



## SEASONAL DETOX GUIDE - FALL

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.

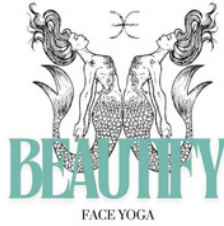
After all, that which fosters thrive, also amplifies our glow and beauty!

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# Why Cleanse?

TO RESTORE BALANCE IN YOUR BODY.





THREE RECIPES TO HELP YOU

# Commune with your seasonal environment.

The following 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.

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# The Experience

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## 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!

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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.



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

## 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.

# 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.



# Carrot-Ginger Soup

CARROTS HYDRATE THE BODY WITH AMAZING VEGETABLE OILS, ADDING GINGER AND TURMERIC TO THIS SOUP ENABLES YOU TO REALIZE RADIANT SKIN IN THE SUMMER FROM THE INSIDE OUT!



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 shallot, small chop
- 1 garlic clove, small chop
- 1-inch fresh garlic peeled, small chop
- 2-3 large carrots, medium dice
- 1/2 tsp turmeric fresh or dried
- salt and pepper, to taste
- 1-2 Tbs of your favorite chopped herbs (rosemary, thyme, lemon thyme, oregano, marjoram).
- 1 - 2 cups of liquid like water, vegetable stock or herbal tea
  - You can use a favorite brewed herbal tea as a liquid for this soup. Lemongrass green tea would be brilliant brewed and added just before you pureé the soup.

## Preparation

1. Into a heavy bottomed pot, sauté the veg and spices and season with salt and pepper.
2. Boil water or brew an herbal tea to use in the soup.
3. Deglaze the pan with water, vegetable stock, or herbal tea and allow the soup to simmer until the veg is soft.
4. Pureé soup with a blender.
5. Add chopped herbs.
6. You can serve this way, topped with nutritional yeast and some beautiful herbs or greens atop.

# 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. Blend ingredients together..
2. Enjoy

## Caution

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.

# 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!

# Tropical & Seasonal Fruit Smoothies

TROPICAL FRUITS CAN BE A HIGHLIGHT OF THE NORTH AMERICAN WINTER. INCORPORATE BANANAS, MANGO, AND PINEAPPLE ALONGSIDE THE SEASONAL FRUITS AVAILABLE LIKE APPLES INTO YOUR SMOOTHIES!



## Ingredients

- 1 banana
- 1 mango
- 1/2 cup of your favorite milk or yogurt
- spices to taste: fresh or dried ginger, cardamom, nutmeg, black pepper

Add toppings that you love: granola, pepitas, cranberries, pomegranate seeds.

## Preparation

1. Blend ingredients together.
2. Pour into a beautiful glass or tumbler.
3. Add your favorite toppings.
4. Enjoy



## Did you know?

Mango has loads of Vitamin C, antioxidants, and naturally occurring retinol! From the inside out, you can smoothen and clear skin with these potent skin clarifying agents.

Bananas have antioxidants, silica which helps boost collagen production, as well as potassium and B6 which can facilitate moisturizing skin from the inside out.

**BONUS:** Banana peel contains lutein, which may hydrate, brighten, and soothe skin when the peels are applied or gently rubbed onto the skin.



# Soft-Roasted Veg

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.





# Soft-Roasted Brussel Sprouts

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Olive Oil

Salt and Pepper

Optional:

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## Preparation

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2. Roast the vegetables in a 350 degree oven for 20 minutes. Check for softness. When soft, remove the pan from the oven.
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# Simply Steamed Greens

ADD YOUR FAVORITE SEASONING AND THIS CAN BE A SIMPLE MEAL WHILE HONORING THE ADDITIONAL MOISTURE YOU ADD WITH STEAMING THE GREENS.

## Ingredients

Clean and prep greens  
Seasonings like salt, pepper, fenugreek, cumin, coriander, fennel

Optional:  
Fresh herbs

## Preparation

1. Into a bamboo steam basket, add as many cleaned greens that will fit.
2. Steam for 2 - 5 minutes. This may go very quickly, so check the progress after 2 minutes.
3. Serve over rice, with bread, or your favorite healthy starch.
4. Season to suit your taste. You can add ferments like kimchee, chiles, or soy sauce, just to name a few!
5. Let me know what you come up with!

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 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.

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

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THANKS FOR BEING YOU!