

Why?



## *Why Panchakarma?*

Eliminates toxins and toxic conditions from your body and mind.

Goal: Balance the doshas to create perfect health!

### *Why Kitchari?*

~Simplifies digestion.

### *Why Oleation? (Ghee; Flax Oil)*

~Softens the organs/tissue to release toxins.

### *Why Abyhanga?*

~Loosens & moves toxins from tissue.

### *Why Basti?*

~It cleanses and detoxifies the body via the colon.

