

# Ayurvedic Sugar-Cleanse Therapy:



- most of us could use this!
- refined sugars and overindulgence of sweet taste both combine to severely limit immunity, stimulate yeast proliferation, and feed mutating cells
- try the following over one month to help your cravings realign to your best interests
  - soak 1 tsp of fenugreek seeds in 2oz water overnight
  - crunch them down with the soaking water first thing in the morning, after 8-12oz warm water, straight
  - daily: take 1L of water spiked with the juice of 1 whole lemon in a water bottle with you – drink the whole thing

*Recipe courtesy Matthew Remski of Renaissance Yoga and Ayurveda. Visit [yocoto.org](http://yocoto.org) for more...*

---

**Yoga Community Toronto** is member based organization designed to collectively serve and support the Toronto yoga community.

## **Membership Benefits include:**

Full access to Yoga Festival Toronto every August, Discounts at affiliated studios, Fall Roundtable Discussion, Spring Lecture, Listing in YOCOTO online network, Monthly support group meetings for students, teachers, Annual Networking Party.

Yearly Membership: \$285 plus tax.

Yoga Festival Toronto, August 20-22<sup>nd</sup>

**YOCOTO.ORG**