



Welcome Community to our Spring Cleanse 2021

BACKGROUND INFORMATION

Our cleanse allows the mind and body to slow down and focus on the inside. It's a beautiful five days community cleanse which has been created based on decades of experience of running cleansing retreats.

To support us through this journey, we have created seasonal herbal formulas in form of a superfood mix, an adaptogens mix and Chaga. All herbs are ethical produced, fair trade and organically sourced from farmers around the world. We hope you order our formulas directly from us as it will help us as a community to be part of the greater good. With each purchase we can support farmers in their farming practices, donate part of our profits to tree sisters to plant more trees and support us in being able to offer our seasonal cleanses for free to everybody who likes to join. For more information please view the cleanse formula packages pdf.

THE THREE PHASES OF OUR CLEANSE:

1. [PREPARATION PHASE \(SEPARATE PDF\)](#) (7 DAYS)

The body is prepared for the detoxification and cleansing by reducing stimulants, processed food and refined sugar. Cutting out these items before the cleanse will make it gentler on the body and the mind.

2. [ELIMINATION PHASE](#) (3 Days)

By definition, elimination is the bodily process of discharging waste matter. Letting go of doesn't serve us is a powerful tool allowing us to make space for the new and improved us.

3. [REGENERATION PHASE](#) (2 Days)

At this stage the true healing starts to happen. Up until now we have been cleansing and letting go of all that was creating imbalances in our bodies and minds. Now we build and integrate the process of healing.

INTRODUCTION

Please start with reading through the pdf to get an idea about our daily routine and watching the preparation video. At the beginning you will find the shopping list which includes everything you will need. The lunch and dinner options are always optional and can be substituted for other recipes, but we recommend our dishes as we have had the best results over the years. There are also various options to choose from and thus allow for some flexibility.

We recommend doing one big shop before the cleanse to have more time for oneself and in general to slow down life in order to give our bodies the space to cleanse and regenerate.

If possible, please buy organic produce as such is free of pesticides. However, it should be noted that the positive intentions when preparing the meals will increase the foods vibrations and will have many positive effects even if it is not organic.

SMALL PRACTICES THAT YOU CAN ALSO INCORPORATE INTO YOUR CLEANSE

- Practice the Metta meditation 1-3 times a day (join me on you tube <https://www.youtube.com/watch?v=Yo8V5REcpvE>)
- Rest and be kind to yourself
- Go for a gentle walk in nature
- Journal daily to help with the mental cleanse
- Take a warm bath with Epsom salts
- Rub pure lavender oil on the soles of your feet
- Grounding can help to reconnect to the earth and feel her benefits

WANT TO GO DEEPER? ONE-ON-ONE MENTORING FOR BEFORE, AFTER OR ANYTIME

Feeling inspired to get some more personalized support? My individual coaching sessions help people align with the rhythms of nature and come back into balance so they can become the person they want to be. I'll support you to implement simple and effective routines and rituals that create long-lasting benefits for body, mind and spirit and help you avoid the tendency to swing from detox to retox...

For more information, please go to <https://www.rinagolan.co/coaching/> or contact me directly on info@rinagolan.co (just co) :)

ON THE MENU

There are a few options you have, depending on how deep you choose to go with your cleanse. So please be aware that not all on the shopping list needs to be purchased.

To make it easier, we have created a meal plan for the community part of the cleanse, followed by an essential shopping list followed by the shopping list for each of the options. It is also an option to eat the same every day to reduce cooking. Furthermore, please make sure you re-read the recipes the day before cooking as some require the grains to be soaked for up to 24 hours before consumption.

Breakfast options:

1. Green Juice
2. Scottish porridge

Lunch options:

1. Kitchari (traditional)
2. Seasonal vegetables with green gravy (alternative)

Dinner options:

1. Golden millet soup
2. Cleansing soup
3. Smoothie

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--|--|---|---|---|---|
| On waking | Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar | Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar | Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar | Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar | Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar |
| 30-60 mins before Breakfast: | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice | | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice |
| Breakfast: | Scottish porridge or Green juice | Scottish porridge or Green juice | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice | Scottish porridge with low glycemic fruit (berries, apples, pears) or green juice | Scottish porridge with low glycemic fruit (berries, apples, pears) or green juice |
| 30-60 mins before Lunch | 1 tbsp Superfood powder | 1 tbsp Superfood powder | | 1 tbsp Superfood powder | 1 tbsp Superfood powder |
| Lunch: | Kitchari | Kitchari | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice | Kitchari | Kitchari |
| 30-60 mins before Dinner | 1 tbsp Superfood powder | 1 tbsp Superfood powder | | 1 tbsp Superfood powder | 1 tbsp Superfood powder |
| Dinner | Golden millet soup, Cleansing soup or Smoothie | No dinner | 1 tbsp Superfood powder with warm nut milk/ water/ apple juice | No dinner | Roasted Veg with green gravy, Cleansing soup or smoothie or skip dinner and just have herbal teas |
| Daily Zoom Calls with live facebook broadcasts from 8pm to 9pm (GMT) | Live online community gatherings Please bring your journal and any questions you might have Get comfortable and maybe bring a blanket | | | | |
| Other | | | | Start the Adaptogen mix - twice a day for 21 days | Adaptogen mix - twice a day (day 2) |

CHANGE YOUR RELATIONSHIP WITH FOOD BY MAKING IT A CEREMONY

If we slow down and bring reverence, attention and love to the food our relationship with food will change. We will experience less lust and more more...try it.

Here's a deeply touching food prayer from the Dagara people of Burkina Faso.

*We give gratitude to the spirit of the earth who have held sacred the seeds
Who has nurtured this food
For the stars and the moon that have given a mystery to it
For the sun who gave it warmth for it to grow
For the people who have sown it, cultivated it, harvest it
For the people who grind it from their heart
For the people who ingested their love into it while they cooked it
For the people who have so graciously offered this food to us
May it be nurturing to our spirit
May it be strengthening to our soul
May it give us the power and love we are here to share
àşę (ah-shay)*

Shopping list

Essentials

Pre-order your Cleanse formulas: Superfood mix, Adaptogens and Chaga

2 lemons

1 lime

Unpasteurized apple cider vinegar (if possible, with the mother)

Ghee/coconut oil (or butter if you choose to make the ghee yourself)

Sea salt or Himalayan salt

Herbal teas (Recommended to buy 2-3 different types)

Nettle, peppermint, chamomile, ginger, lemongrass, fennel, rose, tulsi

Optional:

2 cartons of nut milk or organic apple juice for the superfood shake or it can also be mixed with water

Epson Salt (for the bath time)

Green juice (makes 2 glasses)

2 apples

1 lemon

small knob of ginger

4 celery stalks

1 handful of mint

1 fennel

1 handful of nettles or dandelions (or a mixture) or kale

Optional additional fruit to be mixed in berries, apples, pears

Also optional: 1 tsp of superfoods mix

Scottish porridge (one serving)

1/2 cup rolled oats

1 cup of sugar free nut milk or water or half and half

1 tsp ghee/coconut oil • pinch of sea salt

Kitchari (two servings)

- 1 cup / 225g moong dal (split yellow pea)
- 1/2 cup / 112g basmati rice
- 1 inch ginger root
- 1/2 tsp himalayan/celtic salt
- 1 tbsp organic ghee/coconut oil

- 1 handful of chopped coriander
- 1/2 tsp cumin powder
- 1/2 tsp whole cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric powder
- 1/2 tsp coriander powder
- 1 pinch asafoetida (Hing)
- 1 1/2 cups of vegetables e.g asparagus, sweet potato and broccoli

Green Gravy with seasonal vegetables (steamed or roasted)

Half a bunch of coriander
 Half a bunch of parsley
 Half a bunch of mint
 4 tbsp dark Tehini (sesame paste)
 1/2 tsp sea salt
 pinch of black pepper
 pinch of cayenne chili
 1 tbsp olive oil
 half a lemon
 1 inch turmeric root (optional)

Vegetables:

- To be steamed (e.g.when in the UK):
Asparagus, Broadens, Broccoli, Cabbage, Spinach, Kale or French beans
- To be roasted (e.g.when in the UK):
Beetroot, Carrots, Celeriac, Courgettes, Fennel, Mushrooms, Onion, Parsnip
- Can be used with either method:
Carrots, Sweet potato

Golden Millet Soup (two servings)

200g millet
 100g red lentils
 1 tbsp coconut oil or ghee
 2 tomatoes
 2 carrots
 1 cup of greens (kale or spinach)
 1 leek or onion
 2 cloves of garlic
 1/4 tsp cumin

3-4 kaffir lime leaves/1 lemon grass stick
1/4 tsp asafoetida
1/2 tsp cayenne pepper,
1 inch grated ginger,
1 tsp turmeric
400ml coconut milk
juice of 1 lime
bunch of fresh coriander
1 tbsp Himalayan salt
1/2 tsp black pepper
3-4 cups / 750-1000ml of boiled water

Cleansing Soup (two servings)

1 tbsp olive oil
4 stalks celery, approx. 1.5 cups
1 large head broccoli stems and tops, separated
1 tsp turmeric
1/4 tsp sea salt
1/4 tsp black pepper
6 cups / 1.5 litres vegetable stock
4-6 cups leafy greens (spinach, kale or chard)
1 tbsp pumpkin seeds (optional, for garnish)
3 tbsp almond butter

Mint-Orange Smoothie

Bunch of mint
5 leaves of lemon verbena
Half lime (peeled)
1 orange (peeled and seeded)
1 tbsp honey (local is always better for you)
Sea or Himalayan salt
5 drops of stevia

Vegetable adaptogens broth (4 servings)

2 carrots chopped
2 sticks of celery chopped
1 clove garlic, minced
1 tsp Regenerate Adaptogens Mix
1.5 litres water
1 tbsp miso paste
1/2 cup of dried shiitake mushrooms (optional but totally delicious)

Elimination Phase - Days 1, 2 & 3

Day 1

Day 1 Guidelines

- *Drink warm herbal teas and warm water throughout the day*
- *Try to eat dinner by 6pm*

On waking:

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

30-60 mins before Breakfast:

1 tbsp Superfood powder with warm nut milk/water/apple juice.

You can use our superfood mix or use a superfood mix that you have at home.

Breakfast:

Scottish porridge or Green juice

30-60 mins before Lunch:

1 tbsp Superfood powder

Lunch:

Kitchari

30-60 mins before Dinner:

1 tbsp Superfood powder

Dinner:

Golden millet soup or Cleansing soup or even just a smoothie

Day 2: Same as Day 1, without dinner

Day 2 Guidelines

- *Drink warm herbal teas and warm water throughout the day* •

On waking:

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

30-60 mins before Breakfast:

1 tbsp Superfood powder with warm nut milk/water/apple juice.

You can use our superfood mix or use a superfood mix that you have at home.

Breakfast:

Scottish porridge or Green juice

30-60 mins before Lunch:

1 tbsp Superfood powder

Lunch:

Kitchari

Day 3: Fluids only

Day 3 Guidelines

- *Drink warm herbal teas and warm water throughout the day*

If you are struggling - let us know and we can suggest something for you

On waking:

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

Throughout the day:

3 Superfood Powder Shakes

REJUVENATION PHASE - DAYS 4 & 5

This the stage when the true healing starts to happen. Up until now we have been cleansing and letting go of all that was creating imbalances in our bodies and minds.

Now we build and integrate the process of healing - so please do take care of yourself.

It is as though you've been through a minor operation - and the body is still sensitive, so take it easy and start adding new foods gradually and mindfully.

During this stage, we will start to add more plant-based wholesome organic foods and apotogenic rejuvenating herbs.

An amazing feature of rejuvenating herbs is their ability to help us adapt to changes and stress. They often grow in extreme climates where they acquire the energy to adjust to a stressful environment.

Their excellence manifests from their non-specific nature. Adaptogens are proficient generalists; they perform multiple actions on diverse organs and tissues at the same time.

Rejuvenation promotes strength, energy and vitality, bolsters immunity and brings more courage, confidence, and success. It helps to slow the ageing process, increases longevity, improves memory, promotes cellular intelligence and also brings balance, awareness, joy, and clarity into one's life and relationships.

Our tried-and-tested formulas are made using the best quality organic herbs. They are free from bacteria and heavy metals and have been grown by independent businesses with love and respect for nature. Working with these nourishing herbs is a natural and beautiful way to support your own health and wellbeing; they also help harmonise our group energy and connect us to a similar frequency during community retreats so we can deepen our process together. We adjust our formulas slightly each season to ensure they give you optimal healing benefits.

By purchasing these formulas, you'll enable us to keep offering our free community events and supporting the farmers and natural environments where the herbs are grown. And for each package sold, TreeSisters will plant a tree in your name, helping us shift from consumers to pollinators... everyone benefits!

We have a limited supply of our formulas so if you intend to use them as part of one of our retreats, please order as soon as you can.

Order our package of 3 organic formulas today for £89 instead of £109
Or get a 90-day seasonal supply for £199, saving you £100

+ £5 P&P to UK addresses

for postage to other parts of the world, please contact me at info@rinagolan.co

OUR ADAPTOGEN POWDER

Take 1 tsp twice a day for 21 days

Mix with boiling water, let the powders sink to the bottom and then drink at room temperature. You don't need to drink the powder left at the bottom.

We always adjust our formulas to In the most balanced way, our formula contains:

Ashwagandha - in Sanskrit this means “the smell of the horse”, referring to both its unique smell and ability to increase strength. It can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression.

Tulsi - supports respiratory health, is good for anxiety and stress, opens the heart and mind, invites clarity, and increases devotion.

Ginger - has antioxidant and anti-inflammatory properties, which can prevent cell damage and help ward off chronic disease.

OUR WILD-HARVESTED SCOTTISH CHAGA MUSHROOM TEA

Boil 1tbs with 2 cups of water. Once it has boiled, let it simmer for 15 minutes.

Optional: Boil with 1 cinnamon stick

Chaga - can help the immune system to prepare against pathogens. Polysaccharides found in Chaga have been shown to promote the creation of white blood cells, one of the body's primary means of defence. It is also a source of vitamin B1 (thiamin), B2 (riboflavin), and B5 (pantothenic acid), all of which have been used to boost immune functions and reduce stress and anxiety.

OUR SUPERFOOD MIX

Our superfood mix is packed with vitamin-B rich chlorophyll to regenerate cells and boost the nervous system, spices to balance blood sugar and maca for hormonal balance. It's also high in fatty acids (omegas 3 and 6) to help 'feed' the brain.

We recommend you continue with the Superfood Mix for another 21 days to help assist you on your healing journey - giving you a deeper cleanse with better results.

REGENERATION PHASE – DAY 4 & 5

Day 4 – *no dinner*

Day 4 Guidelines

- *Drink warm herbal teas and warm water throughout the day*
- *Start taking our Adaptogen mix twice a day for 21 days, see more information in the Organic Cleanse Formulas pdf*

On waking:

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

30-60 mins before Breakfast:

1 tbsp Superfood powder with warm nut milk/water/apple juice.

You can use our superfood mix or use a superfood mix that you have at home.

Breakfast:

Scottish porridge with low glycemic fruit such as berries, apples, pears or Green Juice, adding a little boiled water to make sure the juices are at room temperature.

30-60 mins before Lunch:

1 tbsp Superfood powder

Lunch:

Kitchari

30-60 mins before usual Dinner time:

1 tbsp Superfood powder

Day 5

On waking:

Hot/warm water with juice of 1/2 a lemon or 1 tsp unpasteurised apple cider vinegar.

30-60 mins before Breakfast:

1 tbsp Superfood powder with warm nut milk/water/apple juice.

You can use our superfood mix or use a superfood mix that you have at home.

Breakfast:

Scottish porridge with low glycemic fruit such as berries, apples, pears or Green Juice, adding a little boiled water to make sure the juices are at room temperature.

30-60 mins before Lunch:

1 tbsp Superfood powder

Lunch:

Kitchari

30-60 mins before Dinner:

1 tbsp Superfood powder

Dinner:

Cleansing soup

If you are not hungry, skip dinner and just have herbal tea instead.

For the week or two after the Cleanse, go back to the Preparation stage pdf and follow the recommendations, further recipe ideas on the rinagolan.co/blog etc.

Your body is now very sensitive. Imagine the cleanse was a restart and now the body has to be rebuilt and make healthier living and wellbeing lifestyle. Be gentle and listen to your body.

Thank you for becoming a part of our community and please share your experience with others. We are looking very much forward to the next cleanse, event or retreat where we will see each other again. Much love!

Stay in touch!!

- 1.** Subscribe to my newsletter through my webpage or follow the link
<https://rinagolan.us6.list-manage.com/subscribe?u=be8ca5ec9c&id=86521118d2>
- 2.** Join me on social media where I share different practices to inspire you to live the life that is conducive and supportive to your wellbeing
Facebook: <https://www.facebook.com/rina.golan2>
Youtube: <https://www.youtube.com/channel/UC9RxhXKInqOPTGLzSRTJwLA>

See you there!

Spring Cleanse RECIPES:

- Porridge •
- Green Juice •
- Kitchari •
- Roasted/steamed Vegetables with green gravy •
- Golden Millet Soup •
- Cleansing Soup •



PORRIDGE

- 1/2 cup rolled oats
 - 1 cup of sugar free nut milk or water or half and half
 - 1 tsp ghee/coconut oil • pinch of sea salt
- (makes one portion)

Place the oats in a heavy saucepan and add the milk or water. Gently bring the oats to a slow boil, stirring all the time until the porridge begins to thicken.

Once thickening has begun, lower the heat so as not to burn the porridge.

Allow the porridge to simmer for 5-7 minutes.

Add the salt and oil of your choice before serving.

Optional: Add an additional tbs of the superfood mix to your porridge. Yum!



GREEN JUICE

- 2 apples
- 1 lemon
- small knob of ginger
- 4 celery stalks
- 1 handful of mint
- 1 fennel
- 1 handful of nettles or dandelions (or a mixture) or kale
(makes 2 glasses)

Using a knife, peel the skin of the lemon.

Slice the apples and add all the ingredients into your juicer.

Add a little hot water, its much gentler on the body to drink everything slightly warm at least.

Drink immediately.



KITCHARI

Kitchari means mixture, usually of two grains. It is used in the ancient PanchaKarma Cleanse as it helps to nourish and support your body. This kitchari recipe is particularly nourishing and easy to digest.

- 1 cup / 225g moong dal (NOT split yellow peas but small lentils which are rice sized)
- 1/2 cup / 112g basmati rice
- 6 cups / 1.5 litres water
- 1 inch ginger root, chopped or grated
- 1/2 tsp himalayan/celtic salt
- 1 tbsp organic ghee/coconut oil
- 1 handful of chopped coriander
- 1/2 tsp cumin powder
- 1/2 tsp whole cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric powder
- 1/2 tsp coriander powder
- 1 pinch asafoetida (Hing)
- 1 1/2 cups of vegetables e.g asparagus, sweet potato and broccoli



First soak the rice and dal overnight (or minimum 2 hours) then carefully remove any stones and wash it thoroughly for about a minute.

Add the 6 cups of water to the rice and dal and cook covered until it becomes soft, about 20 minutes.

While that is cooking, cut the vegetables into small pieces and add to the cooked rice and dal mixture and cook for 10 minutes longer.

In a separate saucepan, sauté the seeds in the ghee until they pop. Then add the other spices. Stir together to release the flavours and then add the sautéed spices into mixture. Add the salt and chopped fresh coriander and serve.



GOLDEN MILLET SOUP

Millet is the beauty grain, it helps to improve the skin's elasticity. It is gluten-free, high in iron, copper, calcium, vitamin B, protein and also contains tryptophan - an amino acid which lowers appetite and helps in managing weight. The trick is adding something sour (lemon/lime juice or even tomatoes) to help remove the slightly bitter taste millet can have. This is one of the retreats most popular recipes.

- 200g millet
- 100g red lentils
- 1 tbsp coconut oil or ghee
- 2 tomatoes
- 2 carrots
- 1 cup of greens (kale or spinach)
- 1 leek or onion
- 2 cloves of garlic
- Spices: 1/4 tsp cumin, 3-4 kaffir lime leaves/1 lemon grass stick, 1/4 tsp asafoetida, 1/2 tsp cayenne pepper, 1 inch grated ginger, 1 tsp turmeric
- 400ml coconut milk
- juice of 1 lime
- bunch of fresh coriander
- 1 tbsp Himalayan salt
- 1/2 tsp black pepper
- 3-4 cups / 750-1000ml of boiled water

First soak the millet and red lentils for 1-24 hours in filtered water

Add all the spices and onion into a pot with coconut oil/ghee and cook for 1 minute then add the garlic for 30 seconds. Add the millet, lentils, veggies, coconut milk and cover with boiled water. Bring back to the boil, lower the heat and simmer for 20 minutes, adding more hot water if it's too thick. Add the stems of the coriander, saving the leaves for garnish. Squeeze the lime juice into the soup just before serving and garnish.



CLEANSING SOUP

- 1 tbsp olive oil
- 4 stalks celery, diced, approx. 1.5 cups
- 1 large head broccoli stems and tops, separated
- 1 tsp turmeric
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 6 cups / 1.5 litres vegetable stock
- 4-6 cups leafy greens (spinach, kale or chard)
- 1 tbsp pumpkin seeds (optional, for garnish)
- 3 tbsp almond butter

In a large pot over a medium heat, sauté the celery and broccoli stems for 5 minutes in olive oil. Add the turmeric, salt and pepper. Sauté for an additional 1 minute. Add the stock and broccoli florets, bring to a simmer and cook for 15 minutes or until broccoli is tender.

Add leafy greens and allow to wilt (about 1 minute).

Transfer the soup to a blender (or use an immersion blender directly in the pot) add almond butter and puree until smooth and creamy. Serve with a sprinkle of pumpkin seeds.



VEGETABLE ADAPTOGENS BROTH

- 2 carrots chopped
- 2 sticks of celery chopped
- 1 clove garlic, minced
- 1 tsp Regenerate Adaptogens Mix
- 1.5 litres water
- 1 tbsp miso paste
- 1/2 tsp sea salt
- 1/2 cup of dried shiitake mushrooms (optional but totally delicious) (Serves 4)

Heat water until just below boiling, then add all ingredients.

On lowest heat let it simmer for an hour.

Blend on high speed for several seconds until combined.

You can keep in small tupperware pots and keep in the freezer or just pour into a bowl and enjoy it fresh.



Green Gravy with roasted or steamed seasonal vegetables

- Half a bunch of coriander
- Half a bunch of parsley
- Half a bunch of mint
- 200 ml water
- 4 tbsp dark Tehini (sesame paste)
- 1/2 tsp sea salt A pinch of black pepper
- A pinch of cayenne chili
- 1 tbsp olive oil Juice of half a lemon
- 1 inch turmeric root (optional)

Place all in the blender till smooth. I love spreading it on roasted vegetable, salads etc. High in calcium, protein, iron, vitamin K, vitamin C, magnesium, anti oxidant, anti inflammatory and most importantly- delicious.