



miracle drinks
NEO AYURVEDA®



Treatment protocol for Weight Reduction



**PROTECT THE TREE,
AND THE TREE WILL PROTECT YOU**

Vruksho Rakshitahi Rakshitah

INVENTOR

Dr. S. M. Raju IAS (Rtd)

Diet to be followed: Special diet

| MORNING | |
|-----------|---|
| STEP 1 | On an empty stomach, drink 15 ml each of Liver Support (S-4) and Gastro Support (S-6). These two supplements can be mixed together and consumed by diluting it in 30 ml water. |
| STEP 2 | Immediately after drinking the supplements, the following home remedies must be chewed and swallowed; (a) Garlic–About 2-3 small pieces. (b) Ginger–About ½ cm sliced. (c) Fenugreek Seeds [soaked in water overnight or sprouted] – ½ teaspoon. Note–The above-mentioned home remedies are pre-biotics which are beneficial for the gut health. |
| STEP 3 | Yoga – Meditate for 20 minutes, 40 sets of Pranayama viz. Bhastrika and 20 sets of Anuloma Viloma. Note –Yoga can be practiced as per your comfort level, the above mentioned information is merely a guideline. Take 100 ml Banana stem juice if available. Check QR code for recipe.  |
| STEP 4 | Consume Flax Drink as the first course of your breakfast. Note – Flax Drink is rich in Omega 3 and Omega 6 Essential Fatty Acids (regulates the metabolic activities of the cells) and Lignans (detox the cells). Please check QR code for recipe.  |
| STEP 5 | Breakfast–After consuming the Flax Drink, if you are still hungry, eat some fruits and other preparations, flax diet itself is called as wholesome food. |
| AFTERNOON | |
| STEP 1 | Lunch – Drink one glass of raw vegetable juice and ensure that less than 30% of your meal comprises of cereals (rice, wheat, ragi or minor millets) and more than 60% of your meal comprises of vegetables and leafy vegetables, and less than 20% of fish or chicken. The starch should be removed in the rice (method of removal of starch- after boiling the rice remove water). |
| EVENING | |
| STEP 1 | (time is indicative) Drink 1 glass of Flax Drink as a snack Consume more super cereals food. |

NIGHT

STEP 1

Before dinner, Drink 15 ml each of Liver Support(S-4), Renal Support(S-5) and Sugar Care(S-10). All these three supplements can be mixed together and consumed by diluting it in 30ml water.

STEP 2

Dinner – Drink one glass of raw vegetable juice before dinner. Ensure that less than 30% of your meal comprises of cereals and more than 60% of your meal comprises of vegetables and leafy vegetables and less than 20% of fish or chicken.

Please note: If there is gastric problem don't take synthetic medications as it will spoil the GUT beneficial microbes, in place of that take Gastro Support after food till the problem solved.

Consume more super cereals food.

1. What Medicines to be avoided during treatment for a speedy recovery?

Except for the medication/tablets consumed for diabetes and blood pressure, all other tablets related to/for cholesterol, blood thinners, water pills (diuretic tablets), gastric tablets, uric acid tablets, Vitamin B12 tablets, Vitamin D tablets, Allergy tablets, anti depression tablets and neuro tablets can be avoided from day one of the treatment, as all these medicines can be supplemented through our treatment protocol with diet. For example, raw vegetable juice acts like cholesterol and blood thinner tablets.

Note: The aforementioned recommendation is merely a guideline, those wishing to continue with the synthetic medicines can do so, but do keep in mind that synthetic medicines damage the liver and kidney cells, and recovery is very slow.

2. Tapering of Diabetic and BP Medication

During the course of treatment, the glucose levels start normalizing in about 3-4 days, and the blood pressure starts to normalize in 15-30 days. Those who are taking insulin, on the 4th day, whatever the units they are consuming, it should be tapered by 3 units every time. For example, if you are taking 10 units in the morning, you should now take 7 units, and so on throughout the day. Thereafter, with every passing week of Miracle Drinks treatment, per unit dosage of insulin should be reduced by 3 units each time. For example, if you are taking 10 units per dosage in this current week, you should reduce it to 7 units per dosage the next week. By following the recommended diet and treatment protocol, the body starts to produce insulin.

Those who are taking tablets for diabetes, on the 4th day, 25% of the tablet volume should be tapered down, and thereafter by monitoring the glucose levels, the tablets must be tapered further. By following the recommended diet and treatment protocol, the body starts to produce insulin.

The blood pressure starts normalizing after one or two weeks of Miracle Drinks treatment; therefore, Blood Pressure medication should also be tapered under the guidance of a doctor.

Note – All of the above-mentioned recommendations should only be executed under the guidance of a doctor.

3. How does Miracle Drinks works on Pancreas rejuvenation ?

It may acts as a prebiotic, which is beneficial to the microbes in the gut system. This leads to the activation of the microbes, which prompts the release of different types of enzymes. These enzymes act as a catalyst to release different types of nutrients from the food consumed and nourishes the cells in the body. It also acts as an antioxidant and detox(s) the cells. Combinations of the herbal medicinal plant extracts are effective in cleansing the arteries, capillaries and in strengthening the valves in the blood circulatory system. It is effective in promoting the cellular metabolic activity and cellular respiratory system.

4. Additional benefits

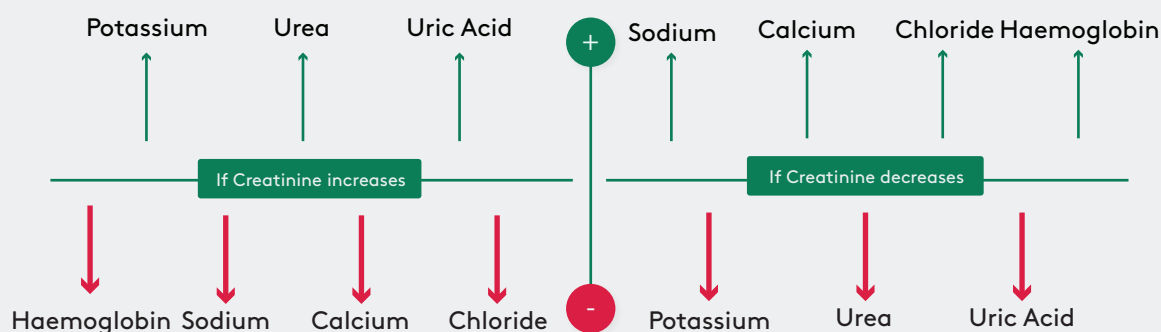
It helps in controlling BP.

5. Important information for people suffering from Chronic Kidney Disease

a. The reason Creatinine level increases

When the Glomerulus Capillary Filters are damaged, the following parameters in the blood vary:

- Creatinine, Potash, Urea and Uric Acid increases
- Haemoglobin, Sodium, Calcium and Chlorides start to decrease



For those suffering from Chronic Kidney Disease, various reasons could lead to the damaging of the Glomerulus Capillary Filters such as



Chronic Diabetes



High Blood Pressure



Ingestion Of Synthetic Tablets



Pain Killers

This hinders the kidneys ability to filter end products of protein such as nitrogenous products like creatinine, urea, uric acid, potash (more than 5.5% of potash level affects the normal functioning of the heart). Accumulation of these toxins will affect all other functions of the kidney which leads to the reduction of hemoglobin levels, calcium levels, sodium levels and the levels of other important micro and macro nutrients.

Creatinine is a nitrogenous end product of proteins, therefore it is very important for people suffering from Chronic Kidney Disease to know which food contains easily digestible proteins and the harder or indigestible proteins. The harder to digest protein or indigestible proteins are wheat and rice which contains about 13-14% of protein, pulses which contain about 20-25% of protein, and meats like beef, chicken, pork and lamb which contain 25-30% of proteins. Examples of easily digestible proteins are leafy vegetables and vegetables which contain 2.9-3% of protein, fish which contains 13-20% of protein and mushrooms which contain 10-20% of protein.

Therefore, during the treatment period, those suffering from Chronic Kidney diseases should try and incorporate easily digestible proteins into their meals, and stick to the strict diet as defined in this book. **Although many nephrology dieticians do not advise the consumption of leafy vegetables, and vegetables, the inventor of these health supplements has experimented this successfully on his father.** It is important to remember to leach the leafy vegetables and the vegetables before consumption.

FREQUENTLY ASKED QUESTIONS

1 Can Allopathic medicines be consumed along with Miracle drinks Health Supplements?

Yes, allopathic medicines can be consumed with Miracle Drinks supplements.

2 Are there any side effects with consuming Miracle drinks Health Supplements? Does it contain any purified metals, chemicals, etc.?

Miracle drinks products do not contain any purified metals or chemicals. Please read the ingredients used to manufacture Miracle drinks products, to check if you are allergic to any of the ingredients. All herbs used for manufacturing Miracle drinks products are considered as Health supplements by the Ministry of Health and Family Affairs (FSSAI) guidelines.

What forms of vegetables can be consumed and in what quantity?

All types of leached vegetables and leafy vegetables except for raw banana can be consumed. Try to incorporate leafy vegetables as much as possible as they have the high levels of Calcium. Vegetables must be leached before consumption.

3

What type of fruits can be consumed?

All fruits and dry fruits can be consumed in limited quantity.

4

Is it minor millets (siridhanya) good for diabetes patients?

No, all cereals do not have easily digestible carbohydrates, it requires hard manual work otherwise it accumulates in the form of glucose; therefore one should consume less than 30% of any type of the cereals in the food.

5

How much water can be consumed?

Including all the foods, less than 1 litre of water should be consumed by people suffering from edema.

6



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NEO AYURVEDA®



Miracle Drinks is the brand name of series of Ayurvedic Proprietary Medicine. The age-old Vedic literature was referred to formulate the medicines while the consumption guidelines were complied to be at par with the 21st century.

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