



SEASONAL DETOX GUIDE - NOVEMBER

A PRIMER ON (PERI)MENOPAUSE
MONTHLY RITUAL OF

CLEANSE



DETOX

to a healthier you



Hello Friend!

I am so grateful you 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 for beautifying the body from the inside out.

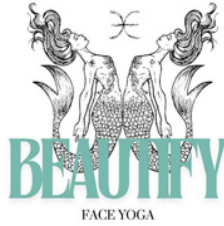
As an Ayurveda Digestive Health Counselor and Face/Body Yoga Teacher, I see the connectivity with a holistic lifestyle and how we can leverage our diet to restore our health *and beauty* at the same time.

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!



French Onion-Fennel Soup

ONIONS WARMS THE BLOOD AS WE MOVE INTO FALL. FENNEL AND ONION FOSTER DEEP CLEARING OF THE GUT.



THIS MAKES A SMALL BATCH FOR MOST FRESHNESS. DOUBLE IT IF YOU ARE SERVING TO MANY. THIS WILL MAKE ENOUGH FOR TWO SERVINGS.

Ingredients

This makes a small batch for most freshness. Double it if you are serving to many. This will make enough for two servings.

1 yellow onion, leek, shallot, or your favorite kind of onion, small chop.

1 fennel bulb, small chop
salt and pepper, to taste

2 Tbs Greek Mountain tea

1-2 Tbs of your favorite chopped herbs (rosemary, thyme, lemon thyme, oregano, marjoram).

- Reserve the cleaned scraps from onion and fennel, cover with 2 cups of water and add 2 Tbs of Greek mountain tea, simmer for 20 minutes, drain and use broth/tea for soup.

Preparation

1. Into a heavy bottomed pot, sauté the veg and season with salt and pepper.
2. Create the broth/tea as directed and reserve.
3. Deglaze the pan with the broth/tea and allow the soup to simmer until the veg is soft.
4. Add chopped herbs.
5. You can serve this way, topped with nutritional yeast and some beautiful herbs or greens atop.
6. If you do opt for traditional gruyère cheese, I recommend a tiny bit and then torched or broiled for a moment. * The cheese is not aligned with this clearing soup, but can still offer a healthier version of this traditional old-school recipe.

Spiced Pumpkin Smoothie Bowl

MAKE SOMETHING THAT YOU NORMALLY
EAT WITH A FORK - PUMPKIN PIE INTO A
SATISFYING TREAT THAT CURES THE
CRAVING THIS SEASON!



Ingredients

- 1 banana
- 1/2 cup of pumpkin puree
- 1/2 cup of your favorite milk or yogurt
- spices to taste: fresh or dried ginger, cinnamon, pumpkin pie spice, nutmeg, black pepper
- honey, maple syrup, agave to taste

Add toppings that you love:
granola, pepitas, other nuts, nut
butters, blueberries, coconut,
cranberries, be creative!

Preparation

1. Blend ingredients together.
2. Pour into a bowl.
3. Add your favorite toppings.
4. Enjoy

Did you know?

Pumpkin has a season and really shouldn't be eaten outside of fall and winter. Within Ayurveda, these kinds of squashes should be eaten in only in fall and winter season. The clearing quality helps our digestion during a time when fresh foods are limited to greens, potatoes, onions, and what else?

Pumpkin fortifies our body with vitamins A, C, and E, potassium, fiber, and immune boosting antioxidants to help protect our body, which also helps us beautify from the inside out!

Considered a diuretic, it can be a lovely addition to minimizing belly bloat!



Soft-Roasted Brussel Sprouts

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

Ingredients

Clean and prep into even sizes
Brussel Sprouts
Olive Oil
Salt and Pepper

Optional:
Fresh herbs

Preparation

1. Into a roasting pan or skillet, 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 brussels as part of a veggie bowl or add nuts and enjoy a wholesome one-ingredient meal.

Simple
meals can be
easy on a
taxed body.

The Supplements

FOUNDATIONAL SUPPORT FOR
AGING WELL



Juice Plus supplements offer world class support to your diet to allow 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.

Neutraceuticals like this can fortify your body and help you get into balance faster than simple diet and exercise. I have personally learned, through trial and error that supplementation can help everything *flow* with ease.

About Angela

In another part of my life, I worked in fine dining as a pastry chef, caterer, personal chef, and culinarian. My passion for Ayurveda offers a natural food base of slow dining unique for each person based upon their energetic qualities (known as doshas, दोष). This completeness in understanding of how food becomes our body has changed my health way in a profound way.

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 modern 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
- simple recipes prepared with love and attention help your body absorb foods better.



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!