

# The Ayurvedic Detox

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YOUR HOLISTIC  
RESET, ANCIENT  
WISDOM FOR  
MODERN LIFE





# Foreword

WELCOME TO TAKING THE FIRST STEP TOWARD  
A MORE BALANCED, NOURISHED YOU.

## WHY WE NEED TO DETOX

In recent years it really came to dawn on me that we are living in a world that doesn't exactly support our well-being.

Our food is more processed than ever before. Our schedules are overloaded. Sleep is disrupted by screens. We numb emotions with caffeine in the morning, and with alcohol at night. We scroll instead of rest. Snack instead of feel. And somewhere along the way, we've normalised the symptoms: bloating, brain fog, burnout, broken sleep, mood swings, inflammation, fatigue.

We call this "normal life." But it's a form of disconnection, from our bodies, from nature, and from the wisdom we were all born with.

We are surrounded by signs that our way of living is not working. So many of us are struggling silently with fatigue, anxiety, poor sleep, bloating, burnout, or a vague sense that something just isn't right. It shows up in our bodies and in our moods. In our relationships. In how we eat and how we numb.

We medicate symptoms instead of asking questions. We treat illness after it arrives instead of learning how to prevent it. We've normalised being unwell, and we've made it easy to ignore the root cause. **They are signs. And they are telling us something is deeply off.**



# Introduction

## MY PERSONAL JOURNEY WITH DETOX

My twenties were pretty awesome. From the outside, it looked like I had it all together. A well paid job in Amsterdam's Business District (Zuid As), regular weekend city trips and party holidays all around the globe, heels clicking down the pavement, and a shiny Vespa that zipped me between meetings and after-work drinks.

I worked hard, played harder, and spent most weekends in clubs or at festivals, dancing till dawn, drinking, and occasionally taking recreational drugs to keep up with the rhythm. Caffeine kept me going through the week, fuelling long days of meetings and late nights preparing for the next big pitch. I even have a pair of custom-made Nikes that say *Disco Daffy* to prove it.

### THE DRUGSTORE DETOX

At some point, I started feeling more and more tired, and I thought, "Detoxing seems like a good idea to bring back my energy levels." So I picked up a little pack from the drugstore that promised a three-day detox. It came with tiny vials of peculiar drops; laxatives, that I'd squeeze into my water bottle and drink religiously, two litres a day. In the evening, I'd reward myself with a salad and call it health. By Thursday, I'd feel just light enough to show up to the office drinks and start the cycle all over again. It worked for a while. But these so-called detoxes left me depleted. I wasn't nourishing myself. I was draining what little I had left in the tank.

### FROM DISCO TO DETOX

The first time I tried an Ayurvedic detox, I entered with the same mindset I had brought to every other cleanse. Lose a bit of weight, tick the box, move on. And yes, I did lose weight. But something else happened. I started sleeping better. My energy returned. I felt lighter. Not just in my body, but in my being. It wasn't just a detox it felt like a remembering. A quiet shift that showed me my body was yearning for deep care. It had been waiting for me to listen.

That experience planted a seed. But I had to learn my lessons the hard way. It wasn't until life cracked me open through burnout, postnatal depression, and my son's health scare that Ayurveda truly became my lifeline. Not as a rigid set of rules, but as a way of living in balance. As a system rooted in prevention. As a path that offered healing where antidepressants could not. Ayurveda didn't just help me cope. It helped me recover. It brought me back to myself.

In Ayurveda, Vata dosha governs the period after birth. It's dry, cold, light, and mobile just like I had become. My first postpartum experience consisted of: raw foods, constant motion, no rest. I didn't know it then, but I was drying myself out. Physically. Emotionally. Energetically.

One morning, I woke up in tears, and I couldn't stop crying. I went to a therapist, and she was kind. But I knew this wasn't depression in the medical sense. This was depletion. A total absence of softness, nourishment, and support.

### PATH TO AYURVEDA

I found Ayurveda through yoga. I had been visiting a local yoga school, not because I was looking for something spiritual or life-changing, but because it gave me space to breathe. Space to move. Over time, I learned that yoga and Ayurveda are often called sister philosophies. While yoga is known for movement and meditation, Ayurveda brings the lifestyle and nourishment that completes the picture. One supports the mind and spirit through breath and discipline. The other supports the body through food, daily rhythm, and the senses. Together, they offer a way of living that is supportive, sustainable, and deeply personal.

What drew me in was how simple it felt. Not rigid. Not about doing more or following strict rules. Just little shifts that made sense. A warm meal instead of a cold salad.

# What is the Ayurvedic Detox?

## THE AYURVEDIC DETOX EXPLAINED

THE WORD DETOX IN MODERN CULTURE OFTEN CARRIES A SENSE OF URGENCY OR PUNISHMENT, SOMETHING TO FIX AFTER INDULGENCE OR TO PUSH THROUGH IN THE NAME OF WILLPOWER.

From juice cleanses to supplement regimens and fasting challenges, the mainstream approach to detoxification tends to focus on short-term, dramatic results. Ayurveda offers a fundamentally different perspective. In Ayurveda, detox is not about forcing the body to do something unnatural. It is about creating the ideal conditions for the body to do what it already knows how to do: cleanse, restore, and heal. A true Ayurvedic detox is not extreme. It is rhythmic, respectful, and rooted in the body's innate wisdom.

At its core, an Ayurvedic detox is a return. A return to simplicity, nourishment, and daily habits that support clarity and vitality. Rather than doing more, it is often about doing less, but doing it with deep intention. One of the most overlooked aspects of a true detox is the healing power of boredom. Boredom of the senses, of the gut, of the mind. In Ayurveda, this intentional simplicity is a form of medicine. No coffee, no sugar, no Netflix marathons, no intense schedules or emotionally stimulating foods. Just warm, nourishing meals, stillness, quiet routines, and a calm, uncluttered environment. It's not deprivation, it's an invitation to exhale.

## THE KITCHARI MONO DIET: BORE TO FEEL, BORE TO HEAL

The core tool used in many Ayurvedic cleanses is the mono diet, usually kitchari, a one-pot dish made from mung dal and basmati rice with gently spiced vegetables. By eating the same soothing, digestible meal over several days, we give the gut a break

# Choosing Your Detox

YOUR AYURVEDIC DETOX SHOULD  
GENTLY ALIGN WITH THE AMOUNT  
OF TIME YOU HAVE AVAILABLE,  
RESPECTING YOUR UNIQUE  
SCHEDULE AND COMMITMENTS.

Ayurveda emphasizes flexibility, adapting to your personal needs, your body's cues, and the natural rhythms of the seasons. Rather than adhering to a rigid timetable, your cleanse meets you exactly where you are, with consideration for the time you can comfortably dedicate always gently, respectfully, and with loving awareness.

Whether you have a full week, a long weekend, or simply one quiet day at home, there is a suitable detox pathway that fits your schedule, helping you feel lighter, clearer, and more connected.

One size does not fit all.  
Some days, one is enough.  
Other times, you need five or  
ten or a fully guided retreat  
where everything will be  
planned and guided by caring  
professionals.

The right detox is the one  
that honours your current  
season, your energy, and  
your capacity.



Find the Strength That Suits You. Not every warrior stands in a yoga pose. In Ayurveda, movement is medicine. But the kind that works best is personal. For some, it's sun salutations. For others, it's hiking, swimming or dancing in the kitchen. What matters is rhythm, breath and how you feel after. The best routine is the one you'll return to.



# Golden Breakfast Porridge

**A warm hug in a bowl. This porridge is creamy, gently spiced, and grounding; perfect for cool mornings when Vata needs calming and nourishment.**

SERVES 1

- |   |  |  |
|---|--|--|
| • 1 tsp ghee  | • ¼ tsp ground cardamom                                      | • 1 tsp chia seeds or ground flaxseeds (for topping)     |
| • ¼ cup rolled oats   | • Pinch of salt  |  |
| • 2 tbsp millet flakes  | • Pinch of black pepper                                      |  |
| • 1 tsp raisins   | • 1 tsp honey or maple syrup (optional, added after cooking) | <b>Optional topping:</b>                                 |
| • 1 cup plant-based milk (e.g., almond, oat, or soy for higher protein) | • 1 tbsp hemp seeds or chopped almonds (for topping)         | • ½ banana, sliced and gently fried in ghee until golden |
| • ¼ tsp ground turmeric   |  |  |
| • ½ tsp ground cinnamon   |  |  |

In a saucepan, melt the ghee gently over medium heat.

Add the oats, millet flakes, and raisins. Stir to coat them in the warm ghee.

Pour in the plant-based milk and bring to a gentle simmer. Cook for 5–7 minutes, stirring frequently, until soft.

Add the turmeric, cinnamon, cardamom, salt, and black pepper. Stir well until creamy and golden.

Remove from heat. Let it cool slightly before stirring in honey or maple syrup if using.

Top with hemp seeds or almonds, and a spoonful of chia or flaxseeds.

**Optional:** In a separate pan, heat a little extra ghee and gently fry slices of banana until golden, then place on top.

## Ayurvedic Side Note

Millet contains nearly 25% more protein than oats making this combination a smart and sustaining choice, especially in the morning when your body needs stable energy and strength to carry you through the day. In Ayurveda, we favour heavier, protein-rich meals earlier in the day when agni (digestive fire) is strongest, and lighter meals in the evening to support cellular repair and deep rest. Millet and oats are sweet, grounding grains that help stabilise Vata.

**Protein per serving:** 17–23g (depends on milk choice) **Calories per serving:** 310 kcal





# Roasted Butternut Squash with Broccoli, Pecan Nuts & Creamy Cashew-Lime Drizzle

**A vibrant and grounding dish to calm, nourish, and delight your senses. Perfect for chilly days, dry seasons, or any moment you need to reset.**

SERVES 2

- |   |  |   |
|---|--|---|
| • 1 small butternut squash, peeled and cut into small cubes | • A generous pinch of ground nutmeg                      | • ¼ cup water (plus more as needed)         |
| • 1 heaped cup small broccoli florets                       | • Salt to taste  | • ½ tsp ground cumin                        |
| • 2 tbsp ghee   |  | • 1 tbsp olive oil or more ghee             |
| • ¼ cup pecan nuts, roughly chopped and toasted             | <b>For the creamy cashew-lime drizzle:</b>               | • ½ tsp maple syrup or raw honey (optional) |
| • 1 tsp ground cinnamon                                     | • ½ cup soaked cashews (soak 2–4 hrs or boil for 10 min) | • Salt to taste                             |
|   | • Juice of ½ lime  |   |

## Roast the Butternut Squash:

Preheat the oven to 200 °C. Toss the squash cubes with 1 tbsp of melted ghee and a pinch of salt. Spread on a lined baking tray and roast for 25–30 minutes, until soft, golden, and slightly caramelised on the edges.

## Prepare the Broccoli:

Lightly steam the broccoli for 3–4 minutes, or sauté in the remaining ghee until bright green and just tender. Set aside.

## Make the Cashew-Lime Drizzle:

Blend all drizzle ingredients in a high-speed blender until silky smooth. Add a splash more water for a thinner texture, if needed.

## Warm and Combine:

In a wide pan, gently combine the roasted squash and steamed broccoli. Sprinkle in the cinnamon, nutmeg, and salt. Toss gently to coat with the warming spices.

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# Kitchari

## THE HOLY GRAIL OF AYURVEDIC DETOXING

Warm, simple and deeply nourishing, Kitchari is the holy grail of Ayurvedic detoxing. It is a one pot miracle that supports digestion, calms the nervous system and gently scrapes away the toxins known as ama that build up in our tissues and minds. We turn to Kitchari when we want to reset. Not just physically, but emotionally and energetically too. In a world full of variety and stimulation, Kitchari offers the opposite. Simplicity. Stillness. And a way to come home to ourselves.

Kitchari is traditionally made with split yellow mung dal and basmati rice, cooked gently with warming spices and vegetables that are easy to digest. It is intentionally soft, warm and nourishing. Light enough to give the digestive system a rest, but sustaining enough to carry you through the day. During a mono diet, which means eating the same dish repeatedly, Kitchari allows the body to use less energy on processing food and more energy on healing. But this dish is not just about what it removes. Kitchari also rebuilds. The combination of rice and lentils creates a complete protein. The ghee and spices support agni, your digestive fire. It restores clarity to the mind, strength to the body and calm to the nervous system.

Boredom is not emptiness,  
it is the space where creativity  
and clarity are born.

## YOU WILL GET BORED

You will get very bored and that is part of the practice. Especially if you are someone who finds joy in planning your next meal while still finishing breakfast. If food is your comfort, your rhythm, your escape, this phase of the detox will ask something different of you. Because Kitchari, eaten again and again, is not exciting. And that is intentional. Depending on whether you choose the 1 day, 5 day or 10 day detox, the experience of the mono diet will vary. In the 1 day version, the repetition can feel like a gentle reset. In the 5 day version, it becomes a true rhythm. But in the 10 day detox, the mono diet lasts for 6 full days, and that is where it can start to challenge you. Mentally. Emotionally. Habitually. And this is where the work begins.

We use food for so many reasons besides hunger. Even the healthiest choices can become emotional eating. A spoon of almond butter, a green smoothie, a date with tahini. These can offer that little burst of reward, a moment of control or comfort. We are not just eating nutrients. We are soothing something inside us.

But during this detox, we choose to pause that pattern. We step away from flavour chasing and from food as entertainment. We quiet the choices. We simplify the plate. And in doing so, we meet ourselves more clearly. We meet what is underneath the craving. We meet the discomfort. We meet the restlessness. And we learn that it can move through. This too is part of the detox. We are not just cleansing the body. We are creating space in the mind. And in that space, something steady and quiet begins to return.

## TRIDOSHIC BY NATURE

When Kitchari is made with balance in mind and not overly spiced, it is considered tridoshic. That means it is suitable for all doshas. It grounds Vata, cleanses Kapha and soothes Pitta. With a few simple tweaks, you can make it fit your season, your state, your body's current needs.