



SEASONAL DETOX GUIDE-OCTOBER

A PRIMER ON PERI)MENOPAUSE
MONTHLY RITUAL OF

CLEANSE





Hello Friend!

I am so grateful to have an interest in expanding your health and wellness with the principles of Ayurveda and natural beauty rituals! Inside this outline, you will find three recipes which are potent and notable for beautifying the body from the inside out.

As an Ayurveda Digestive Health Counselor and Face/Body Yoga Teacher, I see the connectivity with a holistic lifestyle and how we can leverage our diet to restore our health *and beauty* at the same time.

After all, that which fosters thrive, also amplifies our glow and beauty!

Why Cleanse?

TO RESTORE BALANCE IN YOUR BODY.





THREE RECIPES TO HELP YOU

Commune with your seasonal environment.

The following three recipes are a perfect addition to a ritual weekly cleanse for women in (peri)menopause. You see, when menses begins to wane and the transition into the next phase for our reproductive organs is to quiet and rest to allow our body to work other energetic ways like being a mentor, passionate, creative, artistic, aesthetic, and other natural ways of being.

A week of nurturance and indulging a simple meals to clear the digestion of toxins, and restore the ability to absorb nutrients and create better quality blood.. this is a good investment in your preventative health.

As you apply this 3-5-7 or 10 day ritual, you will discover new depths of energy, mental clarity, and ease in digestion.

The Experience

STEP ONE

Calendar your cleanse.

If you are beginning this ritual, I recommend calendaring a long weekend to begin adding a monthly cleanse to your experience. While you are at it, put the cleanse on the calendar for the next year. Extend the cleanse as you go so you can benefit from a cycle that matches the way your unique body works during the reproductive season of life.

STEP TWO

Be consistent.

Within 3-6 months, you will develop a rhythm that becomes you. You will crave this gentle weekend and begin desiring to expand to 5 and eventually the number of days that you naturally had your menses.

STEP THREE

Keep it simple.

The simpler the program, the easier to complete it. In a modern life, I recommend a simple plan to help you do it and enjoy the benefits of this experience. Add 1 smoothie, 1 soup, and 1 soft roasted vegetable meal to your menus and watch the magic happen in your body!

OUTCOMES: CLEAR SKIN, ROBUST HAIR, AND FEELINGS OF BALANCE.

The Recipes

TRY THESE FOR THE FALL AND ADD DEEP
NOURISHMENT IN YOUR LIFE AS YOU
RESEARCH RECIPES ON YOUR OWN!



Pumpkin Soup

FEEL FREE TO USE SMALL DELICATA OR ACORN SQUASH TO CREATE THIS SOUP IN A SMALL BATCH, ENSURING FRESHNESS.



Ingredients

1 small pumpkin, split and seeds/pulp removed
evoo
salt and pepper, to taste

Reserve spice mix that is toasted in a cast iron skillet until gently aromatic. Remove from pan:

cinnamon
ginger
turmeric
red chili flakes
cumin
coriander

Reserve a brewed tea with 1/4 cup of Greek Mountain tea with almost boiling water, steep for 5 - 7 minutes. Strain and reserve.

Preparation

1. Rub evoo onto split and cleaned pumpkin, place split side down onto parchment lined sheet pan. Bake in preheated oven at 350 degrees F for 20-30 minutes. Check with fork for doneness and cook longer, if needed.
2. When cooked, scrape pumpkin flesh away from skin.
3. Into a saucepan or larger soup pan, add pumpkin and drizzle in spices, and prepped aromatics (if desired). Warm gently in steeped tea. You can also use a vegetable stock or another liquid.
4. Use an immersible blender to blend until smooth.
5. Season to taste. Serve with roasted pumpkin seeds, sunflower seeds, and pomegranate seeds. Add a dollop of greek yogurt or another kinds of yogurt to add dimension to the plate.

Smoothie

USE SEASONAL SMOOTH ROOT VEGETABLES, OR YOUR FAVORITE FRUIT, YOGURTS, AND NUT BUTTERS.



Ingredients

Your favorite seasonal smoothie fruits, and vegetables like: cara cara oranges, oranges, roasted pumpkin, blue sweet potato, avocado, blueberries, strawberries, mango, or whatever you like in a smoothie.

Adding an omega blend product along with nut butters can help you feel sustained with this as a meal.

Add a protein powder like Juice Plus Complete or Perform can offer sustaining energy and help with tissue repair from exercise.

Be sure to check what is in season and add things like persimmons and pomegranates to your smoothie to help you gut align commune with the seasonal ingredients in your area

Preparation

1. Rub evoo onto split and cleaned pumpkin, place split side down onto parchment lined sheet pan. Bake in preheated oven at 350 degrees F for 20-30 minutes. Check with fork for doneness and cook longer, if needed.
2. When cooked, scrape pumpkin flesh away from skin.
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5. Season to taste. Serve with roasted pumpkin seeds, sunflower seeds, and pomegranate seeds. Add a dollop of greek yogurt or another kinds of yogurt to add dimension to the plate.

BE CAREFUL ADDING COCONUT INGREDIENTS TO YOUR SMOOTHIES IN THE NORTHERN HEMISPHERE. THIS CAN BE CONFUSING FOR THE BODY THAT IS NOT NEAR COCONUT TREES.



Soft-Roasted Veg

A VEGGIE BOWL CAN PROVIDE NEEDED SOFTNESS TO THE DIET WHILE FILLING YOU UP!

Ingredients

Clean and prep seasonal vegetables into even sizes.

Consider vegetables like:

Carrots

Cauliflower

Chard / Kale

Sweet potatoes

Yams

Seasonal squash

Parsnips

Fennel

Brussel Sprouts

Optional:

Fresh herbs

nuts and seeds for garnish

Avocado and seasonings like dukkha, sumac, and paprika can add a fun dimension to this simple meal

Preparation

1. Onto parchment-lined sheet pan, toss cleaned and prepped vegetables in evoo, season with salt, pepper, and any other seasonal spices you want to flavor with.
2. Roast the vegetables in a 350 degree oven for 20 minutes. Check for softness. When soft, remove the pan from the oven.
3. Toss in cleaned and prepped herbs and allow this to marry and render the herbal oils for a few moments on the warm pan.
4. Serve veg as part of a veggie bowl. Add any other ingredients you would like to make this simple meal have some flare

The Supplements

FOUNDATIONAL SUPPORT FOR
AGING WELL



Juice Plus supplements offer world class support to your diet to all you to benefit from fruit, veg, and omega blend sources which are harvested and cold-preserved to capture the nutrients at their exact peak of ripeness. Adding supplements to your diet when you are over 40 is good form! It isn't possible to get access to 30 fruits and vegetables at meal times.

If it is for you, please share your meal plans with me! I am a busy working mom and would welcome these!

Angela

In another part of my life, I worked in fine dining as a pastry chef, caterer, personal chef, and culinarian. The interest in Ayurveda, which offers a natural food base of slow dining unique for each person based upon their energetic qualities, also known as doshas, दोष.

I love bringing seasonal recipes to my work with 1:1 clients. Each person has a different kind of need within prescriptive food.



The Beautify Face Yoga Method

These recipes are part of a wellness lifestyle method to encourage beautification through your energetic lifestyle:

foods you eat and drink

the products you use on your body and face

the way you touch and exercise your face.

the exercise and rest you allow in your day

the way your space is set up



Thank You

YOU WILL RECEIVE AN EMAIL
WITH MONTHLY 3-RECIPE SIMPLE
IDEAS TO FRESHEN UP YOUR
BODY WITH CLEANSING FOODS.

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THANKS FOR BEING YOU!