



## FIVE WAYS TO DETOX THIS FALL USING THE SCIENCE OF AYURVEDA

### *Expert Advice from Shankara Ayurveda Spa at the Art of Living Retreat Center*

**Sept. 2015 - BOONE, N.C.** - After a summer filled with kids, vacation (we hope!), cookouts and sun, fall is the time to ease into a healthy routine. A detox based on the science of Ayurveda could be just what you need to make it through the shorter days and cooler temperatures ahead. To demystify the process of detoxing, Ayurvedic health educators from Shankara Ayurveda Spa at the Art of Living Retreat Center designed several retreats and opportunities this fall geared toward healthy cleanses.

“To protect your health all year, but particularly during the fall, it’s important to slow down, support your liver’s natural ability to remove toxins from the body, and take stock of the influences you allow into your life. The influences include the food you eat and the time you spend around electronics such as phones, TVs, and computers,” says Ayurveda Health Practitioner Lokesh Raturi.

Raturi is a globally renowned Ayurvedic doctor, as well as an expert on pulse diagnosis, reproductive health & maternal care, yoga and meditation. He’s one of the experts who lead the Panchakarma retreats at Shankara Ayurveda Spa, located near Boone, N.C. Raturi says fall is the best time to detox in order to help the body rejuvenate naturally, “An Ayurvedic detox is unique for each person per their body constitution as well any imbalance they may have such as age and body strength.”

A fall Ayurvedic detox consists of a pre-cleanse, main cleanse and post-cleanse. The pre-cleanse includes cleansing with diet, which allows undigested toxins to digest. Raturi explains this is to be followed by internal and external moisturizing with ghee (clarified butter) or oil, and body massage, which is known as Abhyanga. The detox process also includes:

- Following a khichari diet for five days to help dissolve toxins. Khichari is a dish made from rice and lentils. It’s known for the ability to detox the body and balance the body.
- Avoiding oily foods, overeating and a sedentary lifestyle.
- Slowing down and controlling stress. Adjust your schedule so you have time to prepare and eat meals in a relaxed manner.
- Specific yoga poses can help expedite the detoxification process. Deep stretches including Triangle Pose, Seated Forward Bend and Camel help relieve digestive problems like constipation.
- Drinking a glass of hot water before sleep.

Panchakarma can be incredibly useful during this seasonal transition because it gives the body extra strength to support itself for the seasons ahead. Shankara Ayurveda Spa’s last six-night [Panchakarma](#) Retreat of the season is Nov. 2-8. The course is customized to each person and includes 10 therapeutic Ayurvedic treatments, cooking demos, yoga, meditation, vegetarian meals, and take-home education & tools. A shorter version of Panchakarma is offered over three nights through the Taste of PK and there’s a two-night Detox & Restore Package; details on both offerings [here](#).

**About Shankara Ayurveda Spa at the Art of Living Retreat Center** - For those seeking physical and internal renewal on their journey toward greater self-awareness and happiness, Shankara Ayurveda Spa at the Art of Living Retreat Center provides a nurturing environment and service-oriented, educated staff. The relaxing mountaintop location near Boone, N.C. offers wellness adventurers a range of therapeutic Ayurvedic treatments and day or overnight programs perfect for those hoping to cultivate rejuvenation and inner growth. More on [artoflivingretreatcenter.org](http://artoflivingretreatcenter.org).

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