

HB Improvement Diet

Early Morning:

Coriander - 2 or 3 Stems with 100 ml of water and blend it.
Jaggery - 1 tea spoon (Have to take early morning before 6:30 A.M.).

Around 11:30 A.M.:

Boiled beatroot, raw carrot, sweet potato or boiled potato.

Around 04:00 P.M.:

Eat any of these Raisins, Dates, Sesame Seeds (Nuvvulu), and Telagapindi items.

Deworming: 2 table spoon Castor Oil, 100 ml hot water mix both well and have to take early morning.

Note1: [Raw tomato or Tomato Juice on empty stomach will increase HB.]