



miracle drinks®
NEO AYURVEDA
Be Healthy Again

Cancer patients diet to be followed

- i) Pre-Biotics: (a) Garlic – About 2-3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.
- ii) Banana Stem Juice: Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 50-60 ml each time.
- iii) Flax Drink: Three times morning , afternoon and evening.: 70-80 grams per serving should be consumed. It contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts. Flax diet should be taken twice a day with out mixing water.
- iv) Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.
- v) Dry fruits
- vi) Two times coconut milk
- vii) Two times coconut oil – each time one tablespoon/15 g
- viii) Super salad once a day.
- ix) Spice Drink: This can be consumed to help with allergies, fever, cold and cough.