

## What food should be taken and act like an Elixir for Weight Reduction?

### What foods should be taken by Weight Reduction or Obesity patients

- i) **Pre-Biotics:** once -2 to 3 grains ( pieces) of raw garlic, ½ cm sliced raw ginger and ½ tea spoon ( 2.5 gram ) soaked fenugreek seeds once in morning empty stomach.
- 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 & capillaries. This must be consumed twice a day (if possible), 50-60 ml each time.
- iii) **Flax Drink:** Two times morning and evening Neo Ayurveda defined flax diet - 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 in respect of . Flax diet should be taken twice a day without mixing water. As a 1st course of break fast and evening as a snacks
- iv) **Leached Raw Leafy vegetables juice:** (Neo Ayurveda defined recipe) Twice a day, afternoon before lunch and night before dinner it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning blood and normalizing uric acid , urea in the blood, it also adds a rich nutritional value to the diet.
- v) **Leafy vegetable:** Consumption of more than 60% of leafy vegetables & vegetables with 5% of pulses Preferable green gram or chickpeas as it contains easily digestible protein with tomato, potato green chilies, zinger, garlic, coriander leaves with different spices as in normal preparations with ½ tea spoon tempering ( tadaka/vaggarane) . Only after boiling , the water released from the preparation's should not be given to the patient. ( Neo Ayurveda defined recipe )
- vi) **Cereals:** Only rice , jowar and wheat should be consumed as it contains low levels of potassium. (No more than 25-30% of cereals should be consumed in each meal as cereals contain 13-14% indigestible protein which will increase the creatinine level in the body).



- vii) **Mushrooms:** Up to 15% Mushrooms with defined herbs can be consumed , it's having very good easily digestible protein for kidney cell regeneration, and also acts like diuretic and remove excess water from the body. -(Neo Ayurveda defined herbs)
- viii) **Fish:** Up to 15 % Baked fish with defined herbs can be consumed , it's having very good easily digestible protein for kidney cell regeneration, and also acts like diuretic and remove excess water from the body. -(Neo Ayurveda defined herbs)
- ix) **Deskinned chicken:** Baked de skinned chicken can be consumed, however it should not constitute to more than 5% of the entire meal (Neo Ayurveda defined herbs)
- x) **Spice Drink:** This can be consumed body immunity to help with allergies, fever, cold and cough. (Neo Ayurveda defined herbs)