



Daily Detoxification Recommendation

Yogic definition: Even one cell does not listen to your will is considered as parasite - anti-being. If you have problems like 'I want to be integrated, I am not able to. I want to wake up but I am not able to, I want to be always active but I am not able to'- Be very clear your system has toxins and toxic parasites.

Hour of Day	Detoxification	Technique
Every morning before you go to the restroom	Just sit visualizing you are Paramshiva. Sit with that conscious declaration.	Once you wake up sit with declaration consciously at least for 3 minutes. Then proceed with your routine - go to the restroom, wash yourself, etc. Removes toxins that make us withdraw from life
Before brushing your teeth Jala Aushada:	Drink 1.5 liter energized water while chanting Mahavakya.	Process to energize: 1. Store the water in a copper water bottle the previous night. 2. Chant the mahavakya Om Nithyānanda Paramashivoham Ensure water is free from fluorides (Fluoride is known scientifically to calcify and block the Ajna - Third Eye - seat of all powers and Paramāśiva. Skip cumin, tulsi, pepper, fennel or any other cooling and flavours to your water.
Before Nithyānanda Yoga Neem Juice	Concentrated 100ml, or diluted 200ml.	Boil 4-5 Neem leaves (¼ tsp neem powder) in 1 cup of water. Cool and drink. Removes all the parasites from the bio memory, muscle memory which triggers fantasy visualization. Manifests as intense devotion - most sweetest sacred sentiment²⁴
After Nithyānanda Yoga Jaggery balls	<i>Ellum Velamum Sesame and</i> Jaggery balls Keep you very energetic and alive!	Per day 50 gms sesame; dry roast. Cool it down. Grind it coarse powder Organic Jaggery syrup 50gms (at room temperature). Or replace with powdered organic Jaggery Knead and roll as balls. Whole day you will be fresh without getting tired - energetic.



		Removes all the parasites, microbes that trigger tiredness and boredom and irritations.
After Nithyānanda Yoga	Lemon Honey Tea	200ml little warm water, 1tsp honey, ½ tsp lemon. 2 Pinches of Turmeric. Mix well.20
Late Morning Ideally after 2 hours of breakfast/meal	Herbal Juice (cold preparation, raw, savory or sweet)	Preparation time 5 mins, On the go 1. Grind any vegetable (1 part) of your choice with sufficient quantity of water (4-5 parts) (Beetroot, Carrot, White Pumpkin, or Argumbul leaves). Ginger optional. 2. Filter and Serve.
		If you prefer add sweetener organic jaggery, or for savory pinch of salt. Can be consumed plain. If you really can't consume freshly prepared juice, as a last option you may prepare in the morning and carry in the cool flask. Refrigeration can be avoided.
Early Evening After 2.5-3 hours of lunch / afternoon meal	Herbal Tea (hot preparation, cooked, sweet)	Preparation time: 5 minutes. Serving size: 1 cup Bring herbal leaves to a boil with 1 glass of water. Boil for another few minutes till it reduces to half. Filter and serve with honey or organic Jaggery to sweeten. Diabetic patients avoid jaggery or any other artificial sweetener. Either use combination of (Cinnamon, Fennel, Cloves Ajwain), or any of the following herbs: Adimaduram (Licorice), Karsilankanni (False Daisy), Ponanganni, Karpuravalli, Mango leaves or Tulsi leaves for various flavours. You may prepare in the morning and carry with you in thermoflask. Avoid heating in a microwave.
Just Before Bed	Haritaki One full teaspoon with one glass little warm water. If you can't swallow, you may take the Haritaki tablets (5)	Powder is best- heals the gums, especially if you have bleeding, anything in the gums/ mouth smell. Increases the oxygen level, 300% and cleanses the whole system ²⁵ .