

Heath Report

FOLLOW the below in MODERATION.

Sr. No	Test	Value	Ideal	Solution
1	Serum Uric Acid	7.8 mg/gl	2-6 mg/dl	<ol style="list-style-type: none"> 1. Have a lot of water. 2. Increase Vitamin C (lemon, tomatoes, oranges - preferred raw) 3. Increase Salads and fruits. 4. Reduce protein 5. Reduce weight and exercise. 6. No sea food, alcohol, red meat, artificial sweetener. 7. Control Diabetes and sugar level 8. Avoid Sugar. 9. Add more fiber in your diet.(chickpeas, Lentils, Nuts, brown rice, Quinoa, Oats, Spinach, Broccoli, Apples, pears) 10. Drink Coffee 11. AVOID STRESS 12. REMEDY: <ol style="list-style-type: none"> 1. Take 1 glass of water + 1 tea spoon ajwain + 1 teaspoon ginger(kassa hua adrak) 2. Boil the 3 items together. (until water becomes 3/4 glass of initial quantity) 3. Have 1/2 of the mixture after (30-60min) of the breakfast. 4. Have remaining 1/2 of the mixture after (30-60min) of the Dinner (before sleeping - try keeping gap between having this and sleep). 5. All this (flushes toxins, and is anti inflammatory)
2	SGOT	69	5-40 (AST)	<ol style="list-style-type: none"> 1. Minimise alcohol (Major Reason) 2. Stop outside nonveg 3. Increase your exercise time. (Try reducing weight) 4. No oily food. (No Processed food, only home cooked) 5. Add more salads and fruits. 6. Have Garlic, Turmeric (not too much) 7. Take 8hrs of good sleep 8. Have 5ltr of water (good for liver detox) 9. REMEDY: Mooli (Radish) ka juice (help the liver detoxify and heal against damage) 10. DO NOT STRESS 11. Reduce Protein & Fat Intake. (no egg) 12. Have Folic Acid rich food. (Green Vegetables, palak, kala chana, white chana, rajma masoor, moong, chukundar, Banana, papeeta.) Can also take folic acid as suppliment.

3	SGPT	71	7-56 (ALT)	Same as SGOT.
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