

Your Daily Wellness Diet

Morning:

- On waking up have Noni Drink.
- After 30 minutes you can have Herbal tea or Bananas.
- Till 12:00 noon have 2-3 rounds of fruits; Seasonal, Regional.
- The only rule about fruit eating : Eat the fruits in an empty stomach.

Noon:

- 12:00 Have a glass of raw vegetable juice (carrot, tomato, beetroot, with herbs, lemon and ginger. No salt and no sugar).
- After one hour have lunch: Start with raw salad. Then have any amount of cooked vegetables, no cereal, no grains i.e. no roti, no rice and no pulses. End lunch with lemon, ginger juice (juice of 1 lemon + equal qty of ginger juice + 1 pinch of haldi).
- After 1 hour have one more glass of raw vegetable juice.
- 2 hours later have another round of fruits.
- An hour after you can have some nuts.
- An hour after have another glass of raw vegetable juice (cucumber or bottle guard, white pumpkin with herbs, lemon and ginger. No salt and no sugar).

Evening:

- Have Noni Drink half an hour before Dinner.
- Dinner is same as lunch.
- Have sabzaa (Krishna thulasi seeds) 3 teaspoons soaked in water either alone or mixed in vegetable juice at the end of the day.

Tips to stay Healthy

- Practice passing motion 3-4 times a day.
- Do a lot of deep breathing. When breathing in, stomach will go out and when breathing out stomach will go in.
- Go to sleep 3 hours after dinner.

Recommended Food

for Cancer Patients

Vegetables			
•	Cabbage	•	Carrot
•	Amla	•	Cauliflower
•	Broccoli	•	Turnips

Fruits			
•	Lemon	•	Water melons

Herb			
•	Garlic	•	Ginger
•	Dry Ginger	•	Curry Leaf Juice
•	Mint	•	Coriander Leaf
•	Wheat Grass	•	Alovera Gel

Nuts			
•	Badam Nuts		

Foods to be avoided			
•	Fried Foods	•	Deep Fried Foods
•	Fat Products	•	Oil Foods
•	Milk, Milk Products	•	White Sugar
•	Chicken	•	Salt
•	Biscuits	•	Butter Biscuits