**Restrictions**

1. **“Keep consuming after some time intervals and in small proportions”**
2. No coffee or tea
3. No sugar
4. Use honey instead of sugar.
5. No oils and butter (use only rice bran oil or olive oil if required but in small quantities)
6. Eat two cloves on an empty stomach.
7. No spics, sauces and vinegar
8. No capsicum and no cabbage
9. No garlic and onion.
10. No fried food
11. Wash your hands before eating.
12. Use fresh handkerchief frequently.
13. Change cloths daily

**Food**

1. Boiled potatoes with salt.
2. Boiled rice with dal (no oil)
3. Boiled vegetables (no capsicum and cabbage)
4. Kichri with curd
5. Oats
6. Milk with cornflakes
7. Yellow dal (suits well… )
8. Vegetable soup
9. Chapati only in morning with dal
10. Boiled egg
11. Boiled fish
12. Tomato soup
13. Spinach soup

**Fruits**

1. **Banana**
2. Apple after peeling
3. Oranges
4. Pomegranates
5. Raisin

**Liquid**

1. Coconut water
2. Lemon water
3. Glucose water
4. Drink ORS
5. Water + apple cider vinegar(1 tablespoon) + honey
6. Sugarcane juice

**Home remedies**

1. Boiled water with cloves
   1. One litre water
   2. 4-5 cloves
   3. Boil it to half
   4. Add honey
   5. Drink 4-5 times a day in small proportions
2. Basil with saffron
   1. Make paste of 4 basil leaves
   2. Pinch of black pepper
   3. Some saffron
   4. Divide in 3 portions
   5. Take one after each meal
   6. Finish within a day
3. Butter milk with coriander juice