

AYUFORLIFE  
BY NANCY HUETTIG



SHAK RASAM –  
THE AYURVEDIC  
CLEANSING JUICE

---



---

# SPRING SEASON

---

Spring season is the ideal time of the year for a cleanse.



We all welcome the arrival of spring, the sigh of relief at the first shoots of the flowers, signs of warmer, lighter days are on the way.

New beginnings, the dawn in the wheel of the year, nature's had a good rest, promising fresh starts, blossoms; it's time for us to catch up!

Springtime invites us to detox our life from inside to outside from the accumulated Kapa in the wintertime.

Ayurveda brings understanding to our connection to the natural world; this ancient science highly advocates for living in sync with the seasons. It's the perfect time for spring cleaning, both in your body and the house, garden, and wardrobe.

When we honor the season, adapt our lifestyle, go with the flow using daily routines in a way that supports our health and wellbeing, in turn we balance our immune system, our digestive fire, and the state of our doshas. In the spring, it's especially important to balance Kapha because Kapha accumulates during winter which can create disease.

Adapting our daily routine, weaving some simple Ayurvedic principles, movement, nutrition, it's basic tender loving care following the knowing of each season's characteristics that helps us to prevent disorders.

This is the key that leads your body to thrive and we reap the benefits, our spirits match the spring, bright, refreshed and harmonious so you'll be flinging the windows open singing in no time!

Shak Rasam is a miraculous detoxifying juice perfect for spring cleanse.

---

# SPRING SEASON

---

Ease into spring. The time of new beginnings. Detox inside and outside.



Shak Rasam is green and bitter. Therefore it's cleansing. It moves the bowel. It cools you down. It helps you get rid of toxins and other extra baggage you've been carrying around in your body. It is superb in the spring and summer season.

For who?

- Diabetics
- Metabolic disorders
- Kapha imbalance - sluggishness, heaviness, excessive mucus in the body etc
- Those who need a detox - Spring cleanse
- Overheated or Pitta aggravated people - in the summer, with hyper-acidity etc.
- Pitta and/or Kapha constitutions for snacks between meals

Who should avoid it?

- Highly Vata aggravated people with excessive dryness, bloating, dry floating stool or constipation, never-ending cravings

When to consume?

- First thing in the morning
- Between meals as a snack
- In the evening when you are not hungry enough for dinner
- Whenever you are not hungry but have cravings for a snack

---

# SHAK RASAM

---

In Charak Samhita bitter taste is recommended for metabolic disorders, but any specific recipe is not given. Inspired by Charaka, this particular recipe is created and used for metabolic disorders.

Any changes made to this recipe might reduce the effectiveness.



**For each juice, add one ingredient from each of the below five categories in a blender or better slow press juicer and enjoy!**

**1. Brihatshak (big vegetable)**

Leafy greens, kale, spinach, artichoke, beetroot leaves, brussel sprouts, bottle gourd, white pumpkin, cucumber.

Choose one of these every day, so different vegetables are used

**2. Laghushak (small vegetable)**

Celery, coriander, parsley, mint, fennel leaves, ajwain leaves, oregano, basil, tulsi, sage, curry leaves. (use anything that is available)

**3 .Aushadh Dravya (medicinal value)**

Turmeric, ginger, cinnamon or Triphala powder (if constipation), wheatgrass

**4.Beejam (Nuts and seeds)**

Pumpkin seeds, melon seeds, char magaj (4 seeds, pumpkin, cucumber, watermelon, melon), almonds, cashews, walnut, chia, flaxseed, sunflower seeds, better to soak all nuts and seeds, (1 teaspoon) + lavanam (salt) – rock salt or ajwain to reduce gas

**5. Jambiram (citrus)**

Lemon/ lime

**6. Phalam (fruit)**

Low sugar fruit can be added, half an apple, half a beetroot, half a kiwi, half a guava, blueberry, small piece of papaya (medium glycemic), low glycemic index fruit should be use

# ENJOY! :-)

---

## FOOD IS MEDICINE

For more information and Ayurvedic wisdom get in touch with me for a [Free 30-minutes Discovery Call.](#)

Are you interested to join my Ayurveda & Yoga At-Home Spring Retreat or Ayurveda Spring Cleanse?

Check out my website:  
[www.nancyhuettig.com](http://www.nancyhuettig.com)

Thank you. :-)

With Love

Nancy Huettig - AyuForLife

