

■ AyuamritWellness – 24 Hour fasting Diet ■

24-Hour Therapeutic Detox Fasting Plan

■ Morning Detox (8:00 AM – 9:00 AM)

- 1) Warm Lemon Water + Pink Salt – Restores electrolytes
- 2) Jeera-Ajwain Water – Reduces bloating & acidity
- 3) Aloe Vera + Tulsi Water – Improves gut health
- 4) Green Tea (unsweetened) – Boosts metabolism
- 5) Fennel-Coriander Water – Cooling, aids digestion

■ Midday Detox (12:00 PM – 1:00 PM)

- 1) Tender Coconut Water – Natural electrolyte balance
- 2) Cucumber-Mint Infused Water – Refreshing & hydrating
- 3) Apple-Cinnamon Infusion – Controls sugar cravings
- 4) Lemon-Honey Water – Mild energy lift
- 5) Diluted Buttermilk – Probiotic, prevents acidity

■ Evening Detox (4:00 PM – 5:00 PM)

- 1) Ginger-Tulsi Tea – Immunity & digestion
- 2) Saunf Water – Cooling, relieves acidity
- 3) Vegetable Broth – Minerals + satiety
- 4) Hibiscus Tea – Antioxidant, fat metabolism support
- 5) Detox Mix Water – Lemon + mint + ginger slices

■ Night Detox (7:00 PM – 8:00 PM)

- 1) Warm Turmeric Water – Anti-inflammatory
- 2) Ajwain Water – Improves digestion overnight
- 3) Chamomile Tea (caffeine-free) – Calms body & aids sleep
- 4) Warm Jeera Water – Prevents gas & supports metabolism
- 5) Plain Warm Water – Hydration & cleansing

■ Why This Detox Works

- ✓ ■ Digestive rest → lowers inflammation & repairs gut lining
- ✓ ■ Fat mobilization → insulin drops, stored fat is used as fuel
- ✓ ■ Hydration & minerals → prevent weakness, flush toxins
- ✓ ■ Controlled energy → coconut water, broth, honey = mild fuel
- ✓ ■ Mind-body reset → improves clarity, reduces cravings, boosts discipline

■ Lifestyle Rules for Day 7

Avoid heavy exercise; light walking or yoga only

Rest well; practice 10–15 min meditation or pranayama

Spread detox drinks across the day (8–10 glasses)

If weakness occurs → take coconut water or buttermilk

Next morning → break fast with papaya + curd (small portion)

■ 'This fasting day is like giving your body a holiday. While you rest from food,

your body works silently — burning fat, cleansing toxins, and renewing energy.' – AyuamritWellness

