

Why?



PK at Home.

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.



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