

## Foods to Include as Part of the Treatment Protocol:

**i. Salt:** Use a 1-gram salt sachet per meal.

**ii. Prebiotics (on an empty stomach):** Consume 2 to 3 small pieces of garlic (Indian size), 1 inch of sliced ginger, and 1 teaspoon of soaked or sprouted fenugreek seeds.

**iii. Banana Stem Juice:** Take 50 to 60 ml twice daily (morning and evening). It helps dissolve calcareous formations in arteries and capillaries. Monitor potassium levels.

**iv. Leached Raw Vegetable Juice:** Consume 50 to 60 ml twice daily (morning and evening). Supports cholesterol regulation, blood thinning, and digestion. Follow proper leaching guidelines and monitor potassium levels.

**v. Leached Vegetable Salad :** Consume in limited quantities after leaching and monitor potassium levels.

**vi. Fruits:** Consume any fruits or berries in limited quantities (except bananas due to high potassium). Monitor potassium levels.

**vii. Flax Drink (with EdemaEx Powder):** Take twice daily (morning and evening). Rich in Omega-3 and Omega-6 fatty acids and lignans, it supports cellular metabolism, detoxification, and respiratory health. For CKD patients do not dilute with water.

### **viii. Cooked Leafy Vegetables or Other Vegetables:**

- Boil vegetables or leafy vegetables with potatoes and pulses in water.
- Discard the water released after boiling.
- Prepare a masala separately with tomatoes and spices using ½ teaspoon of edible oil or fat for flavor.
- Blend the boiled vegetables or leafy vegetables with the masala.
- For the patient, set aside the required salt-free portion, using 1 gram of salt per meal. Family members can add salt to their portions separately.

**ix. Pulses:** Limit pulses to 5 to 10% of the meal. Prefer green gram, chickpeas, or beans due to their easily digestible protein content.

**x. Cereals:** Limit rice, wheat, or jowar to 25 to 30% of the meal. Avoid ragi and minor millets (siridhanya) due to high potassium levels.

**xi. Fish:** Consume baked fish with herbs (15 to 20% of the meal) to support organ regeneration.

**xii. Chicken:** Limit baked chicken to no more than 5% of the meal.

**xiii. Mushrooms:** Consume baked mushrooms with herbs (15 to 20% of the meal) to aid in organ regeneration.

**xiv. Spice Drink:** This drink can help with allergies, fever, colds, and coughs.