

# AYURVEDA FALL CLEANSE GUIDE

WITH KATIE SILCOX



Learn how to cleanse in a gentle and  
nourishing way with Ayurveda



# DISCLAIMER

This material is for general information purposes only. This does not constitute medical advice and is not intended to be a substitute for medical advice, diagnoses or treatment. Reliance on our services is solely at your own risk and we hereby disclaim all liabilities that may arise as a result. Cleansing is not recommended during pregnancy, breastfeeding, menstruation or for those in weak health.



# What is Vata Season?

- It is the time of year when the atmosphere is dry, cool, and rough (windy)
- The cool air begins to dry the leaves making them brittle and rough and eventually they fall. These qualities translate to our own inner climate as well. Often with the rise of Vata our skin can become more dry and rough, our hair and nails more brittle, and it is not uncommon that our digestion and immunity may suffer. The sometimes erratic nature of the Vata element can also make our minds feel more scattered, disrupt our sleep, and even contribute to unwanted mood swings.



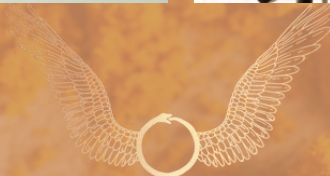
# Why You Should Do an Ayurvedic Fall Cleanse

- Fosters both clarity and groundedness in the mental, spiritual, and emotional spheres
- Promotes regular elimination
- Prepares the tissues for deep nourishment and rejuvenation
- To stabilize digestion
- Reduce/eliminate digestive challenges
- Clear the blood of toxins
- Supports restful sleep
- Clear and revitalize body tissues
- Nurtures an improved sense of energy and vitality
- Support all of the body's major cleansing organs (liver, kidneys, colon, skin, etc.)
- Switches you to a mono diet (Kitchari) which gives your digestion a break and allows your body to rejuvenate



# Lifestyle Practices Leading Up to Your Cleanse

- Dry brush your skin to get the lymph moving! Brush upwards and inwards, always in the direction of the heart.
- Self massage with oil. Our 3 favorite oils for vata season are plain, untoasted sesame oil, almond oil, and avocado oil
- Take a break from social media
- Try not to overdo it with many social obligations
- Journal any feelings that come up and seek out support if any feelings become overwhelming
- Declutter your home for a peaceful state of mind



# So, What Exactly Am I Eating?

This is a "Choose Your Own Adventure" - In general:

1. Kitcheree
2. Broths (veggie or bone)
3. Any vegetable soups/stews/purees
4. Morning oats is fine (spice well and avoid fruit)
5. Ghee, olive oil or coconut oil
6. Spices, chutneys, cilantro, mint, parsley, basil, etc
7. If you need additional food - add in a dollop of yogurt or some sunflower seeds which are easily digestible for most. Avoid dairy if there is an allergen.



# The WHY of Kitchari

- It's easy to digest if spiced well.
- Spices used in kitchari—such as cumin, mustard seeds, ginger, and turmeric—stimulate agni, or digestive fire, helping to enhance the body's ability to break down and assimilate food. This helps to prevent sluggish digestion, bloating, and gas.
- A super detox food, as the mung scrapes toxins from the gut.
- Great source of prebiotic fiber, which nourishes beneficial gut bacteria.
- Provides fuel for gut flora, supporting a healthy microbiome.
- Tridoshic, meaning it can be balancing for all three doshas (Vata, Pitta, and Kapha).
- Lowers bloating (Vata).
- Reduces acidity (Pitta).
- Helps sluggish digestion (Kapha).
- With ghee, it is soothing to the gut, especially for people with irritated or inflamed digestive tracts.



# The Importance of Binders

Cleanses are counter-productive unless you are eliminating!

- Helpful binders may include Triphala, Amalaki, Charcoal, Spirulina, Chlorella, Flax Seeds, Smooth Move Tea, Magnesium, Trace Minerals
- Be sure to keep the lymph moving with dry brush, massage, slow walks and gentle yoga





# Allies for Immunity & Cleansing

1. Turmeric - Put in your food or 1 tsp in hot water with lemon in the morning.
2. Ginger - Fresh or dry.
3. Ghee - Acts as an anupana (carrier) for herbs and medicines. I recommend putting it in your morning warm water or tea and having it before bed with herbal digestive tea (1 tsp)



# Fall Cleanse Schedule

## *Phase 1: Preparation (5-7 days)*

- Ideally, the pre-cleanse phase is equal in length to your cleanse.
- Prepare Your Mind
  - What is your intention for the cleanse? How will you honor this intention?
  - What cleanse diet & lifestyle parameters do you want to set for yourself?
  - How will you show yourself some extra self-love during the cleanse?
- Prepare Your Schedule
  - Decide how long your active cleanse period will be (typically 5-7 days)
  - Put the cleanse dates on the calendar & remove any unnecessary commitments during the cleanse period
  - Let people in your household know what you're doing
  - What additional support will you need during the cleanse? Ask for it now!



- Prepare Your Body
  - Gradually reduce the amount of caffeine, alcohol, refined sugar, dairy, and processed foods you consume.
  - If you're including Triphala or other cleansing herbs in your cleanse you can begin them now
- Prepare Your Food
  - Go grocery shopping and order anything that's not available locally online
  - Prepare any spice blends or chutneys a day or two ahead of time
  - Be sure to soak your mung beans the night before you start your cleanse!



# Fall Cleanse Schedule

## *Phase 2: Active Cleansing (5-7 days)*

- Daily Schedule
  - Wake up and go to sleep around the same time each day
  - Start your day with a cleansing Ayurvedic routine (tongue scraping, abhyanga, etc.)
  - Drink warm water with ghee and/or lemon in the morning
  - Eat your cleanse foods at consistent times throughout the day
  - Space meals at least 3 hours apart
  - Stop eating around 6 - 7 pm
- Best Practices
  - Continue using your cleansing herbs
  - Avoid excessive exercise and sexual activity
  - Limit direct exposure to the elements
  - Make time to reflect and journal about your experiences each day
  - Seek out support when needed!



# Fall Cleanse Schedule

## *Phase 3: Transition (5+ days)*

- At a minimum, half as many days as your active cleanse period
- Eat cooked, easy-to-digest, plant-based foods such as soups, broths, and purees
- Slowly reintroduce foods
- Add in dairy, soy, wheat, and eggs (if you're not intolerant) one at a time, and take note of your body's reaction
- If you eat fish, this can be reintroduced toward the end of the transition period
- Begin phasing out your cleansing herbs



# Fall Cleanse Schedule

## *Phase 4: Rejuvenation (AKA Normal Life)*

- Heavier foods such as dairy and meat can be reintroduced
- Limited amounts of raw and other difficult-to-digest foods can be reintroduced
- Eat according to the season
- Use your building energy to carry out any intentions that you made during the cleanse!



# Fall Kitchari

## Ingredients:

- 1 cup yellow mung dal (whole mung beans are fine if you can't get split)
- 1 cup basmati rice
- 3 tbsp ghee or coconut oil
- ½ tsp cinnamon
- ½ tsp black pepper
- ½ tsp mustard seeds
- ½ tsp ajwain seeds
- ½ tsp hing
- ½ tsp cumin seeds
- 1 tsp turmeric
- ½ tsp salt
- 6 cups water
- Garnish with cilantro or the chutney recipe



## Directions:

- Wash and rinse the dal and rice until water is clear. Soaking the dal for a few hours before cooking will make it more digestible.
- In a large saucepan over medium heat, heat the ghee, then add the cinnamon, black pepper, mustard seeds, ajwain seeds, cumin seeds, and hing. Stir until fragrant, about 1 minute.
- Add turmeric, salt, and the blended liquid. Stir for a few minutes, then add the mung and rice, and mix well.
- Pour in the water, cover, and bring to a medium boil. Let boil for 5 minutes, then turn down the heat to very low.
- Cook, lightly covered, until the dal and rice are soft, about 25–30 minutes. When done, the beans and rice will have a porridge texture.
- Garnish with a little fresh cilantro and our Shakti School Winter Chutney.

\*Note: If you prefer, use half the water, and cook the mung beans with the spices and the rice separately, in a rice cooker.

Use this recipe anytime you have a vata imbalance, such as bloating, gas, or dryness. It is also a great weekly dish during fall!





# Carrot & Winter Squash Chutney Recipe

## Ingredients:

- 1 small delicata squash or any other winter squash (acorn or butternut would work well), seeds removed and chopped
- 2 carrots, chopped
- 1/2 cup roasted and unsalted almonds
- 1 small piece of fresh ginger, peeled and chopped
- 1 tablespoon fresh lemon juice
- 3 tablespoons olive oil or ghee
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon asafoetida (hing) - a pinch
- 1/4 teaspoon ajwain
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground fennel
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon mustard seed
- Water
- Salt to taste



## Directions:

1. In a large pan, add the cumin seeds and roast them for a minute or until they become fragrant. Remove and set aside.
2. In the same pan, melt 1 tablespoon of ghee over medium heat and add chopped squash and carrots. Add 2 tablespoons of water, cover, and cook 25 minutes, or until softened all the way through. Stir occasionally and add water as needed to keep from sticking to the pan.
3. In a food processor, combine the roasted almonds, ginger, lemon juice and 1 tablespoon of water. Blend until you have a coarse paste.
4. Add the remaining 2 tablespoons of olive oil or ghee,  $\frac{1}{4}$  cup of water and all the spices (asafoetida, black pepper, ajwain, coriander, fennel, mustard seed and turmeric) to the mixture. Once the carrots and squash are softened, remove from the pan and add to the food processor.
5. Blend again until everything is well combined. You can adjust the consistency by adding a little water as needed.



6. Taste the chutney and adjust the salt and seasonings according to your preference. Keep in mind that Ayurveda recommends reducing salt for Vata balancing, so be moderate.

7. Heat a small amount of ghee in a small pan. Add the roasted cumin seeds to the ghee and let them sizzle for a few seconds. Pour this over the chutney and mix well.



# Mint, Pistachio and Cilantro Chutney Recipe

## Ingredients:

- 1 cup fresh cilantro leaves (finely chopped)
- 1/2 cup fresh mint leaves (finely chopped)
- 1/4 cup unsalted pistachios (soaked for 1-2 hours)
- 1 small green chili (optional, adjust to your heat preference)
- 1 tablespoon fresh ginger (grated)
- 1/2 teaspoon cumin seeds (lightly roasted)
- 1/2 teaspoon fennel seeds (optional, for cooling effect)
- 1 tablespoon lemon or lime juice (freshly squeezed)
- 1/2 teaspoon rock salt (or to taste)
- 1/4 teaspoon black salt (optional for a tangy flavor)
- 1 tablespoon coconut or olive oil (optional for added smoothness)
- 2-3 tablespoons water (adjust consistency as needed)
- **Optional Additions:**
  - 1/4 teaspoon \*turmeric powder: Adds anti-inflammatory properties.
  - 1/2 teaspoon jaggery or raw honey: For balancing Vata and Pitta doshas, adds a touch of sweetness.



## Directions:

1. Soak the Pistachios: Soak the pistachios in warm water for about 1-2 hours. This makes them easier to blend and helps release their oils.
2. Toast the Spices (Optional): In a small pan, lightly toast cumin and fennel seeds until fragrant. Allow them to cool slightly.
3. Blend Ingredients: In a blender or food processor, add soaked pistachios, cilantro, mint, green chili (if using), ginger, roasted cumin, fennel seeds, rock salt, black salt, lemon or lime juice, and turmeric (if using). Blend until smooth. Add water gradually to reach your desired consistency.
4. Adjust Seasoning: Taste and adjust salt, lemon juice, or jaggery/honey as needed.
5. Optional Oil: Add coconut or olive oil for a richer texture. Blend again for a few seconds to incorporate.
6. Serve: Serve fresh with meals or as a dip. Store in an airtight container in the fridge for up to 3 days.



# Additional Kitchari Toppers:

- Ghee, lime, sour cream - yes, this will add a little kapha but some digestive fires can handle it! Try coconut or another nut-based sour cream if you are dairy free
- Lemon zest, coriander powder and a dollop of coconut oil
- Toasted coconut flakes, sunflower seeds and a dash of cayenne
- Caramelized onions and garlic with lots of ghee
- Tamarind and date chutney, [we like this recipe](#), or you can find it ready-to-eat in most Indian grocers
- Crushed and toasted nuts (any will do) with sumac and cardamom spice
- Pomegranate molasses (available at many grocers) or make your own by simmering pure pomegranate juice on low until it becomes thickened, with a syrupy texture
- Spiced pumpkin seeds - Dry roast some pumpkin seeds with a pinch of cumin, paprika, and sea salt for a crunchy topping that adds protein and depth
- Avocado Slices with lime and rock salt
- Toasted sesame seeds with chili flakes and a drizzle of sesame oil
- Trader Joe's Everything Bagel Spice or Crunchy Chili Onion are amazing, ready-to-go toppers!
- Pickled veggies - Dress it up and boost your gut health with a small side of naturally fermented or pickled vegetables (like pickled carrots or beets)



# CCF Tea

## Ingredients:

- Cumin seeds
- Coriander seeds
- Fennel seeds

## Directions:

- Take 1 tsp each and place into 1½ cups cold water. Bring to a boil. Remove from heat and let cool to drinking temperature. Strain to drink.

If you'd prefer an already prepared CCF Tea, we love [this one from Banyan Botanicals](#).



# Morning Juice

## Ingredients:

- 2 cups filtered water
- 1 lemon, peeled
- 1 apple
- 3 small cooked beets
- 4 stalks of celery
- 2 inch piece of ginger root
- 1 inch piece of turmeric root (or ½ tsp dried turmeric powder)
- Dash of cinnamon, cardamom, and cayenne pepper

## Directions:

- Blend all ingredients in a good blender (except spices). Stir in the spices. Drink the juice without straining to get additional fiber intake, or strain if preferred. To stoke metabolism and digestive fire (agni), make the juice warm by boiling the water first before blending.





# The Shakti School's Shopping List & Wellness Favorites

- [Kitchari Kit](#)
- [Yellow Mung Dal](#)
- [Basmati Rice](#)
- [Kitchari Spice Mix](#)
- [Grass-Fed Ghee](#)
- [Triphala Tablets](#) or [Triphala Powder](#)
- [Blood Cleanse Tablets](#)
- [Liver Formula Tablets](#)
- [Total Body Cleanse Tablets](#)
- [CCF Tea](#)
- [Detox Digest Tea](#)
- [Smooth Move Tea](#)
- Vata Massage Oil: [this one](#) or [this one](#)
- Pitta Massage Oil: [this one](#) or [this one](#)
- Kapha Massage Oil: [this one](#) or [this one](#)



- [Coconut Milk Bath](#)
- [Dry Brush](#)
- [Tongue Scraper](#)
- [Neti Pot](#)
- [Aromatic Neti Salt](#)
- [Vata Spice Blend](#)
- [Pitta Spice Blend](#)
- [Kapha Spice Blend](#)
- [Castor Oil Pack](#)
- [Infrared Sauna](#)
- [Trace Minerals](#)

\*Use discount code KATIES15 for 15% off at [Banyan Botanicals](#) and code SHAKTIPOWER for 10% off at [Paavani Ayurveda](#)



# Additional Resources For Supporting Yourself Through Fall:

- [Ep 11: Holy Shit, How To Become A Tantric House-Witch! Podcast Episode](#)
- [Ep 161: Fall Rituals and Routines](#)
- [Ep 188: Your Fall Ayurvedic Kitchari Cleanse Guide](#)
- [Fall Lickable](#)
- [Pumpkin Blow-Ya' Mind Smoothie](#)
- [Ayurveda-Inspired Pumpkin Spice Latte](#)
- [Subtly Sweet Harvest Muffins](#)
- [Tips for Autumn Thriving and Lovin' on Your Liver](#)
- [How to Support Ourselves Through the Delicacy of Fall](#)

For our Southern Hemisphere gals, check out our [blog post here](#) on how to do a gentle spring cleanse.



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Learn about our Level 1 Ayurveda Program and find the course details here on our [Program's Page](#).

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- Weekly 3-hour lectures with Katie Silcox and other experts– Ayurveda Wednesdays

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- Daily access to our classroom to take lessons live or when it fits into your schedule

- Exclusive Community Forum

- A beautiful high resolution PDF of our training manual

- Discounts on Ayurveda products and herbs for you and your future clients



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