



miracle drinks[®]
NEO AYURVEDA



FOOD GUIDE AND THERAPEUTIC CONSUMPTION PROTOCOL - OBESITY

**Achieving Organ Health Through
Nourishment and Herbal Supplements Inspired by
Vedic Knowledge, Diet and Yoga.**

FOOD IS MEDICINE

Dr. S.M. Raju, IAS

Inventor



**PROTECT THE TREE,
AND THE TREE WILL PROTECT YOU**

Vruksho Rakshati Rakshitah

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Therapeutic Consumption Protocol

1. Obesity

A. Special Diet

- | | |
|-------------------------|-------------------------------------|
| a. Cervical Spondylosis | e. Disc Bulge |
| b. Osteoarthritis | f. C4 - C5 gap |
| c. Osteoporosis | g. Weight Reduction |
| d. L4 - L5 gap | h. Any type of non chronic diseases |

A. Foods or beverages that should be avoided during the treatment:

More than 5 grams of salt a day, All forms of oils and fats, milk and milk-based products (Except for curds / yogurt without cream/ fat - free), processed baked foods such as cookies, biscuits, etc., alcohol, aerated beverages, smoking.

B. Foods or beverages that should be taken during the treatment:-

- i. **Prebiotics:** (a) Garlic – About 2-3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water and sprouted overnight] – ½ teaspoon. Should be consumed once in the morning on 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 help in nourish cells in the body.
- ii. **Banana Stem or Bottleguord Juice:** Twice 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 available), 150-200 ml each time.
- iii. **Flax Drink:** Twice in day, once in the morning 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 Drink has the nutritional equivalent of 100 KG of peanuts. Flax diet should be taken twice a day .
- iv. **Raw Vegetable juice:** Leached Raw vegetables Juice twice a day, 150-200 ml each time. It acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood. It also adds rich nutritional value to the diet, particularly calcium, micro and macro nutrients and many more.
- v. **Cooked leafy vegetables and vegetables preparations with 5 to 10% pulses:** Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.
- vi. **Pulses:** Only 5-10% of pulses should be used in any meal . Recommended green gram or chickpeas as it contains easily digestible protein.

- vii. Cereals:** No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 65 to 70 % carbohydrates, to digest it requires a lot of Exercise, if not digested, it will accumulate as a fats which enhances glucose levels in the body.
- viii. Fish:** Up to 20% Baked fish with herbs can be consumed. It supports the regeneration of the kidneys and other organs.
- ix. Chicken:** Baked chicken can be consumed, however it should not constitute more than 5% of the entire meal.
- x. Spice Drink:** Helps with allergies, fever, cold and cough.
- xi. Cereals Super Food** (kichdi/bisibele bath)
- xii. Dry Fruits Smoothies, Coconut, Peanuts.**
- xiii. Take 1 tbsp (15g) cold-pressed coconut oil after breakfast and dinner**

B. Monkey Diet /Uncooked Diet for – Obesity and Weight Reduction, Cancer, Autoimmune disorders, Varicose Vein, DVT, AVN, Neurological disorders, Psoriasis, Hernia, muscle disorder Diet

Foods or beverages which act like a poison to the body, and should not consume these during the treatment period.

- | | |
|--|---|
| i. Sweets (other than dry fruits and fruits) | v. Processed bakery foods such as cookies, biscuits, etc. |
| ii. More than 5 grams of salt a day. | vi. Alcohol Aerated Beverages |
| iii. All forms of oils and fats (except cold pressed flax oil and coconut) | vii. Smoking |
| iv. Milk and milk-based products (except for curds/yogurt without cream) | |



Diet to be followed :-

Sweets (other than dry fruits and fruits), wheat, maize, meat, beef, pork, micro oven heated foods, more than 5 grams of salt a day. All forms of oils and fats (except cold pressed flax oil and coconut oil), milk and milk-based products (except for curds/yogurt without cream/ fat-free), processed baked foods such as cookies, biscuits, etc., alcohol, aerated beverages. Essential healthy foods for cancer prevention.

- i. **Pre-Biotics** : a) Garlic – About 2-3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water and 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 foods in the gut effectively. The nutrients in the foods helps nourish 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 available), 100-150 ml each time.
 - iii. **Flax Drink** : Three times a day, morning, afternoon and evening (if comfortable) : 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 Drink has the nutritional equivalent of 100 KG of peanuts.
 - iv. **Graviola Powder** : Add 2.5 grams (1/2 teaspoon) with any of our health supplements or mix it with the flax drink, or it can be consumed as is by mixing it with a little water.
 - v. **Turmeric Powder/Tablet** : Recommended to consume one or two tablets a day.
 - vi. **Neem & Peepal Extract** : Grind 8 neem & 4 peepal leaves with a little water & extract 15 ml of liquid. To be taken twice a day, morning & evening.
 - vii. **Seeds**: 1 tablespoon (sunflower, pumpkin, melon, apricot, sesame).
 - viii. **Chia seeds** : Patients who are not able to take flax seeds, and who are lactose intolerant can soak 1 tablespoon of chia seeds in 1/2 a glass water and drink two times a day.
 - ix. **Raw Vegetable juice** : Twice a day raw vegetables juice should be consumed, it acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet, particularly calcium, micro and macro nutrients and many more. [150-200 ml each time]
 - x. **Coconut milk** : Two times, any time of the day.
 - xi. **Sprouts** : Green gram / chickpeas / Pea nuts it contains easily digestible protein.
 - xii. **Super salad**: Any quantity of salads with sprouts, soaked green gram and dry fruits for lunch and dinner. Mixed with roasted peanuts & chickpea.
 - xiii. **Dry fruits and fruits**: Any quantity (can also consume diabetes patients). Peanuts can be fried/ roasted without oil.
- i. **Cold pressed coconut oil**: Twice, morning after breakfast and evening after dinner.
 - ii. **Spice Drink**: Helps with allergies, fever, cold and cough.
 - iii. **Different Dry fruits Smoothies**.
 - iv. **Kosambari (Green gram salad.)**: Eat 1 cup with each meal to reduce hunger.

v. **Poppy Seeds milk.**

vi. **Sweet Corn Juice.**

vii. **Roasted Nuts Makhana Seeds**

viii. **Take 1 tbsp (15g) cold-pressed coconut oil after breakfast and dinner**

Please Note: Dishes can be prepared in various ways but the principles of uncooked cooking/preparation must be used.

Daily Guidelines for Raw Diet (Monkey Diet/Uncooked Diet)

1. Morning (Breakfast):-

First Course : Flax diet.

Second Course : A mix of any fruits.

Third Course : A smoothie made from dry fruits.

Additional : Grated salad with fried peanuts and other dry fruits for added taste.

Afterward, consume 1 tablespoon (15 g) of cold-pressed coconut oil. Coconut with dates can provide extra energy. Add soaked pulses like green gram, peanuts, and dry fruits to the green salad will also boost energy. After 30 minutes 200 ml of banana stem juice, if available. After 1 hour Coconut milk.

2. Lunch :-

First Course : 200 ml of leached raw vegetable juice.

Second Course : Grated salads with soaked green gram (moong dal) and sweetcorn.

(See the recipe for details. Page No : 35)

3. Evening :-

Flax diet along with coconut (dry or fresh), dates, fried peanuts, and chickpeas. A smoothie also can be taken. 6 pm: Coconut milk and any dry fruits.

4. Dinner :-

First Course : Vegetable juice.

Second Course : Grated salads with dry fruits or pulses and a mix of any cut fruits or strawberry chia pudding. Afterward, consume 1 tablespoon (15 g) of cold-pressed coconut oil.

2. Consumption guide (Empty stomach or before food for effective results can also be taken after food)

MORNING :-

Step 1: For adults; on an empty stomach, Drink 15 ml each of prescribed supplements, can be mixed together and consumed by diluting it in 30 ml of hot water. (Chronic Kidney Disease patients should not add water). If you have been given Edimax powder, mix 1 teaspoon of it with this medicine and take it.

Step 2: Immediately after drinking the supplements, the following home remedies must be chewed and swallowed; (a) Garlic – 2-3 small pieces. (b) Ginger – ½ (half) inch sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – 1 teaspoon.

Note – The above-mentioned home remedies are prebiotics which are beneficial for gut health.

Step 3: Yoga – Meditate for 20 minutes, 40 sets of Pranayama viz. Bhastrika and 20 PRANAYAMA sets of Anuloma Viloma. Note – Yoga can be practised as per your comfort level, the afore-mentioned information is merely a guideline. Following this, take 100 ml of Banana stem juice or Bottle gourd juice. CKD patients should consume 50 to 60 ml (only if flow of urine is stopped or insufficient)

Step 4: Consume 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. For adults one glass and for kids ½ a glass flax diet (Chronic Kidney Disease patients must not add water).

Step 5: Breakfast – Flax Drink is a breakfast on its own. Only if you are hungry after consuming the Flax Drink, eat as many fruits as you want (Chronic Kidney Disease patients must consume less than 150 grams of fruits except for bananas which are high in potash). Ensure that less than 30% of your meal comprise of cereals, more than 60% of your meal comprise of vegetables and leafy vegetables, and less than 20% of fish or chicken (only white meats) . You must prepare your meals as defined in your recommended 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 :-

Step 1 :- For adults, on an empty stomach, drink 15 ml, each of prescribed supplements. (Can be mixed together and consumed by diluting it in 30 ml of hot water). (Chronic Kidney Disease patients must not add water)

Step 2 :- Lunch – Drink one glass of raw vegetable juice 200 ml, (CKD patients should consume only 50 to 60 ml) before lunch, ensure, less than 25 to 30% of your meal comprise of rice, rotli (bread), more than 60% of your meal comprises of vegetables and leafy vegetables, 5 % pulses and less than 20% of fish or chicken (only white meats) . 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 as recommended in the diet chart).

EVENING :-

Drink 1 glass of Flax Drink and Banana stem juice or Bottle gourd juice. (Chronic Kidney Disease patients must not add water).

NIGHT :-

Step 1: For adults, on an empty stomach, drink 15 ml, each of prescribed supplements. (Can be mixed together and consumed by diluting it in 30 ml of hot water). (Chronic Kidney Disease patients should not add water). If you have been given Edimax powder, mix 1 teaspoon of it with this medicine and take it.

Step 2: Dinner – Drink one glass of raw vegetable juice before dinner 200 ml, (CKD patients should consume only 50 to 60 ml) Ensure, less than 30% of your meal comprise of cereals and more than 60% of your meal comprise of cooked vegetables and leafy vegetable dishes and less than 20% of fish or chicken (only white meats). The preparation guide should be followed as defined in the diet chart.

Note : follow different diet as defined for different diseases).

Healthy Foods and Recipes

1. Leaching of Vegetables, Leafy Greens & Method for preparation of Curries.

Saag/soppu preparation of curry (sabji/palya) for patients with Chronic Kidney Disease, Liver Cirrhosis, and others prescribed a kidney diet (for removal of pesticide residues and potassium):

Leaching of Vegetables:-

- Vegetables should be immersed in water overnight without peeling the skin. Discard the water the next morning.
- Rinse the vegetables briefly in boiling water.
- Pat dry using a clean cloth and store in the refrigerator for future use.



Raw Vegetable Juice and Salad :-

- Peel the vegetables and extract juice using a juicer or mixer. Juice from a juicer is tastier follow a defined recipe. similarly, prepare the salads.
- Vegetable curry preparation : (steps explained in section b below.)
- Leaching of leafy vegetables like palak (spinach):
- Soak in water for 2 to 3 hours before cooking.
- Procedure for preparing leafy vegetables curries and other vegetables curries for CKD and liver cirrhosis patients (and others on a kidney diet):
- Leafy vegetable preparation (palak, etc., known as saag in hindi and soppu in kannada)



2. Method of preparing greens and other vegetable purees (for patients with CKD and liver cirrhosis) (The entire family should adopt this diet until the patient recovers)

Step 1 :-

Take any type of leafy vegetables like moringa, palak (spinach), methi (fenugreek), etc. Boil them with any type of pulses and potatoes (commonly preferred) in water without adding salt. Discard the water after boiling to reduce potassium and toxins.

Step 2 :-

Prepare a spice mix (masala) without adding salt. Use any spices, as they all possess medicinal value. Include tomato, lemon, tamarind juice, and key ingredients like garlic, ginger, green chilies, coriander leaf paste, and spices such as cinnamon, black pepper, clove, and cardamom. Tempering (tadka) should be done using ½ to 1 teaspoon (2.5 to 5 grams) of ghee, butter, or cold-pressed coconut oil for flavor and aroma.

Note: Fats, oils, and salt should be limited for patients with CKD, liver cirrhosis, and other chronic illnesses.

Step 3 :-

Mix the boiled leafy vegetables, curries, or vegetable dishes with the prepared masala/spices. Allow the mixture to sit for a few minutes so the masala flavors blend well. After that, take out the required portion for the patient. Salt can then be added separately for the remaining family members. The patient should use only one gram of salt per meal, including for curries or any other food items. All types of masala is very good for patients as it is having medicinal values.

3. Flax Drink (Rich in lignans, Omega-3, and Omega 6 fatty acids)

Flax seeds contain high levels of Omega 3 essential fatty acids, Omega 6 fatty acids and a substantial levels of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities. Lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams, has nutritional value equivalent to 45 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to the flax drink, doubles its nutritional value.

Note - Flax drink must be consumed within 15 minutes of preparation. Do not consume the flax drink if you are allergic to it. Generally, any form of seeds produces heat in the body as they contain oils in them. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin C, fruits and vegetables. DO NOT roast or heat flax seeds. DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption. Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist health care professional. Only freshly made flax drink must be consumed. It should not be prepared and stored for later consumption. Kidney disease patients must not add water.

Ingredients required to prepare one portion of Flax Drink :-

1. Flax Seeds - 1 tablespoon (15 grams)
2. Cold Pressed Flaxseed Oil - 1 tablespoon (15 grams)
3. Curds (Yogurt) - 100 gm (1 cup)

**Preparation Guide :-**

- In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.
- In a medium jar of a mixer grinder, add all the below listed ingredients and give it a churn
 - a) Flax Seed Powder
 - b) Cold Pressed Flax Seed Oil
 - c) Curds/ Yogurt
- Add water to adjust consistency to a buttermilk like consistency. Kidney patients should not add water as there is a restriction of 1 litre water per day.



4. Banana Stem Juice

It helps dissolve kidney stones, gallbladder stones, and stenosis in arteries (If banana stem is not available, bottle gourd juice can be used). Banana stem is loaded with vitamin B6. The taste of banana stem is bland with a slight bitter aftertaste. It helps in improving the overall health, assists with weight loss & people diagnosed with urinary tract infection, heartburn, cholesterol problems, constipation, acidity & ulcers. It helps in increasing the production of insulin & haemoglobin in the body, helps in retaining the muscle tone & helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones & gall bladder stones, & helps in preventing high blood pressure.



Recipe :-

- Remove the outer layers of the banana stem.
- After chopping the stem into roundels, do not remove the inner fibres (The inner fibres contain the most nutrition)
- To avoid decolorization, soak the stems in buttermilk or in water with a few drops of lemon juice.
- When making juice, put the chopped stem in to juicer or in a mixer to get the juice. Do not strain.

5. Raw Bottle Gourd Juice (if Banana Stem is not available)

Ingredients for 200 ml Juice :-

- 250 grams of bottle gourd
- A few coriander or mint leaves (for taste & medicinal value)
- ½ lemon

Preparation Method :-

Peel the bottle gourd, cut it into small pieces, and extract the juice using a juicer or mixer. Add the juice of ½ lemon. You may also add a few mint or coriander leaves to enhance the taste and add additional health benefits. This juice can be consumed by healthy individuals as well. It helps in thinning the blood and maintaining cholesterol levels. and maintaining the cholesterol level.



6. Raw Vegetable Juice

This Juice helps in controlling cholesterol and helps in thinning the blood. All the ingredients (except for coriander leaves) should be added to this recipe in equal proportion.

Ingredients (Leached vegetables) :-

- | | |
|---------------------|--|
| 1. Apple/ Pineapple | 5. Carrot |
| 2. Beetroot | 6. Cabbage |
| 3. Bottle Gourd | 7. Cucumber |
| 4. Betel Leaf | 8. Celery or Coriander Leaves - 20 grams |



Preparation Method :-

Use a juice extractor or any other modes available to extract juice from the vegetables

7. Coriander Leaf Soup

This soup helps in removing excess water and salt in the body, similar to the effects of a water pill. Note – While consuming this soup, the potassium levels in the body must be observed as the potassium levels should not go beyond the normal levels.

Ingredients (Leached vegetables) :-

1. Coriander Leaves - 30 grams
2. Garlic - 15 grams
3. Ginger - 15 grams
4. Green Chili - 1
5. Onion - small one chopped finely
6. Tomato - small one chopped finely
7. Water - 1.5 glass

Preparation Method :-

- Pound all the ingredients.
- Add all the ingredients to a pot and boil , simmer for 5 minutes
- Strain and consume



8. Turmeric Powder Tablet/ Turmeric cream for application for wounds.

It contains rich curcumin; its antioxidant is good for cancer patients. The turmeric powder tablets are pungent to taste. It is recommended to consume one tablet a day.

Ingredients for one tablet :-

1. Turmeric Powder - ½ teaspoon
2. Pepper Powder - 1 pinch
3. Water - Few Drops

Preparation Method :-

Mix all the ingredients together to form a small tablet.

Turmeric cream for application for wounds :-

1. Turmeric Powder - 1 table spoon
2. Pepper Powder - 1 pinch
3. Coconut oil - Few Drops

Preparation Method :-

Mix it and apply
(store in room temperature)

9. Moringa Soup

Rich in Vitamin C, Calcium, Iron, Amino Acids, Protein, and Potash; all these vitamins and minerals help the body heal and build muscle. It is also packed with antioxidants and substances which can protect the cells from damage. Moringa is also known to possibly boost the immune system of the body.

Ingredients :-

- | | |
|--------------------------------|-----------------------|
| 1. Moringa Leaves - 250 grams | 7. Ginger - 50 grams |
| 2. Coriander Leaves - 30 grams | 8. Garlic - 25 grams |
| 3. Black Pepper - 4 | 9. Green Chili - 1 |
| 4. Tomato - 1 | 10. Curry Leaves - 1 |
| 5. Onion - 1 | 11. Ghee - ½ teaspoon |
| 6. Water - 1 litre | |

**Preparation Method :-**

- Add all the ingredients in a saucepan and boil it for 10 minutes; grind all the contents in a mixer-blender.
- Salt can be added to make the soup palatable, however people having Kidney, Heart, Liver and Paralysis related problems should limit the amount of salt consumption to less than 5grams a day.

10. Neem and Peepal Extract**Ingredients :-**

1. Neem Leaves - 8 leaves
2. Peepal Leaves - 3-4 leaves

Preparation Method :-

Grind all the leaves with a little water and extract 15 ml of liquid



11. Fermented Rice

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet.

Ingredients :-

1. Boiled Rice - 250 gms
2. Buttermilk - 2 cups

Preparation Method :-

Add buttermilk to cooked rice and store it overnight at room temperature. The fermented rice should be ready to consume the following morning.



12. Oilless Fish

It acts as a diuretic medicine and also helps in cell regeneration in Chronic Kidney Disease patients.

Ingredients :-

1. Fish - 1 kg (cubed or as fingers)
2. Ginger - 1.5-inch piece
3. Garlic Paste - 1 full pod (all the pieces in the garlic)
4. Green Chilis - 5
5. Coriander Leaves - 1 fistful
6. Mint Leaves - Half Fistful
7. Lemon Juice - As required



Preparation Method :-

- Make a paste of all the spices and vegetables.
- Smear this paste on the fish pieces and marinate it for 15 minutes

This can be cooked in two ways –

Method 1 :-

- Steam the fish for 15 to 20 Minutes

Method 2 :-

- Place the marinated fish on a tawa or griddle.
- Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20 minutes or till cooked.



13. Oilless Mushroom

Ingredients :-

- | | |
|---|---------------------------------|
| 1. Mushroom - 1 kg (cubed) | 5. Coriander Leaves - 1 fistful |
| 2. Ginger - 1.5 inch piece | 6. Mint Leaves - Half Fistful |
| 3. Green Chilis - 3 | 7. Lemon Juice - As required |
| 4. Garlic Paste - 1 full pod (all the pieces in the garlic) | |



Preparation Method :-

- Make a paste of all the spices and vegetables.
- Smear this paste on the mushroom pieces and marinate it for 15 minutes

This can be cooked in two ways –

Method 1 :-

- Steam for 15 to 20 Minutes

Method 2 :-

- Place the marinated mushroom on a tawa or griddle.
- Add two spoons of water and cook the mushroom by pressing the pieces with a spoon & cook on all sides on medium heat for 15 to 20 mts



14. Chicken Curry

Ingredients :-

1. Chicken - 1 kg (Deskinning and cut into medium pieces)
2. Onion - 1 (medium sized and chopped)
3. Green Chilies - 3 (chopped)
4. Ginger - 1 inch
5. Garlic - 1 pod (1 piece)
6. Coriander Leaves - 2 tablespoons (chopped)
7. Mint Leaves - 1 tablespoon (chopped)
8. Tomato - 1 (chopped)
9. Pepper Powder - ¼ teaspoon
10. Garam Masala - ¼ teaspoon
11. Turmeric Powder - ¼ teaspoon
12. Ghee/ butter - ½ tea spoon



Preparation Method :-

- Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency.
- Smear this paste on the chicken and marinate it for 30 minutes. This can be cooked in one of two ways, mentioned below.

This can be cooked in two ways –



Method 1 :-

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle, OR boil it for 20 to 25 minutes, OR use an air fryer
- Switch off the flame and wait for the pressure to normalise.

Method 2 :-

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

15. Vegetable or Leafy Vegetable Curries Preparation

Step 1 :-

- Use any type of leached vegetables such as beans, potatoes, cabbage, or bottle gourd (no specific restrictions) or any type of leafy vegetables .
- Boil these vegetables with any preferred pulses without adding salt, and discard the water released.



Step 2 :-

- Prepare the masala (spice) mix as described in page on 25 paragraph 1.
- Avoiding salt.



Note :- Do not add salt, fats or oil.



16. Super Salad

Ingredients :-

- | | |
|-----------------|----------------------------|
| 1. Carrots | 7. Any Leafy vegetables |
| 2. Cucumbers | 8. Green Gram (Sprouted) |
| 3. Sweet Potato | 9. Bengal Gram (Sprouted) |
| 4. Onion | 10. Coconut (Grated) |
| 5. Tomato | 11. All type of dry fruits |
| 6. Radish | 12. Peanuts (Sprouted) |

Preparation Method :-

- Leach all the vegetables overnight (if kidney patient).
- Grate all the vegetables and mix them together.
- Add some spices and garnish as required.



17. Cereals Super Food

Kichdi / Bisibele bath it maintains less carbohydrates



Ingredients :-

1. Rice or Wheat - less than 30%
2. Leached (any type of) vegetables & leafy vegetables with potato, tomato & onion etc. - more than 60% (Except green banana)
3. Chopped Onion - 1
4. Coriander Paste - 1 tablespoon
5. Green Chili - 3
6. Ginger and Garlic Paste - 1 tablespoon
7. Mint Leaves Paste - 1 tablespoon
8. Any pulses except red gram/ chickpea - Should be less than 5% of the recipe
9. Curry Leaves - 8-10 leaves
10. Garam Masala - One pinch



Note :- The ratio between rice or wheat and leafy, vegetables should be 1:3.
Do not add salt.

Preparation Method :-

- Rinse and wash the rice or wheat and the Moong Dal.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3-4 whistles or until the Kichidi is cooked OR boil it for 20 to 25 minutes.

18. Spice Drink (For Cold and Cough/ fever)

Spice Drink provides relief from different types of cough, cold, also for fever. The medicinal properties present in this drink also helps with the digestion process.

Ingredients (250 ml of Spice Drink) :-

1. Black Pepper - 5 gm
2. Green Cardamom - 1
3. Cloves - 2
4. Ginger - ½ inch
5. Cinnamon - 1 inch
6. Jaggery for taste with 200 ml water



Preparation Method :-

- Coarsely pound clove, cinnamom, black pepper, cardamom
- Pound fresh ginger
- Add water in a pot along with all the ingredients and bring to boil, simmer for few minutes
- Pass the solution through a sieve

Consumption Guide :-

- Consume as recommended.
- Else, drink it twice or thrice a day or as required.

19. Coconut milk

Grate the coconut and put it in mixer by adding 50 ml of water and grind it properly in a mixer, thereafter sieve the coconut milk with muslin or with any cloth or a sieve, repeat the same process for the second time by adding another 50 ml water with the same ground coconut. One glass of coconut milk will be ready.

Ingredients (for one cup of milk) :-

1. Half fresh coconut and 100 ml water

**Preparation Method :-**

Grate the coconut and put it in mixer by adding 50 ml of water and grind it properly in a mixer, thereafter sieve the coconut milk with muslin or with any cloth or a sieve, repeat the same process for the second time by adding another 50 ml water with the same ground coconut. One glass of coconut milk will be ready.

20. Different Smoothies**A. Apple Smoothie****Ingredients :-**

1. Apple -1
2. Almond milk - 1 cup
3. Soaked nuts: groundnuts, 5 cashews, 1 tsp pumpkin seeds, 1 tsp sunflower seeds
4. Dates - 2

**Preparation Method :-**

Blend all ingredients in a mixer to make a smoothie. Top with hemp seeds.

B. Carrot Smoothie

Ingredients :-

- | | |
|----------------------------|----------------------|
| 1. large grated carrot - 1 | 5. Dates - 1 |
| 2. Soaked almonds - 10 | 6. Dried Apricot - 1 |
| 3. Cashews - 10 | 7. Water - 1 cup |
| 4. Dried fig - 1 | |

Preparation Method :-

Blend all ingredients in a mixer to make a smoothie.
Top with hemp seeds.



C. Dry Fruits Smoothie

Ingredients :-

- | | |
|------------------------------------|------------------|
| 1. Soaked almonds overnight - 5 | 6. Cashews - 5 |
| 2. Pumpkin seeds - 1 table spoon | 7. Walnuts - 3 |
| 3. Sunflower seeds - 1 table spoon | 8. Water - 1 cup |
| 4. Chia seeds - 1/2 table spoon | |
| 5. Roasted chana - 2 table spoon | |

Preparation Method :-

Blend all ingredients in a mixer to make a smoothie.
Top with hemp seeds.



Note: These smoothies are consumed every other day as breakfast.

D. Strawberry Chia Smoothies

Ingredients :-

- | | |
|----------------------|----------------------|
| 1. Strawberries | 6. Dates - 1 |
| 2. Soaked Chia Seeds | 7. Pumpkin Seeds, |
| 3. Coconut milk | 8. Sunflower Kernels |
| 4. Almonds - 5, | 9. Dry Grapes |
| 5. Cashews - 5 | 10. Water - 1 Cup |

Preparation Method :-

- Step - i** : 2 tsp chia seeds in homemade coconut milk for 4 hrs.
Step - ii : Grind 5 strawberries with soaked 5 almonds, 5 cashews and 1 dates with water.
Step - iii : In a glass make layers of chia and on top put the strawberry mixture and top with pumpkin seeds, sunflower kernels, dry grapes and chopped almonds.



E. Poppy Seeds Milk

Preparation Method :-

1. 1 table spoon poppy seeds, 5 almonds, 5 cashews, 1 fig, 1 date, 1 apricot,
2. 2 cardamom pods. Blend in the mixer with 1 cup water.



F. Sweet Corn Juice

Preparation Method :-

1. Remove all corn kernels from cob, then blend them in mixer with 1/2 cup of water.

G. Strawberry Chia Pudding

Preparation Method :-

- Step - i** : Soak 2 tsp chia seeds in homemade coconut milk for 4 hrs.
- Step - ii** : Grind 5 strawberries with soaked 5 almonds, 5 cashews and 1 Mejdool date with water.
- Step - iii** : In a glass make layers of chia and on top put the strawberry mixture and top with pumpkin seeds, sunflower kernels, dry grapes and chopped almonds.



STRAWBERRY CHIA PUDDING



H. Sesame milk:-

Preparation Method :-

Put 1 teaspoon raw sesame seeds (not roasted), 5 almonds, 5 cashews, 1 raw date (organum), 2 cardamoms, 3/4 cup water in a mixer.



I. Green Gram Salad (Kosambari)

Preparation Method :-

Soak 100 grams moong dal for few hours : Add 1 carrot, 1 lebanese cucumber, 1/4 cup fresh sweet corn, pomegranate, 1 fists roasted ground nuts and coconut gratings, lemon juice, pinch of salt, pepper powder



GREEN GRAM SALAD



21. Soaked Peanut Paste

It's a good for cancer patient and obesity/weight reduction

Ingredients :-

- For one portion-3 tablespoon soaked peanuts, two wet dates and one banana.



Preparation Method :-

- paste all the ingredients and consume as breakfast, lunch and dinner



22. Roasted Nuts with Makhana Seeds for dinner

A nutritious snack for cancer patients.

Introduction :-

This roasted nuts and makhana seeds recipe is a healthy and delicious snack, perfect for cancer patients who need nutrient-dense and easy-to-digest foods. Packed with protein, fiber, and essential vitamins, this recipe boosts immunity and provides sustained energy without adding unnecessary calories.

Ingredients :-

1. Makhana seeds (dry roasted until crisp) - 150 grams (15%)
2. Salt (to taste)
3. Small peices dry coconut - 150 grams (15%)
4. Dry grapes - 150 grams (15%)
5. Fresh coriander leaves (for garnish)
6. Chat masala or any ready-to-eat spice mix (for flavor)
7. Roasted peanuts (outer skin removed for better taste) - 400 grams (40%)
8. Roasted chickpeas (outer skin removed for easy digestion) - 150 grams (15%)

Note:- You can mix all ingredients or serve them separately based on availability and preference. Makhana seeds are readily available in supermarkets worldwide.





**Times Health Excellence Award
Service Excellence for inventing
Herbal Compounds for incurable
health disorders awarded by
Shri Sadananda Gowda
Honourable Union Minister for
Chemicals and Fertilisers, Govt of
India 2018**



**Honoured by Honourable
Governor for Karnataka
Shri Vajubhai Rudra Bhai Vala
for tree plantation and invention
of herbal compounds**



**Asia's Greatest Brands and
Leaders 2018 - Singapore for
inventing herbal compounds for
incurable health disorders**



**Bharat Gaurav Award - 2018
For inventing herbal compounds
for Incurable Health disorders,
awarded by Honourable union
Minister State for steel,
Mr. Shri Faggan Singh Kulaste in
New Delhi - 2018**



With his Holiness Dalai Lama during the redevelopment of the Mahabodhi Temple (as Chairman of the Mahabodhi Temple in Bodh Gaya) 1997



With Hollywood Actor Mr. Richard Gere during the Development of Mahabodhi Temple and Persuasion of World Heritage Monument (Bodh Gaya)



Inviting the Founder of Microsoft Corporation Mr. Bill Gates as Secretary of Welfare Department Govt. of Bihar (2015)



COSIDICI National Award Panaji Goa - 2018 (MSME Govt. of India)



Dr. S. M. Raju received the Global Achievers Award on 29 Oct 2025 in Washington D.C. for his pioneering herbal formulations for chronic diseases, presented by Rt. Hon. MP Barry Gardiner.

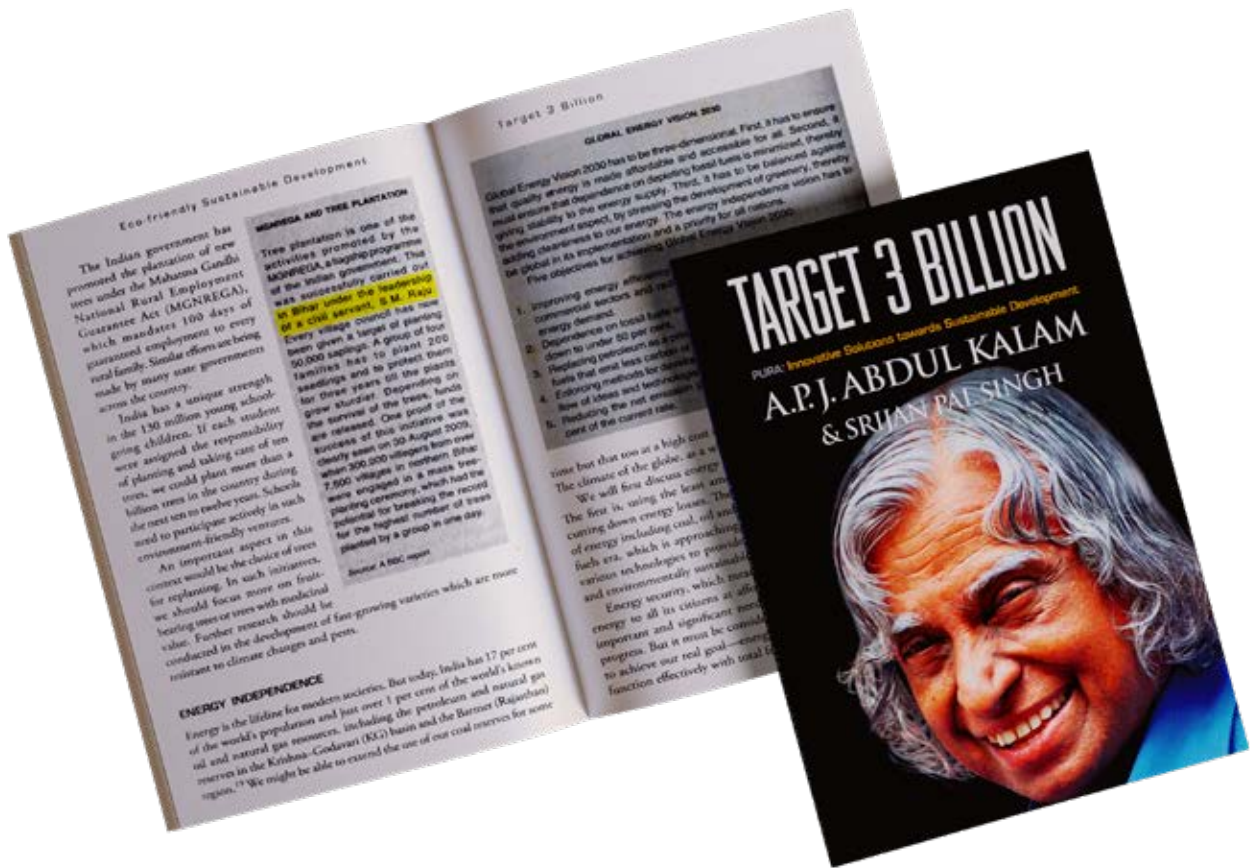


Honoured by the Indian Consulate General, Atlanta His Excellency Mr. Ramesh Babu Ayurveda Lecture for Indo-Americans & Americans (1st November 2025)



Alongside Sri Sri Ravi Shankar at the Boston Global Forum Peace Awards – 3rd November 2025.





Honourable ex-president of India Dr. APJ Abdul Kalam wrote in his book "Target 3 Billion" on Dr. SM Raju's innovative work in tree plantation

Late honourable Ex President Dr. A.P.J ABDUL KALAM wrote in his book "Target 3 Billion", where he appreciated the achievement of Dr. S M Raju for his revolutionary work in social forestry

One day One Crore Plantations - 30-08-2009



BBC NEWS | South Asia | Meeting India's tree planting guru

Dr. S M Raju is single-handedly organising the re-forestation of his state.

An Indian civil servant, Dr. S M Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.

His campaign to encourage people to plant trees effectively addresses two burning issues of the world: global warming and shrinking job opportunities.

Evidence of Dr. S M Raju's success could clearly be seen on 30 August, when he organised 300,000 villagers from over 7,500 villages in northern Bihar to engage in a mass tree planting ceremony.

In doing so the agriculture graduate from Bangalore has provided "sustainable employment" to people living below the poverty line in Bihar.

An Indian civil servant, Dr. S. M. Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.

Article on tree plantation program "One day One crore" by Dr. SM Raju - BBC titled Dr. SM Raju as a Indian Planting Guru in 2009

CITY DIGEST

5-year-old awarded ₹5 lakh for death of father in jail

Bihar Human Rights Commission (BHRC) on Monday awarded a compensation of Rs 5 lakh to the daughter of a Bihar resident, who died while in custody in Bihar jail in July 2014. Bihar resident Ashay Kumar Singh, who was convicted of murdering his wife, died due to injuries while in custody. Since the jail authorities were the custodian, the commission directs for a compensation of Rs 5 lakh to Ashay's five-year-old daughter, who lives with her maternal grandparents. BHRC member Biju Naski said.

Memorial lecture series: ANMS Patna Director Dr G.K. Singh will on February 24 inaugurate a memorial lecture series to be held at Rajendra Bangla Club as part of the 1st foundation day celebrations of Patna Medical College, ICMR Patna Director Dr S.N. Mishra will be the chief guest at the event at which five lectures will be delivered on 'Role of highly specialized and management', 'Errors of judgement in cardiology practice', 'Current perspectives in management

IAS official's ayurvedic formulae get regulator approval

Three Newscorps

Patna: A Bengali-based firm is all set to commercialise production of its ayurvedic drugs based on the formulae developed by Bihar's SC-ST welfare department secretary S.M. Raju as the same have been approved by the Directorate of Ayurveda of the Government of Bihar. The drugs include anti-ageing support, cardio-vascular support, renal support, gastric support and liver health support. These products will be available under the brand name 'Miracle Drink'.

As per the certification with ANMS, Anti-Ageing Support is a combination of Neem, Ashwagandha, Haritaki, Chirayata, Vitex, and Ashoka. Liver Health Support consists of Ashwagandha, Haritaki, Chirayata, Vitex, and Ashoka. Cardio Support is a blend of Ashwagandha, Haritaki, Chirayata, Vitex, and Ashoka. Anti-Ageing Support is a combination of Ashwagandha, Haritaki, Chirayata, Vitex, and Ashoka. Liver Health Support consists of Ashwagandha, Haritaki, Chirayata, Vitex, and Ashoka. Cardio Support is a blend of Ashwagandha, Haritaki, Chirayata, Vitex, and Ashoka.

102 of human rights cases | HC seeks fresh reply from | Heavy debt burden

THE ECONOMIC TIMES - 26 FEB 2016

HINDUSTAN TIMES, PATNA THURSDAY, DECEMBER 20, 2012

Bihar forest cover up, courtesy CM and Raju

SPECIAL **GOING GREEN**

Arav Kumar

NEWS: Bihar has once again topped national leaderboard for the right reason. Thanks to a number of initiatives taken by chief minister Nitish Kumar, it has been able to increase the forest cover modestly even as several other states have witnessed an actual decrease, according to India State of Forest Report 2012.

The forest cover in the country has increased by 307 sq km with the green area increasing in 14 states, as per a forest report released here on Wednesday. However, Bihar is among the few states, which have increased forest cover.

THE HINDUSTAN TIMES - 20 DEC 2012

Green bond and rivalry with Pak

Climate unity takes shape

Creore reply to 5 lakh saplings

THE TELEGRAPH - 01 SEP 2009

the pioneer

Bihar babu plants his way to Guinness Book

THE PIONEER - 02 SEP 2009

Bihar babu plants 1 cr saplings in a day

MAIL TODAY - 19 SEP 2009

Medical Science Revolutionized: Cell Regeneration Offers Hope for Dysfunctional Organs

ET HEALTHWORLD - 12 JAN 2025

NEW YORK WEEKLY

Dr. SM Raju's Neo Ayurveda: A New Approach to Supporting Chronic Disease Management at the Microcapillary Level

NEW YORK WEEKLY - 7 JAN 2025

Meeting India's tree planting guru

BBC - 19 SEP 2009

metro

IAS officer masters herbs, becomes 'miracle man'

HINDUSTAN TIMES - 08 NOV 2016

Article by Forbes India published on March 2020 on Dr. S.M.Raju, on restoring health herbally-Research work.

RESTORING HEALTH, HERBALLY



S. M. Raju, Senior IAS Officer, Principal Secretary to the Government of Bihar, has made great strides in treating incurable health disorders by blending herbs to create health supplements, in accordance with Ayurvedic principles; Website: miracledrinks.in

Sulthanpet Mnilakkappa Raju was born in Sultanpet, near Bengaluru, to a family that earned their livelihood from the region's traditional dairy farming and sericulture practices. Innovative and resourceful, S. M. Raju's ingenuity showed early in life when he used practical knowledge and his qualifications as an agricultural graduate to successfully formulate a theory for creating a good environment for rearing silk worms through proper ventilation and temperature regulation, which, unlike traditional methods, resulted in 100% yields. His method was adopted by the University of Agricultural Science, Bengaluru as a model of study for its students, and soon after by the rest of the state of Karnataka.



Senior IAS Officer S M Raju
Inventor, Miracle Drinks

in such a festive mode. This innovative approach has now become a national policy of the Ministry of Rural Development and Ministry of Road Transport and Highways, Government of India.

TREATING INCURABLE HEALTH DISORDERS

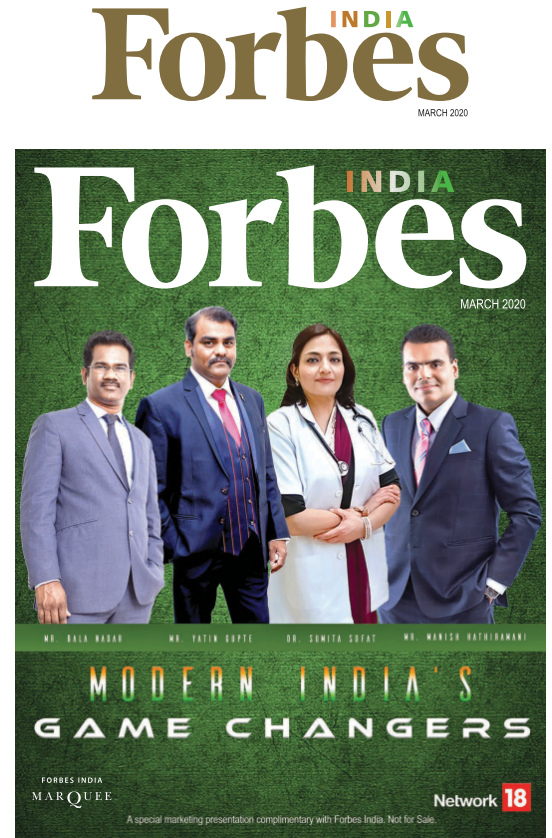
S. M. Raju has done extensive research on medicinal plants for more than 35 years, formulating different variants of supplements which help in treating several incurable health disorders including chronic kidney disease, dilation cardiomyopathy, lower ejection fraction, vessel stenosis, multiple artery blockage, cervical spondylitis and osteoporosis. Initially, he would use these supplements—developed using the knowledge he had gathered by studying medicinal plants in college—to treat his rheumatoid arthritis. He intensified his research when his father was diagnosed with acute renal failure and his son with acute myeloid leukaemia.

MULTI-FACETED PERSONALITY

As a District Magistrate cum Ex-officio Chairman of Mahabodhi temple, he redeveloped the Mahabodhi temple and its precincts in 1997. This project was sanctioned by the OECF (Overseas Economic Cooperation Fund) in 1988, but was pending ever since because his predecessors were unable to obtain a no-objection certificate from the archaeological survey of India. This scheme was due to lapse in 1998 when Mr. Raju took the initiative to ensure its redevelopment. His Holiness the Dalai Lama himself inaugurated the project.

As the Secretary of Rural Development Department, he conceived the innovative scheme for tree plantation under MGNREGA (Mahatma Gandhi National Rural Employment Generation Act). In this scheme, the wages were linked with the survival rate of the tree saplings for five years; these tree saplings were cared for by women and aged people who were incapable of other manual labour. On 29th August, 2009, while he was posted as the Divisional Commissioner in Tirhut Division, he targeted to plant (with the slogan) 'One Day One Crore Tree Plantation'. He mobilised three lakh people in six districts across 7000 villages; he was able to coordinate the plantation of 96.4 lakh tree saplings through gram panchayats. For this inaugural project, BBC titled him as the Indian tree planting guru. Dr. A.P.J Abdul Kalam, the late ex-President of India, appreciated his approach of planting almost 1 crore plants by involving so many people

His research focuses on cell regeneration therapy through herbal compounds and prebiotic and probiotic and flax seed diet. Detoxification of the cells is done by inducing phytochemicals in the body through herbal compounds and lignans. Regulating the cellular metabolic activity and the cellular respiratory system is done through phytochemicals and Omega-3 and Omega-6 fatty acids. The beneficial microbes in the body are rejuvenated by inducing well-balanced amounts of prebiotics and probiotics (a follow-up on the research conducted by Nobel laureate Dr. Élie Metchnikoff). This enriches and promotes stable micro-flora in the gut, thus ensuring a consistent release of enzymes which helps in breaking down nutrients from the food efficiently. The best part is that these principles help in giving a new life to people who are suffering from many incurable health disorders, especially those that have no permanent solution for long-term relief. For example, people suffering from chronic kidney disease do not need to go through dialysis for the rest of their lives or opt for a kidney transplant if they follow the set-down protocols properly! All the herbs used have been declared as health supplements by the FSSAI in the amended 2006 FSSAI Act in 2015. It is no wonder that S. M. Raju's research has been endorsed by the Ministry of AYUSH as well as the Honourable Union Minister of State for AYUSH, Shri Shripad Naik. **■**





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