

What should be done in the daily routine from 7 am to 11 pm?

1. After getting out of bed in the morning, immediately sit down and drink half a glass of water in such a way that the saliva in the mouth should go to the stomach.
2. Enema is mandatory after brushing and freshening up.
3. 10 to 15 minutes of sun exposure every morning. Rubbing the body with a cotton cloth for skin disease. Rub again with a damp cotton cloth before bathing. Applying oil after bathing.
4. Always drink water while sitting down, do not drink hot or cold water.
5. Drink two glasses of green juice (18 to 20 types of green leaf juice) at 1:00 pm.
6. Between 2 pm and 3 pm, a salad can be taken with beetroot, carrot, tomato, cucumber, cauliflower, and chia seeds and half a banana, apple, pomegranate, green grapes.
7. Lemon water, coconut water and juice of any seasonal fruit can be consumed between 4.30 pm to 5.30 pm.
8. From 8:30 PM to 10:00 PM, you can have a meal, one roti, any vegetables, dal-rice, curry-rice, and then plain khichdi, mixed khichdi, etc.
9. In cooking, brown sugar, desi god or powdered, tata salt and sindhav salt should be taken in equal parts. Cooking oil three to four types should be used simultaneously.
10. One or two days a week, as per your strength, do a water fast, drink lemon water or coconut water or just one fruit juice.
11. At least seven to eight hours of sleep a night is essential.

What should not be done in the daily routine from 7 am to 11 pm.

1. No milk (animal and milk products, no sugar, no salt, no bakery products, no tea, no coffee, no soft or preserved drink, no baking soda, avoid nonveg, tobacco and alcohol.)
2. Avoid Gym, Walk, Exercise, yoga, cycling, swimming.
3. Take your daily medicines after green juice.
4. Any other unpleasant symptoms may be caused by the initial excretion of waste (feces, toxins) So do not panic at all, be happy. garbage is coming out. Body has started detoxification.