

## Diet Protocol for Chronic Kidney Disease due to BP & Protein Leakage Daily Diet

### **Diet to Be Followed: Kidney Diet**

**Water restriction:** If edema is present, restrict total water intake, including liquids from foods like juices, to 1 liter per day.

### **Morning**

#### **Step 1:**

On an empty stomach, mix 15 ml each of the following supplements (without diluting them in water) add EdemaEx 2.5 gm and drink:

- Gastro Support (S6)
- Liver Health Support (S4)
- Renal Support (S5)
- EdemaEx (S18)

#### **Step 2:**

Immediately after consuming the supplements, chew and swallow the following:

- Garlic: 2-3 small pieces
- Ginger: ½ cm slice
- Fenugreek seeds: ½ teaspoon (soaked or sprouted overnight)

**Note:** These are prebiotics that promote gut health.

#### **Step 3:**

- Perform 20 minutes of meditation and 40 sets of pranayama (e.g., Bhastrika) followed by 20 sets of Anuloma Viloma.
- Drink 50 ml banana stem juice.

#### **Step 4:**

### **Breakfast:**

1. Start with Flax Drink as the first course. (scan the QR code.)
2. Follow with a second course of fruits.
3. If still hungry, eat a third course from the diet chart. Flax Drink often provides sufficient satiety, so breakfast should only be eaten when hungry.



## **Afternoon**

### **Step 1:**

Before lunch, drink 15 ml of Cardio Vascular Support (S3) (without diluting in water).

### **Step 2:**

### **Lunch:**

1. Drink 50 ml raw vegetable juice (acts as a cholesterol reducer/blood thinner).
2. Ensure your meal comprises:
  - 60% vegetables and leafy greens, cooked with pulses or other vegetables.
  - 25% cereals (wheat, jowar, or rice with the starch removed during preparation).
  - 15% fish, chicken, or mushrooms.
3. After lunch Consume 50 ml banana stem juice, if available (acts as a cholesterol reducer/blood thinner).

## **Evening**

### **Step 1:**

Drink 1 glass of Flax Drink as a snack (without adding water).

## **Night**

### **Step 1:**

Before dinner, drink 15 ml each of the following supplements (without diluting them in water) add EdemaEx 2.5 gm and drink:

- Gastro Support (S6)
- Liver Health Support (S4)
- Renal Support (S5)
- EdemaEx (S18)

### **Step 2:**

### **Dinner:**

1. Start with ½ glass raw vegetable juice (50 ml).
2. Ensure your meal comprises:
  - 60% vegetables and leafy greens, cooked with pulses.
  - 25% cereals (rice, roti, wheat, or jowar).
  - 15% fish, chicken, or mushrooms.

**Note:** If gastric issues occur, avoid synthetic medications as they harm gut microbes. The Gastro Support supplement will manage this.

## Additional Information

1. Medications to Avoid: A list of drugs to avoid will be provided to ensure speedy recovery. Scan the QR code for details.



2. Tapering Medication: Diabetic, BP, and thyroid medications will be reduced gradually under supervision. Scan the QR code for guidance.



3. Health Benefits: This protocol helps control BP, diabetes, heart diseases, neurological disorders, diabetic neuropathy, retinopathy, liver cirrhosis, fatty liver, pancreatitis, and more.

4. Foods to Avoid: A detailed list of harmful foods will be provided. Scan the QR code for more information.



5. Foods to Include: Follow the protocol for foods that act as medicine. Scan the QR code for a complete list.

6. Recipes:

- Banana Stem Juice
- Raw Vegetable Juice



Recipes can be accessed by scanning the QR code.



## For Further Details

• Explore research articles, awards, government recognition, factory details, and diet book by scanning the QR code.

