Session 5: Cultivating Health for Life

Overview

Lesson 1: Eliminating Sources of Toxins
Lesson 2: Eating for Your Dosha Type
Lesson 3: Align with Nature’s Rhythms
Lesson 4: Lightness of Body and Soul

Week at a Glance

Now that you have taken the steps to detox, rest, and allow your body to rejuvenate, this session is dedicated to helping you to cultivate a lifestyle that will continue to support your health, happiness, and longevity. Here are a few of the areas we will focus on in this session:

- **Identify and clear out toxic exposures.** You have spent a lot of time eliminating accumulated toxins. In this session, we explore some of the hidden sources of toxicity that may be coming into your life—and how to eliminate them.

- **Deepen your understanding of your dosha.** One of the keys to maintain balance is making simple adjustments in your diet and daily routine during the change of seasons and major life transitions.

- **Reflect on your detox experience.** Bring awareness to how you have transformed your mind-body physiology and take time to honor yourself for your commitment and accomplishments.

Protocol

Here are some things we recommend doing this week to continue on your path of expanding health and well-being.

1. **Take the Well-being Assessment (Post-Detox).** Now that you have successfully completed the cleanse and allowed yourself time for rejuvenation, we encourage you to take the Well-being Assessment (Post-Detox). Observe the shifts you have made in your physical, emotional, and spiritual states. The Well-being Assessment (Post-Detox) is available in your Session 5 Resources.
2. **Take the Ama-Ojas Survey (Post-Detox).** At the start of the course, we suggested that you complete the Ama-Ojas Survey so that you could assess your levels of accumulated toxins (ama) and essential life energy (ojas). We invite you to take the Ama-Ojas Survey again to see how the cleansing process has helped you increase your ojas and decrease your ama. You can find the Ama-Ojas Survey (Post-Detox) in your Session 5 resources.

3. **Review your Dosha Quiz results.** Refresh your understanding of your individual mind-body type (dosha) by reviewing your Dosha Quiz results, which can be found in the left-side navigation menu. In this session you will learn more about your dosha type, including how to balance your dosha through your diet and seasonal routines.

4. **Visit the Community forum.** Take a moment to share your experiences and how you are feeling now that you have completed the cleanse. We would love to hear about the shifts you have experienced in the physical, emotional, and spiritual realms of your life.

**What Should I Eat This Week?**

The best diet is one you can maintain for life. The principles you have learned in the *Total Mind-Body Detox* provide a reliable guide for what you should eat today, tomorrow, and for years to come. Use the suggested recipes in your Recipe Booklet and experiment with some of the foods and spices recommended seasonally and for your unique mind-body type (dosha). Remember to include all six tastes in every meal and to focus on eating fresh, whole foods.
Session 5 Resources

Below are some helpful Resources available for Session 5.

Recommended Readings:

- Environmental Detox: How to Choose Safe Cleaning Products
- Five Environmental Toxins and How to Reduce Your Exposure
- Seven Toxins in Personal Products You Should Avoid
- Eliminate One Toxin at a Time
- Eat to Balance Your Mind-Body Type
- Choose Happiness over Rigidity
- Seasonal Routines and the Doshas
- Riding Nature’s Waves
- Celebrate Life

Exercises:

- Well-being Assessment (Post-Detox)
- Ama-Ojas Survey (Post-Detox)
- Protect the Environment and Your Health
- The Top Three Tastes to Balance Vata
- The Top Three Tastes to Balance Pitta
- The Top Three Tastes to Balance Kapha

Guided Meditations:

- Lightness of Being