



# Pankaj Krishna's Nature Bright 21-Day (Starting from 22nd July'24) Challenge

## Why

- Reverse Multiple Ailments: All Diseases are Linked.
- Naturopathy and fasting are holistic healing processes. For example, a skin issue is not merely a problem with the skin; rather, it reflects the health of the gut. Once the gut is cleansed, the skin naturally glows. The same principle applies to all lifestyle diseases!

## How

- By cleansing the gut: you will reduce your waistline by 2 to 8 inches over the 21 days, depending on your current state and body type.
- Having a leaner structure: is a side effect of this process, resulting in weight loss of 5 to 14 kilograms over the 21 days, depending on your current state and body type.

Remember, if you are underweight, follow the protocol accordingly. The body self-adjusts. Raw food helps lose fat for overweight individuals, while the same raw food helps gain weight for the underweight. The type of raw food depends on your Dosha! Make sure you wash the pesticides off the raw fruits and veggies.

# Process

- Register your name in the Group.
- Complete your online test at [www.pankajkrishna.com](http://www.pankajkrishna.com) to identify your body type.
- Each body is unique – follow the protocol for your body type: Kapha / Pitta / Vata. One size does NOT fit all – we provide a unique plan for each body type rather than a GM / AM / PM plan!
- Ensure you have a cold press juicer (blenders will not do).
- Ensure you have attended at least one PRE-briefing session for your customized diet plan over the 21 days.
- Take a before picture of yourself now and another after 21 days – preferably wearing the same clothes and in the same location / camera angle.

- You may attend the daily briefing sessions at 7 pm IST for Q&A.

[https://us02web.zoom.us/j/83285832814?](https://us02web.zoom.us/j/83285832814?pwd=dnlmbUpVaVRGMctnajY0QTZrM3dHdz09)

[pwd=dnlmbUpVaVRGMctnajY0QTZrM3dHdz09](https://us02web.zoom.us/j/83285832814?pwd=dnlmbUpVaVRGMctnajY0QTZrM3dHdz09)

Meeting ID: 832 8583 2814

Passcode: nature



# The Fast

- Now that you know your body type:
  - Kaphas can mostly be on juices for the entire 21 days.
  - Pittas will do 3 to 7 days of juicing, followed by 2 weeks of raw meals. (Add OMADs - One COOKED Meal A Day - only if you are an ideal weight or Underweight).
  - Vattas to avoid raw veggies. Instead, have a combination of soups, fruits, juices, and OMADs (OMADs only if ideal weight or Underweight).
- Strain the juice while fasting to ensure the body has ZERO inputs to engage in digestion.
- When you are NOT fasting, do have the juice with pulp.
- Stay busy – go to the office, do your regular exercises, yoga, etc.
- Avoid heavy weight training during the fast.

# What to Expect

- Headaches, anxiety, and mood swings are normal, especially in the first 72 hours.
- The weakest body parts ache the most - this is basically the old toxins mobilizing and eventually healing.
- Constipation - enemas are a great cleansing method.
- Loose motions are Great News - that is old muck coming out. You will visit the restroom multiple times - do NOT hold going to the restroom while fasting.
- Each day is different - listen to your body. When it wants to switch off, take a power nap.
- Friends and Family will dissuade you to fast.

# Group Etiquettes

- Share feedback in the group and encourage others.
- Post pictures of your juices, fruits, and salads every time you have them.
- Avoid posting irrelevant content or pictures. Spammers will be removed without warning.
- Follow our Instagram page and subscribe to our YouTube channel for more updates & videos.

<https://www.instagram.com/pankaj.krishna/>

[https://www.youtube.com/@PankajKrishna-](https://www.youtube.com/@PankajKrishna-NatureBright)

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