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For Immediate Release

Lighten Up with Ayurvedic Detox Formulas for Spring

Spring clean the body with Ayurvedic Herbal Formulas ideal for the “kapha” time of year

REDMOND, WA (January 4, 2011) –[Ayurveda](#), the ancient system of healing from India recognizes spring as the ideal time to detox one’s body after a long winter of eating heavy foods.

In Ayurveda, spring is considered the “kapha” time of year, when the elements of water and earth are dominant, creating mud in the environment, mirrored in the human body as **lethargy, sleepiness, difficulty losing weight, tendency towards colds and phlegm.**

Dr. Virender Sodhi, one of the top Ayurvedic MDs in the U.S. and president of [R-U-VED Herbs](#), recommends rebalancing one’s body by switching to a lighter diet in the spring including cleansing foods such as sprouts and leafy greens; eliminating heavier foods such as cheese and wheat; taking herbs that facilitate the detox effort; and eating a diet for anywhere from three days to two weeks of [kichadi](#), an Ayurvedic dish that gently cleanses and nourishes the body.

R-U-VED’s [Triphala](#) and [Livtone](#) are two key herbal formulas for jump starting a detox program.

Good health begins and ends with digestion, and Triphala is one of the best-known and most revered Ayurvedic formulas for supporting it. The herbal combination in Triphala (Amalaki, Bahera and Haritaki) has been considered the secret to longevity and robust health in Ayurveda for centuries. It comes in a bottle of 60 vegetarian capsules. MSRP: \$15.70.

The liver is the largest glandular organ and has more functions than any other organ. “Because of the significant role the liver plays in maintaining health, we must do all we can to keep it functioning properly,” explains Dr. Sodhi. Livtone consists of sixteen herbs known for liver-supporting and detoxifying properties, and comes in a bottle of 60 vegetarian capsules. MSRP: \$18.80.



To further support one's body, R-U-VED also offers Kapha Tea and Spice blends to help decrease sluggishness and congestion, common in the springtime. The teas come in a box of 24 tea bags - MSRP: \$5.98, and the spice in a three-ounce shaker - MSRP: \$4.59.

Other R-U-VED items beneficial for a spring cleanse include Kapha body oil for a detoxing self-massage and Trikatu digestive herbs to rekindle digestive fires.

R-U-VED Products can be found at natural food stores nationwide or at www.ruved.net.

Founded in 1988, R-U-VED is the only Ayurvedic herb company in the U.S. owned and operated by practicing Ayurvedic physicians, who also cultivate the medicinal herbs offered to ensure the utmost in quality and safety standards. Wildcrafted and/or organic, all R-U-VED herbs are manufactured in an ISO and GMP approved facility. R-U-VED is a division of Ayush Herbs, and is located at 2239 152nd Avenue NE; Redmond, WA 98052. Contact the company at (800) 925-1371 or visit www.ruved.net. Editors seeking more information, samples or images may contact Holly Padove at holly@thepressroom.com or (805) 773-1000.

