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Introduction



Welcome to AYD Holistic's Seasonal fast! We have built years of experience between each of your facilitators into creating something to assist you the best we are able. Fasting or detoxing can be a easy or as difficult as one makes it. It can be one day or many. It's your intention behind resting and

releasing which will allow you to accomplish your individual goals. Fasting embodies both a Spiritual and Physical commitment to your goals. Whether it be to release toxicity in your life, body, mind or spirit. It will always be a transformative process. Some of us desire a catalyst (ignitor) for the change we want in our lives. Some need support to return back to the discipline we once had. Then there are those of us whom have gone on this journey alone and desire support and companionship as motivation to keep going. The Journey is never over. There is no finish line. **So remember to celebrate yourself along the way!**

Furthermore, *if you can only commit a meal or a day or 3 days.* Sit in that. Give yourself that, especially if this is the beginning of your journey. Do not wallow in self-pity, doubt or "failure". These are pointless emotional responses to resistance. Push through. Choose better the next meal or the next day. Remember, success is not measured by how many times you get knocked down, but how many more you choose to get back up! **ALWAYS KEEP FIGHTING FOR YOU. You, are worth it.**



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Purpose

Each Fast is centered upon principles of releasing, healing and transforming into our best selves. We are aligning with the energy of each season to amplify our collective actions of releasing energy, people, and ideas that no longer serve us. This is a group fast. **We will work as a collective to encourage and support each other through this journey.** Greatly inspired by our first fast during December- January of 2018-19, we found that several themes arose, and will likely continue in our course of healing. We were given the opportunity to tap into the healing needs of the Divine Feminine during our Winter Fast. A group of 10 women came together to work through aspects which have plagued the Feminine experience for entirely too long. Thus, why our focus of the first fast this year will be on the male principle with whom we are aligned with in more ways than one. This journey together is just the beginning. We are embarking on health and wholeness for generations to come.

Time Frame & Themes

March 20th-April 20th: Healing The Divine Masculine

June 21st-July 21st: Healing Communication & Financial Blockages

September 23rd-October 23rd: How to Heal From Limiting Beliefs

December 21st- January 21st: Creating Healthy Boundaries During the Holidays

(You have a 5 day late registration window for the holiday season, Dec. 26th is the last day to join)



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Duration: 30 Days

Participant Requirements/ Commitment

1. A Maximum five minute video or Paragraph

- In this video we would like for you tell us a little background on you. We would also like for you to share why you are doing this fast, share what you are hoping to overcome and gain from the fast. We would also like for you to state your personal commitment that you are making to yourself and the group during this fast so that we can all be in agreement with you.

2. Beginning/Ending Picture to compare results

- Pictures are best to compare results over weigh-ins (especially for women) please take the photo in the same clothes if you are able. You can also measure your body for better idea of results as well.

3. Monetary Contribution (love offering upon completion)

- At the end of the fast we would like to extend all participants to show their appreciation for the support they received from their fast facilitators through whatever amount you are lead to give.

4. Your commitment

- We would like to support you fully in this part of your journey to your best self. **So we ask that you only commit to this fast if you intend to see it to completion.** We intend to put our pure energy into this group and we simply ask that you be accountable to your commitment.



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Facilitators Requirements/ Commitment

1. Personalized herbal regiments customized to fit your needs
2. Weekly Conference call with facilitators and participants
3. Daily check-ins and encouragement via group messenger
4. Suggested Recipes
5. Herbal Knowledge Articles
6. Weekly Meditation
7. And so much more

Get to know Your Facilitators

PUR Bliss - is a multi-talented healer who aspires to create a spark of hope in every individual that she meets. She is a self taught Yogini and Plant- Based Chef who is working toward a certification as a Detox Therapist. Co-Owner of AYD Holistic Wellness & Womb Wellness and Owner of PUR Bliss Meals, which was created through her desire and passion to re-educate her community on how to life happy, healthy, sustainable, affordable lifestyles. PUR's goal is to show people that everyone deserves to and can live their best lives.

T. Luna - is a lover, nurturer and healer of self and those she loves deeply. She holds a Master of Divinity, and is a certified Kemetic Reiki Therapist, Certified Womb Wellness specialist, trained full spectrum Doula, is working towards her certification as a Natural Health and Wellness Consultant, and has most recently completed training and certification as an Emotional Wellness Facilitator. Owner and Consultant of AYD Holistic Wellness & Womb Wellness/Fruits of Mother Earth Holistic Birth Support. She is also an ever evolving being, apart of the new wave of Ascended Beings. What she offers is a part of the work she is grateful to bring to assist the World towards healing.

[Our guest facilitators change per session and will be updated online]

Ankh Udja Seneb



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Fasting Levels

<u>LEVEL</u>	<u>TYPE</u>	<u>DESCRIPTION</u>	<u>REQUIREMENTS</u>
Beginner Level	Fast Enthusiast	This level is for the people who are interesting in the fasting process but not necessarily ready to do a food commitment.	fast from an activity, place, or person that is either no longer serving you or causing you a lot of stress during the course of this fast. Recommendation Implement some fast additives and supplements [suggestions: fast from white breads, sugars and rice. Recreational vices. Social media. Television. Shopping. etc]
Intermediate Level	Veggie Tester	This level is for someone who is curious about the power of plants and would like to do a test drive of the plant- based life.	*min 2 days a week *maximum 30 days
Advanced Level	Raw life	This level is for those who are comfortable with the no meat lifestyle but are looking to give their bodies a deeper cleanse.	*min 2 days a week *maximum 30 days
Expert Level	Straight Juicin	This level is for the more advanced faster and is not recommended for your first fast, however it will give you the best results.	*min 2 days a week *maximum 30 days



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Recommended Schedule

We recognize that not everyone will be able to follow this schedule due to previous commitments. Please do your best to make this work for you.

<u>Time of Day</u>	<u>Practice</u>	<u>Regimen</u>	<u>Activity</u>
AM	Start the day with meditation, setting your intentions for the fast.	If you need to break your fast do so with a smoothie or fruit.	Drink your morning tea Continue With normal schedule.
Lunch	Meditate on how your day is going so far. Find gratitude in today	Follow regiment for your level.	Drink you lunch tea
Evening	Journal about you day and reflect on how you strive further towards your goal or farther away from it.	Follow regiment for your level.	Do some light exercises
Bedtime	Have your night tea and begin to follow the night regiment.		



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Nighttime Repair

***This nightly Regimen is designed to prepare the body for detoxing proficiently while your sleep. Please implement what you feel most comfortable with. The body detoxes most efficiently while at rest/sleep, between the hours of 1am to 7am. Getting sleep during these hours will benefit you greatly. ***

Detoxing Options

Enemas

Implementing enemas into your fast will help your body to rid itself of toxins. As we are cleansing our body in whatever form that we choose to it is important to assist the body in releasing in the most efficient manner.

DAY	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
HERBS	Cape Aloe, Cascara Sagrada	Comfrey (1 cup), Molasses (1 cup)	Valerian , Catnip	Repeat Day 1	Repeat Day 2	Repeat Day 3

Suggested Enemas Regiment: (Remember you do not have to do it back to back!!)

***min : 1x a week**

***maximum: 4× a week(taking a week in between)**



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Baths:

The Proper way to Take a Bath:

Take a shower as hot as you can take it while you are running your bath. Try to run your bath a little hotter than your shower. You do not want to be dirty when you go into the herbal bath and you also want to allow your pores to open up to ensure that you are getting the most out of the bath. After you are finished in the bath immediately take a shower as cold as you can handle it in order to close your pores and lock in the nutrients that you just fed your body. This last step is also significant in assisting the body with regulating back to its normal and also assisting with the prevent of any cold or flu-like systems.

TYPE	INGREDIENTS	PURPOSE	HOW OFTEN
Epsom Salt Bath	3 cups Epsom Salt 1-3 cup Apple Cider Vinegar or Fresh Lemon Juice 5tbs to 2 cups of baking soda ¼ cups coconut oil	Clearing and detoxing body and energetic field	Min: 1× a week Max: everyday 15-20 Mins Drink Water during and after
Herbal Cleansing Bath	Mustard Powder: 3tbs Horseradish Powder: 3tbs Ginger Powder: 3tbs Clove Powder: 3tbd Hyssop: 1 cup	Clearing and detoxing body and energetic field	Min: 1× a week Max: everyday 15-20 Mins Drink Water during and after
Aloe Vera Spnge Bath	Aloe Vera Juice or Aloe Plant	Quick option. Aloe Vera Juice and preferably a natural sponge:rub the aloes vera on your body after you have cleansed yourself. Let it sit for at least 5 mins and Wash it off.	Min: 1× a week Max: everyday Great for irritations or breakouts, soreness or arthritis.



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Eye Cleanse

DIY Recipe

½ tsp Eyebright

½ tsp Goldenseal Root

Instructions: Let Goldenseal Root simmer for one hour in 2 cups of distilled water, then turn off heat and add Eyebright. Let mixture steep for an hour or more. Then strain. Pour in a glass container and put in the refrigerator. Let sit overnight then strain mixture again through cotton gauze or cheesecloth. Pour into a brown (amber) eyedropper bottle. Use herbal eye drops as often as desired to give your eyes a cleansing bath.

Herb to buy:

Eyebright Drops

Follow the directed guide on the bottle but you can use them whenever you want to give your eyes a cleansing bath.

Mouth Detox

What to buy: It is good to get a toothpaste with activated charcoal in it. Activated charcoal has loads of benefits for your teeth. Some of the benefits are whitening of the teeth and aiding in the removal of toxins. Also, if you experience gas, you can ingest 2 tps of activated charcoal to aid with this.

DIY Recipe:

Toothpaste:

1 Tbsp Aluminum Free Baking Soda

6 tbsp Coconut Oil

4 tbsp Bentonite Clay

2 tbsp Activated Charcoal

10 drops of Thieves Blend Essential Oil

10 drops of Orange Essential Oil



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Mouthwash

½ cup Water

1 tsp Coconut oil

2 drops peppermint oil(also tea tree oil or peppermint)

Pinch of salt

Top & Bottom Detox

Face/Foot Detox: Activated Charcoal Mask

Ingredients:

1 cup Coconut oil

2 tablespoons Baking Soda

3 tablespoons activated charcoal

REMEMBER:Your body will be releasing a lot of toxin through the skin, seeing that it is the largest organ in your body. You may notice that your skin starts to break out and your body odor start to change. These are both normal and can be easily managed with this face mask.

Min: 1x a week

Max: 4x a week(every other day)



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Recommended Herbal Assistance

Purpose	Herbs
Mental Clarity	Gotu Kola Calamus Bromine Lemon Balm
Mood Balancer	Passion Flower & Oat Straw Ashwagandha Ginseng
Appetite Suppressants	Chickweed Blibery Bitter Melon
Energizer	Ginseng Daminia Maca Powder/Root
Sleep Aid	Valerian Chamomile Peppermint Lavender Hops

(For more information on specific herbs please contact one of the Fast Facilitators.)