

Diet Protocol for Thyroid (Hyper or Hypo)/ Dysmenorrhea Daily Diet

Diet to Be Followed: Uncooked 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 (with diluting them in water) and drink:

- Anti Ageing Support (S1)
- Cardio Vascular Support (S3)
- Immuncare (S7)

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 150 ml banana stem juice, if available.

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:

Lunch:

1. Drink one glass of raw vegetable juice 200 ml, before lunch (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 150 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 .

Night

Step 1:

Before dinner, drink 15 ml each of the following supplements (with diluting them in water) and drink:

- Anti Ageing Support (S1)
- Cardio Vascular Support (S3)
- Immuncare (S7)

Step 2:

Dinner:

1. Start with 1 glass raw vegetable juice (200 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.

