

# DeepRAG Medical Guide 2024

This is a custom knowledge base for fine-tuning.

## 1. Watermelon Safety:

- Watermelon has a high glycemic index (GI of 72).
- Diabetic patients should eat it sparingly.
- It contains 92% water and is very hydrating.

## 2. Exercise Recommendations:

- Adults need 150 minutes of moderate activity per week.
- Walking and swimming are excellent choices.

## 3. Sleep Hygiene:

- Aim for 7-9 hours of sleep per night.
- Avoid screens 1 hour before bed.