**For Rheumatoid Arthritis,  we suggest you take our ACTIVIZ, NERVICA, STOMAID, GC and ACIDIM.**

You are to consume one sachetACIDIM, one sachet of ACTIVIZ & one sachet of NERVICA, One tablet of GC and 2 Tablets of Stomaid after breakfast and after dinner everyday. In addition, take one sachetACIDIM and 2 Tablets of Stomaid after lunch.

Initial symptoms will subside within a few weeks and you will begin to feel sustainable benefit. The disease progression will take a halt and over time, it will tend to reverse slowly but steadily.  As you approach 4-5 months, your systems will start gaining strength internally. Please continue these medicines / supplements as long as needed.

**All prices are mentioned on our website.**

Do let us know if you have further questions.

**Important points & suggestions during herbal treatment :**

**Breakfast time :**

Within 2 hours of getting up, breakfast should be finished

Breakfast to be healthy, and filling

Not later than 8.30 AM - followed by medicines

**Lunch time :**

Between 1 to 1.30 PM

**Dinner time :**

Between 7 to 7.30 PM, at least 4 hours before bed time. Dinner should be light - followed by medicines

In between the above, please take fruits, green tea, Salads, Leafy vegetables in abundance

Fruits preferred : Papaya, Apple, Anaar, Banana (only 1 a day), Pineapple, all seasonal fruits which are not sour

Foods to avoid : Fermented foods e.g. Idly, Dhokla, Wada, Dosa

Gas forming food e.g. Kadhi, Rajma, Chhole, Bhature, Naan, Kulcha, Urad Daal etc.

Avoid biscuits, bakery items

Avoid : cold water, cold drinks, ice creams, any other items from the freeze

Pls do not lift weights. No heavy work, no exercises that put pressure on stomach and abdomen.

Avoid cold water and cold drinks. These are the precautions for the duration of treatment.

You can also speak to our helpline at 98221 00031 between 8 AM to 8 PM or write to us an email.

Grocare India

[www.grocare.com](http://www.grocare.com/" \t "_blank)

Helpline: +91-98221-00031



