

The **HOT** WATER Routine

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An Easy, Inexpensive Way to Lose Weight & Release Toxins

A Brief History

When Dr. Raju, one of the world's most famous Ayurvedic physicians first came to the United States, he was overwhelmed by the amount of *ama* (undigested food or emotions, loosely called toxins) in the pulses of Americans. He was at a loss to know what to do, because in the 1980s Ayurveda was almost unheard in this country.

Dr. Raju remembered an instruction from his grandfather who had inspired him to become an Ayurvedic physician. This instruction was based on the famous classical Ayurvedic text, the *Charaka Samhita* in which it states that taking hot water improves the digestion and cold water hinders it. Dr. Raju decided to give this a try and started many of his patients on a routine of sipping hot water throughout the day. He continued to travel the world and the next time he returned to the United States, he was very pleased to find much lower levels of *ama* in those patients who had been doing the Hot Water Routine on a daily basis.

There is a story of one of the people that Dr. Raju met at a restaurant. She was his waitress, and was concerned that she was unable to lose weight. He recommended only this hot water routine to her, with no other dietary changes. A year later he came back to the same restaurant and this waitress had lost so much weight he did not recognize her, and she stated that this was the only change she had made in her daily routine. (There is no guarantee that this will have the same affect on everyone, but for her this was the perfect way to help her body release toxins which were preventing weight loss for her.)

Some other benefits from the Hot water routine include lymphatic decongestion including the

lymphatics, flushing the lymphatics of the intestinal walls, cellular detoxification, and stimulating deep cellular rehydration.

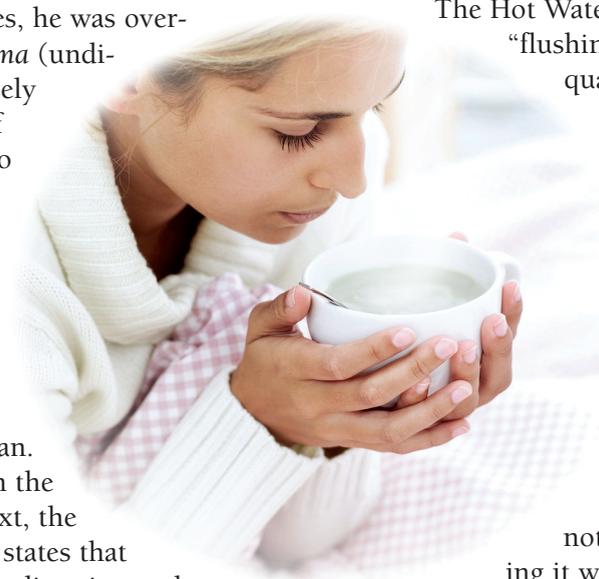
The Routine

The Hot Water Routine is not based on “flushing” out the toxins with large quantities of water. Instead, it is based on the effect of warm water on the tongue. This stimulates digestion. Through stimulating and enhancing the digestion two things occur. First, whatever food you take during the day is processed better, decreasing the likelihood that you will produce *ama*. Second, when the digestion is not working on a meal, stimulating it will cause it to “burn” up old *ama*. Thus, it is really the effect of warm, wet water on the tongue that is responsible for most of the effect of the Hot Water Routine.

Instructions

- 1) Bring water completely to a boil and place it in a thermos (a one-quart thermos is ideal).
- 2) Take a sip on this every half hour throughout the day (more can be taken if you like).
- 3) Stop at 6 PM so that you do not have to be up in the night to urinate.
- 4) If you are dealing with any digestive disturbances, place the following spices in the thermos with the water, letting them steep the whole day as you drink: 1 tsp. fennel seeds, ¼ tsp. coriander seeds, and ¼ tsp. cumin seeds. ■

Dr. Heidi Chapnick operates *Chirovedic Chiropractic and Nutrition*, which offers gentle Chiropractic, Network Spinal Analysis, Ayurvedic Counseling and Nutritional and Lifestyle Coaching in West Billings. (See ad, upper right, for contact info.)





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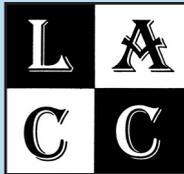
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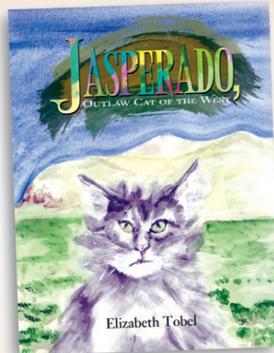
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