

# HOME IS WHERE THE DETOX IS

Looking for ways to cleanse your system post the festive fervour? Here are a few ideas

With the long Diwali week just over, most of us can be held guilty of overindulging in festive fried food and sweets. This, clubbed with late night parties, consumption of alcohol; and stress, wears down the body and mind. This calls for detoxing the system, but there's no need to buy those expensive detox tea and herbs for it. Nutritionist and fitness consultant Munmun Ganeriwal, and founder of Yuktahaar, has a home plan that might just work.



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## GULKAND

If you are feeling acidic or bloated then start your day with a teaspoon of gulkand. Rich in probiotic bacteria, it is our traditional, therapeutic mixture that will help calm the overfed stomach that is affected due to excessive eating. This mixture of rose petals, sugar and herbs is the tastiest therapy one can reach out to get out of those post-Diwali binge blues.



## GOLDEN MILK

The liver is our first line of defence against all sorts of toxins. Traditional Ayurveda has long used turmeric to improve and regulate liver function. Rich in antioxidants and anti-inflammatory properties, the good old 'haldi doodh' is the ultimate immunity booster, which the body needs to protect itself from any infections. A glass of it at bedtime, boosts immunity and helps recover from fatigue.



## BUTTERMILK

Excessive eating along with alcoholic drinks and sleep deprivation ends up in ruining your gut flora and the intestinal mucus. *Chaas* (buttermilk) made with probiotic rich curd, water and spices like rock salt (*kaala namak*), asafoetida (*hing*) and cumin (*jeera*) will help improve your digestion, keep dehydration away and relieve you of acidity and constipation. It will help your intestines repair and recover.



## SUGARCANE

Alkaline in nature and loaded with soluble fibre, sugarcane juice is India's native detox drink. It boosts metabolism, reduces cholesterol and aids in weight loss. Since it has a low Glycemic Index, it is recommended for diabetics, and those with PCOD and insulin resistance too. Add some soaked sabja seeds to it, drink it up, preferably before 4pm.

(As told to Pooja Patel)

## ASANA TO THE RESCUE

Try the Supta Baddha Konasana, which helps to turn up the parasympathetic nervous system, sometimes called the 'rest and digest' response. Here's how to do it:

Lay flat on your back with a blanket or towel rolled up, lengthwise under your spine. Bring the soles of the feet together as close to the hips as possible. Keeping the soles of the feet together, let the knees fall open to the side. Support the outer leg with blankets or pillows under the thighs. Let everything go as long as you feel supported and rested and try to stay in the pose for 10-20 minutes.