



SPICE MIXES FOR
for
SPRING CLEANSING

Beautify Face Yoga

www.beautifyfaceyoga.com



Spice Blend for Restoring Digestion

ingredients

Ama (Toxin) Buster

1 tablespoon ginger powder

1 tablespoon cumin powder

1 tablespoon coriander powder

2 tablespoons ground mint leaves (ground in a coffee grinder or with a mortar and pestle)

2 tablespoons ground fennel seeds (ground in a coffee grinder or with a mortar and pestle)



Spring Restorative Spice Blend

ingredients

- 2 tablespoons cumin seeds (*cooling, supports toxin release*)
- 2 tablespoons coriander seeds (*cooling, fosters perspiration*)
- 5 whole black peppercorns (*warming, clearing*)
- 3 whole long pepper, aka pipali (*warming, clearing*)
- 3 whole cloves (*warming, nurtures liver*)
- 2 tablespoons ground turmeric (*warming, clearing*)
- 2 tablespoons ground ginger (*warming, clearing*)



Notes about spices during cleansing

- The nurturing elements of spices offer additional antioxidants when added to the foods that you eat.
- Spices help to clear and cleanse the gut
- Toning the liver is a wonderful by-product of the delicious flavor
- Combinations of cooling & warming spices aid the function of the body's digestive organs.
- Fostering the clearing of the gut mucosa, spices help to build nourished blood and body tissues.
- Use these spice blends as a chai tea or in warm milk as a nourishing end to the evening or beginning to the morning.
- Additions of honey and agave can help foster cleansing with palatable support of a sweet taste.