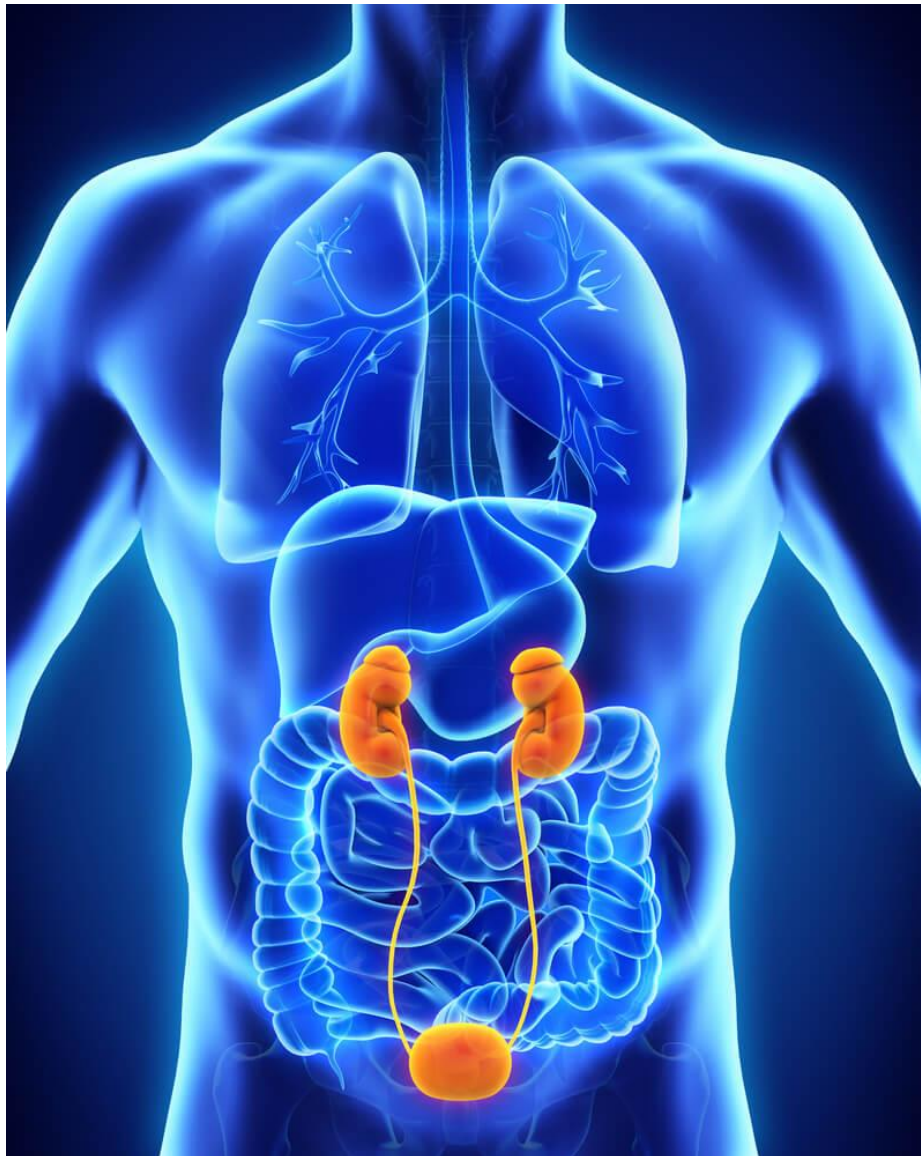


SHOPPING/ IMPLEMENTATION GUIDE

Do you want to Power Up Your Kidneys?
(Cleanse and Reclaim Your Kidneys)

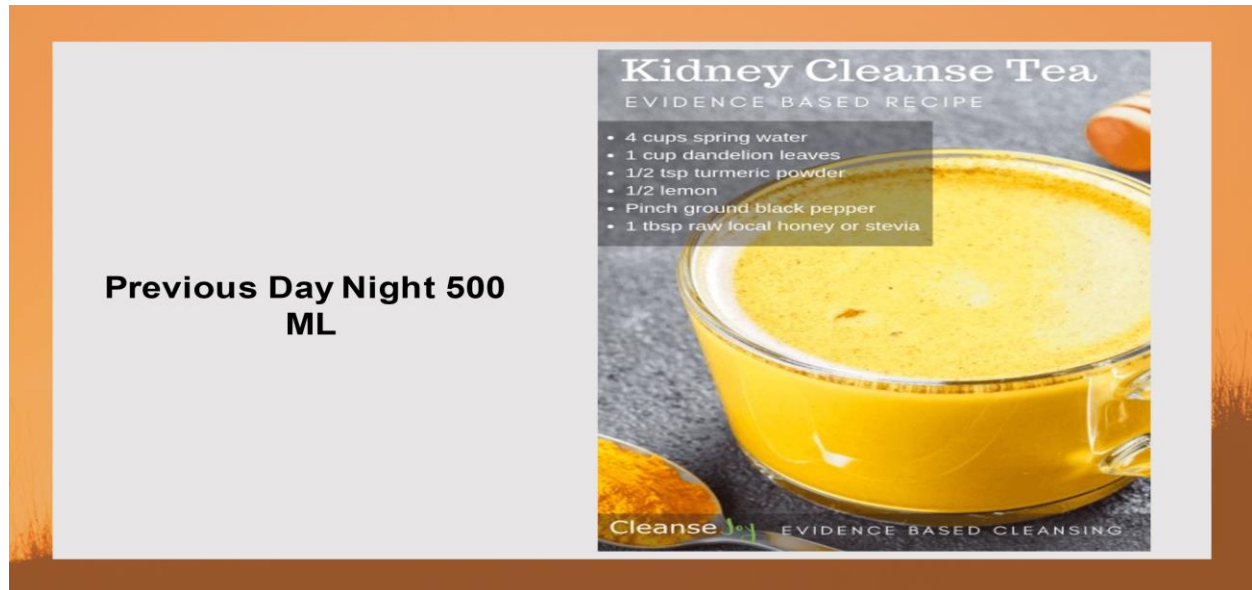


Dr. Rakesh Dashpute – Toxin Loss Expert

Buying list for Kidneys Detox Program –

SATURDAY DINNER SPECIAL REQUIREMENT –

Kidney Cleanse Tea : Natural Kidney Detox Flush Recipe –



Ingredients

- 4 cups spring/fresh water
- 1 cup dandelion leaves (crushed pieces) (□□□□□□□□ □□□□) / **coriander leaves**
- 1/2 tsp turmeric powder
- 1/2 lemon
- Pinch ground black pepper
- 1 tbsp fresh date syrup optional

Instructions

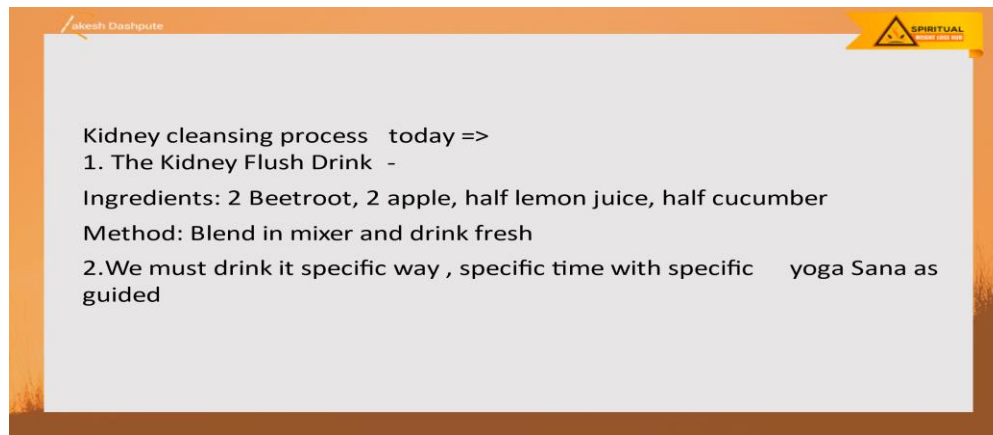
1. Crush dandelion/coriander leaves into small pieces, remove large stem.
2. Place the turmeric powder, ground black pepper and water in a small saucepan.
3. Heat for 5 minutes over medium heat until hot, but not boiling.
4. Remove from the heat.
5. Mix the tea and add the crushed dandelion/coriander leaves pieces.
6. Cover and allow to steep for 5 minutes.
7. Squeeze the juice of 1/2 organic lemon.
8. Strain and add the lemon juice.
9. Add date Syrup if needed and enjoy!
10. Drink it before going to bed.

SUNDAY WORKSHOP SPECIAL REQUIREMENT

1. kidney cleanse drink – (require during the session)

Directions: - Ingredients: 2 Beetroot, 2 apple, half lemon juice, half cucumber

Method: Blend in mixer and drink fresh @ 8:30 AM during workshop



Kidney cleansing process today =>

1. The Kidney Flush Drink -

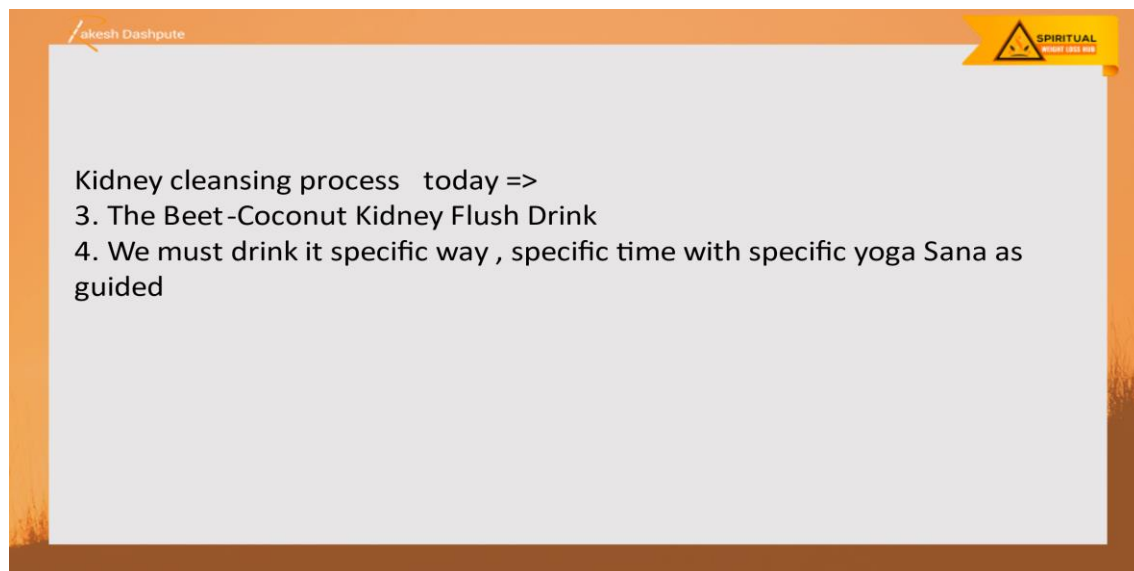
Ingredients: 2 Beetroot, 2 apple, half lemon juice, half cucumber

Method: Blend in mixer and drink fresh

2. We must drink it specific way , specific time with specific yoga Sana as guided

2. The Beet-Coconut Kidney Flush Drink

500 ml coconut water 1st then 100 ml beet juice – Drink it as per direction in class



Kidney cleansing process today =>

3. The Beet-Coconut Kidney Flush Drink
4. We must drink it specific way , specific time with specific yoga Sana as guided

- **Lunch:** kidney cleanse juice-



Ingredients

2 stalks celery/50 gm coriander

2 medium carrots

4 medium cucumbers

1 medium beet

1 medium apple

1 medium orange

instructions

Peel the beetroot.

Run the celery/coriander, carrots, cucumbers, beet, apple, and orange through a juicer.

Drink immediately.

Don't have time to make the kidney cleanse juice?

Another great option is to eat fresh ripe fruits with high water content. Watermelon, melons, cantaloupe, grapefruits, oranges, grapes are excellent choices. Always eat fruits on an empty stomach when you still didn't eat solid foods that day.

- **Afternoon:** kidney cleanse smoothie.

Kidney Cleanse Smoothie -



The purpose of the kidney cleanse smoothie is to continue and detox your kidneys, while also provide fluids, electrolytes, minerals, and essential nutrients to your body. The consistency of this smoothie is much thicker than the kidney cleanse juice, which many people enjoy. Especially considering the high amount of liquids you already had from the kidney cleanse drink and juice.

Ingredients: 1 cup of water (or less), 4 medium cucumbers with the skin, 2 cups of fresh pineapple

Method: Blend in mixer and drink fresh

Can't get fresh pineapple?

Other fresh berries such as blueberries, strawberries work great as well.

Do you like cinnamon?

Sprinkle a dash into the mix. This works very well.

Kidney Cleanse Diet – (Dinner: kidney cleanse meal)

Often overlooked, the kidney cleanse diet can help to boost the results and benefits of the cleanse. The diet focuses on kidney cleansing foods, but also limits foods or drinks that are high in toxins that can cause the kidneys to work harder in order to filter these toxins.

Here are the top guidelines for the kidney cleanse diet:

1. Eat foods with high water content. Fresh juicy fruits and veggies are excellent choices.
2. Limit sodium consumption.
3. Limit dry foods during the kidney cleanse.
4. Other problematic foods and drinks you may want to avoid eating during the cleanse include processed foods, meat, dairy, alcohol, beverages, and other artificial drinks.



The Detox Salad Your Gut Would Love -

Ingredients

- 1/2 medium head raw cabbage
- 2 medium raw carrots
- 1 small raw beetroot
- 2 cloves raw garlic
- 1-2 small hot cayenne peppers optional
- 1-2 tbsp raw apple cider vinegar if available
- 1 small lemon

- 4 tbsps olive oil unrefined cold pressed extra virgin
- 2 oz raw hemp seeds/ Sabja seeds/sesame seeds /pumpkin seeds
- Pink Himalayan salt to taste

Instructions

1. Peel the beetroot.
2. Shred the cabbage, carrots and beets. Place in a large bowl.
3. Add minced garlic.
4. Cut the hot peppers into small pieces. This is optional for spicy foods lovers.
5. Squeeze the juice of 1 lemon and add to the bowl.
6. Shake the apple cider vinegar bottle to mix the cloudy part at the bottom (the mother). Add organic raw unfiltered unpasteurized apple cider vinegar.(If available)
7. Add the olive oil and mix well.
8. Add the salt to balance the flavor.
9. Add the hemp seeds/ Sabja seeds/sesame seeds /pumpkin seeds and mix.

Notes

If possible, try to use as much organic & local ingredients as you can.

KRIYA REQUIREMENTS

- Cotton Cloth for dry Massage for pot nadi .

Have fun with your shopping! If you're not a shopper, you can likely find a meal delivery service to support you. We encourage you, however, to get up and go to the grocery store if you can. Remember, this is your opportunity to take charge of your health once and for all.

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