



miracle drinks®
NEO AYURVEDA
Be Healthy Again

Cancer Patients

Supplements and Food Consumption Guide

**Food Supplement Guide- Helps Maintain Healthy Immune system:
(Empty stomach or before food)**



Consumption Guide

Morning

Step 1: On an empty stomach, take each of ImmunoZ capsule (S-7), CardioZ capsule (S-3), Gastriz capsule (S-6) and Graviola capsule in one go or as per comforts and take Edemax 2.5 grams (½ a tea spoon in 30 ml water or can be added with the flax diet. If graviola in powder form then 2.5 gram can be added with water along with edemax powder, or with flax diet.

Step 2: Immediately after taking the supplements, the following home remedies must be chewed and swallowed; (a) Garlic – About 2-3 small pieces. (b) Ginger – About 1 to ½ cm sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – 1 teaspoon. Note – The above-mentioned home remedies are pre-biotics which are beneficial for the gut health. (½ portion for kids)

Step 3: Yoga – Meditate for 20 minutes, 40 sets of Pranayama viz. Bhastrika and 20 sets of Anuloma Viloma. Note – Yoga can be practiced as per your comfort level, the above mentioned information is merely a guideline. After that take 50 ml Banana stem juice if available. If good urine flow they can consume 150 to 200 ml by observing potassium level.

Step 4: Consume the Flax Drink as the first course of your breakfast. Note – Flax Drink is rich in Omega 3 and Omega 6 Essential Fatty Acids and Lignans.



Flax Drink

Step 5: Breakfast – After consuming the Flax Drink, if you are still hungry, eat any fruits, thereafter take soaked or sprouted peanut smoothy with defined fruits. after that consume 15 gram cold pressed coconut oil (1 table spoon)

Afternoon

Step1: Take Reniz capsule(S-5) & Liviz capsule(S-4) health supplements capsule before lunch

Step2: Lunch – Drink 1 glass of Flax Drink, raw vegetable juice (200 ml) as a 1st course of lunch, 1 glass coconut milk, peanut smoothy, and required quantity of any dry fruits and fruits even if they are having diabetes need not to worry.

Evening

Step 1: As a snack Drink 1 glass of Flax Drink, sprouts of peanuts less than 30 grams

Night

Step 1: Before dinner, take each of ImmunoZ capsule (S-7), CardioZ capsule (S-3), Gastriz capsule (S-6) and Graviola capsule in one go or as per comforts & take Edemax 2.5 grams (½ a tea spoon) in 30 ml water or can be added with the flax diet. If Gaviola in powder form then 2.5 gram can be added with water along with edemax powder, or with flax diet.

Step 2: Dinner – Drink one glass of raw vegetable juice (200 ml) as a 1st course of lunch, 1 glass coconut milk, peanut smoothy, and required quantity of any dry fruits and fruits even if they are having diabetes need not to worry. After that have 1 spoon (15 gram) cold pressed coconut oil .

Additional benefits:

It helps in controlling BP, Diabetes, Heart related Problems, Neurological disorders/
Diabetic neuropathy, Diabetic retinopathy.