specific 3-day protocol is not recommended for individuals who are pregnant, breastfeeding, or managing acute medical conditions.

By downloading and using this guide, you acknowledge that you take full responsibility for your own health and well-being.



Why this works

This is a detox method from Ayurveda. Ayurveda is a holistic health approach from India.

The dish of kitchari strengthens digestion which is known as Agni in Ayurveda. When Agni is strong, the body digests food more easily, and can also process experiences and information with greater ease. Nutrients are absorbed more efficiently, and the body's natural defenses are supported.

Kitchari is nourishing, grounding, and easy to digest, making this gentle mono-cleanse suitable for most people, especially those new to detoxing.

At the same time, it supports the body in clearing waste & undigested material so your nervous system can settle and you can tune in to your body's signals more clearly.

This isn't about restriction or intensity. It's about creating a safe, nourishing environment for your body to rest, restore, and reconnect to its natural rhythms.



If you've read this far and want to give it ago... here's how to prepare

1) Go shopping for all the ingredients using the shopping list

2) Block out three days you will do the detox.

3) Try to plan day 1 for a day you do not have much on (maybe a weekend), and ideally - the other days should be quiet as well. Cancel anything that is not essential and block in time to go slowly and rest.

4) Read the full guide so you know what to do.

5) Set your intention - journal about why you are doing this detox. This will make it easier to stick too.

6) Tell your family or people you are close too what you are doing so they can support you (ie not offering you cake or chocolate!)

5) Begin!



Daily plan

- Three meals a day: morning, lunch, dinner with 4-5 hours between meals
- Cook the kitchari fresh every morning. Reheat it for lunch and dinner
- No snacking (unless low blood sugar then snack options are a few soaked nuts & dates or raisins).
- Mindful eating: eat in a dedicated space: notice taste, smell, and body responses
- Self-care practices: use the extra time for relaxation, journaling, or gentle yoga/meditation
- Avoid cold or raw foods during the cleanse
- Eating window: aim for last meal before 7pm, with at least a 12-hour gap before breakfast
- If you only eat two meals a day, eat breakfast and lunch and skip dinner



Daily plan

	Day 1	Day 2	Day 3
Morning Ritual	Warm water & lemon Gentle stretch & Breathing		
Breakfast	Kitchari	Kitchari	Kitchari
Lunch	Kitchari with steamed courgette	Kitchari	Kitchari with steamed carrot
Dinner (Before 7pm)	Kitchari	Kitchari	Kitchari or Bone Broth
Evening Ritual	Journalling Gentle Stretch and Breathing Quiet Activity		

Shopping List

150g white basmati rice
250g yellow mung dal beans (see picture below - not split lentils)
10g cumin seeds
5g turmeric powder
3g asafoetida — leave out if gluten-free
50g ghee - coconut oil if vegan
Fresh coriander
Fresh parsley
3 lemons
High-quality salt
Black pepper
Herbal Teas
1 carrot
1 courgette



A few things to note:
Organic is best
For the lentils - wholefood shops tend to have them, if not - they can be ordered online

Kitchari Recipe

This recipe is enough for 3 portions.
Yet quantities can be adjusted to suit your hunger needs throughout the cleanse.

Ingredients

50g white basmati rice
100g yellow or green mung beans
600ml water
1 teaspoon cumin seeds
1 teaspoon turmeric powder
1 tablespoon ghee or coconut oil
1 pinch asafoetida (leave out if gluten free)
Salt and black pepper, to taste, plus fresh coriander or parsley and lemon to garnish

Method

1) Soak the white basmati rice and yellow mung beans in water for minimum 30 minutes before cooking. Can soak overnight.

2) Rinse the rice and lentils until the water runs clear.

3) Heat the ghee or coconut oil in a large pot.

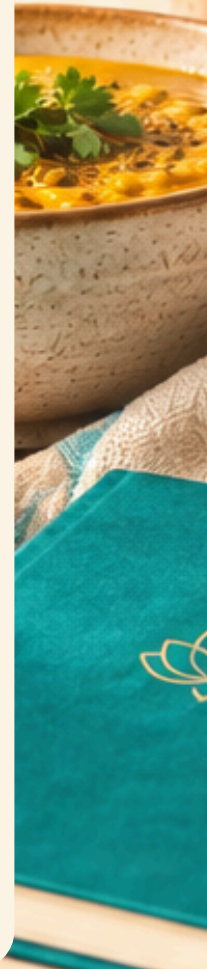
4) Add cumin seeds, asafoetida (leave out if gluten free), and turmeric powder. Let the spices sizzle for 1 minute.

5) Add the soaked rice and lentils to the pot, and stir them around in the oil and spices for 2 minutes.

6) Add the water and let it simmer for 20 to 30 minutes.

7) After 30 minutes, check the consistency - kitchari is ready when the rice and lentils are soft and mushy. The texture can be porridge-like or more soupy, to your preference. Adjust water amount and cooking time as needed.

8) Season with salt and black pepper. Serve with a squeeze of lemon, a garnish of fresh coriander, and an extra spoonful of ghee if you like.



Tips for discomfort

Pause and Check In

When cravings arise, pause for a moment.

- Place a hand on your heart and abdomen
- Take three slow, deep breaths
- Ask yourself: “Am I truly hungry? Or am I seeking comfort?”
- Notice the sensations in your body before responding

Discomfort is Normal

Some mental or physical discomfort is part of the process. Headaches, irritability, constipation, body aches, or fatigue may appear in the first 48 hours.

This happens because:

- Your body is adjusting to reduced sugar, caffeine, and processed foods
- Your digestive system is settling to new foods which may have less fibre in than you are used too
- Accumulated toxins may be gently clearing

Remember: this is normal and temporary. The key is to stay relaxed, move slowly, and prioritize nervous-system calming practices.

Go slowly

- If lightheaded, sip hot water with a pinch of salt and lemon
- Rest, breathe, or do a gentle grounding practice like yin yoga or meditation
- Avoid pushing yourself - detox takes energy and you should expect less of yourself in this time

It's not just about hunger

Our relationship with food and our bodies are so much more than just physical. They are emotional too!

Remember, **there is no way to fail this cleanse**. The more you commit, the more benefit you will get. Yet equally, if you do snack or you do "fall off the wagon", celebrate that you were on the wagon in the first place! Go gently with yourself and pay attention to how you feel and what you notice. Use this three days as a way to learn about yourself. This isn't about punishing or forcing the body, it's about slowing down and getting curious about what happens when we choose to eat in this way.

Daily journalling can help you deepen your self enquiry:

"How is my body today, and what does it want me to remember?"

Guided Check-In Questions

1. Energy: How is my energy today? Steady, scattered, tired, or alert?
2. Digestion: How does my digestion feel? Any heaviness, bloating, or ease?
3. Hunger & Cravings: Am I noticing genuine hunger? Any cravings? Where do I feel them in my body?
4. Emotions & Mind: What emotions or thoughts are showing up today? Calm, anxious, irritable, light?
5. Body Awareness: Any areas of tension, comfort, or relaxation I notice?
6. Self-Care / Wins: One thing I did today to support or nurture my body



Day 1 focus: Go Gently

The first day is all about transition and patience as your body shifts gears.

- **The Clean Slate:** Remove all refined sugar, caffeine, and processed foods.
- **Embrace the Adjustment:** Give your digestive system time to adapt to Kitchari, especially if it is new to you.
- **Soothe Your Mind:** Expect your nervous system to feel a little anxious at the start of this new process—be gentle with yourself.
- **Curb the Cravings:** If sugar cravings hit, choose soaked dates, soaked raisins, steamed sweet potato, or chew on fennel seeds.
- **Rest Through the Reset:** Anticipate potential energy crashes or headaches as you withdraw from caffeine and sugar. Listen to your body and rest if you can.



Day 2 & 3 - Deepen

- **Mindful Spaces:** Commit to a zero-snacking rule, unless you experience a genuine drop in blood sugar.
- **The Pause Check:** Before reaching for food, take a deep breath into your heart and abdomen to see if the craving is physical hunger or just a busy mind.
- **Safe Snacks:** If you truly need an energy boost, opt for a few dates, raisins, coconut water, or chew on fennel seeds.
- **The Evening Boundary:** Finish your last meal before 7:00 PM to give your body a clean, restorative 12-hour digestive window before breakfast.



Integration - day 4 onwards

Think of these past three days as a deep clean of your digestive system. You have worked hard to gently reset your body, and as you transition out, be incredibly mindful of what you put back in.

The Golden Rule: Keep It Warm

For the first 24 to 48 hours after your reset, focus entirely on warm, wet, and easy-to-digest meals to protect your hard work:

- Breakfast: Warm porridge, stewed apples with cinnamon
- Lunch: Light, blended vegetable soup or a fresh batch of soupy Kitchari
- Dinner: Root vegetable casserole or bone broth based soup

Reintroducing Foods Mindfully

If there is a specific food or drink you have been craving (like coffee, dairy, or wheat), treat its return as an experiment:

- Isolate it: Introduce only one "heavy" food group at a time.
- Observe: Pay close attention to how your body responds over the next few hours. Do you feel bloated? Does your energy crash?
- Listen: Use this feedback to learn which foods genuinely serve your body and which ones might be worth limiting moving forward.

What to Avoid for Now

To prevent shocking your clean digestive track, try to hold off on iced drinks, heavy raw salads, deep-fried foods, and heavy red meats for at least the first two days after your cleanse.



You are a wellness warrior!

Congratulations on choosing to take your health into your own hands and doing something truly nourishing for you.

A gentle food reset is a beautiful first step—and if you notice the benefits over these three days, know that this is truly only the beginning of how Ayurveda can support you.

Ready to Dive Deeper?

If you want to move beyond a general reset and uncover a lifestyle tailored specifically to your body type (Dosha) and health goals, I would love to support you.

You can book a 1:1 Ayurvedic roadmap session with me where we will dive into your dosha and unique Ayurvedic constitution. Together, we'll create a completely bespoke Ayurvedic health and wellness action plan personalised to fit your lifestyle.

👉 **Click Here to Book Your 1:1 Consultation**

Let's Stay Connected

I absolutely love hearing from people who have completed this reset. Drop me an email and let me know how you got on, what you noticed, and how your body feels!
📩 **lizzy@bedderwellness.com**

With love,
Lizzy x

