

Insomnia, Depression & Sleep disorder

Supplements and Food Consumption Guide

Food Supplement Guide - Helps Maintain Healthy Brain Functions: (Empty stomach or before food)



Morning

Step 1: On an empty stomach, take each of Nutrizo capsule (S-1), Cardioz capsule (S-3), ImmunoZ capsule (S-7) 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 it 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. Flax Drink is rich in Omega 3 and Omega 6 Essential Fatty Acids and Lignans. For adults one glass and for kids ½ a glass flax diet only little water has to be added for the patients who have been restricted less than 1 liter of water.



Step 5: Breakfast – After consuming the Flax Drink, if you are still hungry, eat any fruits except banana about 100 to 150 gram (banana is having high potash). Ensure that less than 25 % of your meal comprises of cereals and more than 60% of your meal comprises of vegetables and leafy vegetables, Coriander leaf soup and backed mushrooms and for Non vegetarians consume less than 15% of fish or 5% chicken. The preparation guide should be followed as defined in the diet chart. (Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts.)

Afternoon as prescribed

Step 1: Take Cardioz (S-3) capsule before lunch

Step 2: Lunch – Drink one glass of raw vegetable juice 200 ml, if good urine out put, drink up to 150 as a 1st course of lunch, ensure that less than 25 to 30% of your meal comprises of rice, rotti (bread) and For vegetarians more than 60% of your meal comprises of vegetables and leafy vegetables, mushrooms, coriander leaf soup, and 5% pulses and for Non vegetarians in place of mushrooms less than 15 % of fish or 5% of chicken of the whole food. The preparation guide should be followed as defined in the diet chart. (Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts).

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 Nutrizo capsule (S-1), Cardioz capsule(S-3), Immunoz capsule (S-7) 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 Gaviola in powder form then it 2.5 gram or ½ tea spoon 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, if good urine out put, drink up to 150 as a 1st course of lunch , ensure that less than 25 to 30% of your meal comprises of rice, rotti (bread) and For vegetarians more than 60% of your meal comprises of vegetables and leafy vegetables, mushrooms , coriander leaf soup, and 5% pulses and for Non vegetarians in place of mushrooms less than 15 % of fish or 5% of chicken of the whole food. The preparation guide should be followed as defined in the diet chart. (Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts).

(Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts, follow different diet as defined for different diseases).

Additional benefits:

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