

7-Day Mind-Body-Soul Detox Protocol

This gentle detox is crafted to align your body, calm your mind, and nourish your soul. Each day blends intentional eating, mindful practices, and emotional clarity. You don't need supplements or fancy tools—just presence, plants, and a bit of journaling magic.

Day 1 – Ground

Focus: Begin your detox by grounding your energy and clearing space.

Actions:

- Warm lemon water on waking
- Diet: Chia pudding with berries + herbal tea
- Declutter one area of your space (physical or digital)
- 15-min barefoot walk on grass or soil
- Breathwork: Box breathing (4-4-4-4)
- Sleep by 10 PM

Day 2 – Nourish

Focus: Flood your system with nutrients and hydrate deeply.

Actions:

- Diet: Green smoothie (spinach, cucumber, flaxseed, ginger)
- Drink 2.5–3L of filtered water
- Plant-based meals: lentil soup, rainbow salad, roasted veg
- Herbal teas: Nettle or dandelion root
- Dry brushing before shower
- Gratitude journaling: write 3 things you're thankful for

Day 3 – Release

Focus: Release what no longer serves—physically and emotionally.

Actions:

- Diet: High-fiber meals like oats, chia, steamed greens, and soups
- Castor oil pack on liver (45 mins)
- 20-min walk or gentle yoga
- Write a letter to your past self — burn or tear it after reading aloud
- Abhyanga (self-massage with warm sesame or almond oil)

Day 4 – Cleanse

Focus: Support your liver, skin, and gut cleansing pathways.

Actions:

- Diet: Light meals like kitchari, brothy soups, steamed vegetables
- Fennel-cumin-coriander tea 3x/day
- Sweat therapy: hot Epsom salt bath or infrared sauna
- Digital detox: minimal screen time
- 5-min guided meditation focused on liver or gut cleansing

Day 5 – Reconnect

Focus: Reconnect to self, spirit, and your ‘why’.

Actions:

- Diet: Mindful, distraction-free meals. Include grounding foods like sweet potato, root veggies, and mung dal
- Silent morning (no phone or talking until 10 AM)
- Walk in nature or spend time near water
- Eat slowly, chew intentionally
- Write down your top 5 core values
- Call or voice-note someone who lifts your soul

Day 6 – Flow

Focus: Let your energy flow freely.

Actions:

- Diet: Light, hydrating meals—steamed vegetables, rice with ghee, tulsi or mint tea
- Start the day with 10 sun salutations
- Drink coconut water with mint (electrolytes)
- Dance to a favorite playlist for 15 mins
- Declutter apps or messages from your phone
- Evening breathwork: Nadi Shodhana (alternate nostril)

Day 7 – Integrate

Focus: Seal your detox and set your new rhythm.

Actions:

- Diet: Start with warm herbal water + 5 soaked almonds
- Meals: Mung bean soup, soft lentils, steamed greens, lightly sautéed tofu
- Reflect in your journal: What changed? What stayed? What felt good?
- Prepare your meals with love and intention
- Make a list of 3 habits you'll carry forward
- Evening herbal tea + candlelight bath
- Read a sacred text, spiritual book, or simply sit in stillness

Complete your 7 days by honoring how far you've come. You didn't just detox your body—you aligned your energy.

Book a consultation for personalized detox planning, integrative healing support, or chronic illness recovery.



Signature