

Special Diet-

Healthy Foods and Recipes

(For health issues related Chronic Kidney Stone , Dysmenorrhea, Polycystic Ovarian Disease , Uterine fibroid, Infertility , Thyroid , Cervical Spondylosis , Osteoarthritis, Osteoporosis , L4 – L5 gap , C4 – C5 gap , Disc Bulge, Weight Reduction, Uncontrolled Blood Pressure/Hypertension, Cholesterol and Triglycerides or any non chronic diseases)

What foods should be avoided during the treatment:



- More than 5gm salt



- Milk and milk-based products (Except for curds/yogurt without cream)



- Aerated Beverages, Fruit Juices



- All forms of oils and fats



- Processed Baked foods such as cookies, biscuits, etc



- Alcohol

DIET TO BE FOLLOWED DURING THE TREATMENT

Pre-Biotics

(a) Garlic – About 2-3 small pieces.

(b) Ginger – About ½ cm sliced.

(c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

Banana Stem Juice

Two times a day, once in the morning and once in the evening. Helps in removing calcareous formations in the arteries and capillaries. This must be consumed twice a day (if possible), 100 ml each time.

Flax Drink

Two times a day once in the morning and once in the evening, it contains omega 3 and omega 6 essential fatty acids (this helps in regulating the cellular metabolic activity and the cellular respiratory system) and high amounts of lignans (this helps in detoxifying the cells). One portion of flax diet has the nutritional equivalent of 100 KG of peanuts.



Vegetable juice

Vegetable juice should be consumed twice a day. it acts as a natural supplement for maintaining cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet.

Leached Cooked Leafy vegetables

Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

Pulses

Only 5-10% of your meal should consist of pulses.

Cereals

Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work , otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

Fish

Up to 20% Baked fish with herbs can be consumed in a meal as it supports in regeneration of the kidneys and other organs.

Dry Fruits

Consume abundant dry fruits, particularly coconut , dates and fig fruits. These dry fruits have high medicinal value.

Spice Drink

This can be consumed to help with allergies, fever, cold and cough.

SPECIAL DIETS DIFFERENT RECIPES

1) How to Leach Vegetables?

Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use. For Kidney patients- while preparing the vegetables/leafy vegetables, the water released from the vegetables /leafy vegetables, should be removed.

Remember, raw vegetable juices are harmful for those suffering from Chronic Kidney Disorders.



2) PREBIOTICS AND PROBIOTICS

PREBIOTICS (FOOD FOR BENEFICIAL MICROBES)



Garlic

2 - 4 Garlic Beans



Ginger

Half cm slices



Fenugreek seeds

1 tea spoon Fenugreek seeds soaked or sprouted

PROBIOTICS (CONSUMING BENEFICIAL MICROBES WHICH ARE AVAILABLE IN THE FOODS)



Curd/
Yoghurt



Pickle &
Kimchi

3) FLAX DRINK

Flax seeds contain high levels of Omega 3 and, Omega 6 essential fatty acids and a substantial amount of Lignans. These essential fatty acids help in bolstering cellular metabolic and cellular respiratory activities, and lignans help in detoxifying the cells. One tablespoon of flax seeds, i.e. 15 grams and one table spoon flax oil, have a nutritional value equivalent to 100 kilograms of peanuts, or 6 kilograms of cashew nuts, or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to flax drink, doubles its nutritional value.

Ingredients

Flax Seeds
1 tbsp (15 grams)
-
Cold Pressed Flax Seed Oil
1 tbsp (15 grams)
-
Curds (Yogurt)
100 grams

Preparation Guide

In a small mixer grinder or a coffee grinder, grind the flax seeds to a fine powder.

In a medium jar of a mixer grinder, add all the ingredients and give it a churn -

Flax Seed Powder
Cold Pressed Flax Seed Oil
Curds/Yogurt

Add water to adjust consistency to a buttermilk like consistency



Flax Drink

- NOTE**
- Drink the flax drink **within 15 minutes** of preparation
 - **Do not consume the flax drink if you are allergic to it.**
 - Generally, any forms of seeds will produce heat in the body as it contains oils. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables.
 - Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.
 - **DO NOT roast or heat flax seeds before consumption.**
 - **DO NOT powder the flax powder and store it, flax seeds must be powdered just before consumption.**
 - **Pregnant women and breastfeeding mothers must not supplement their diet with flax seeds, they must consume the flax drink under the consultation of a nutritionist.**

4) BANANA STEM JUICE

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter after taste. It helps in improving the overall health, assists with weight loss and people suffering from urinary tract infection, heartburn, cholesterol problems, constipation, acidity and ulcer. It helps in increasing the production of insulin and haemoglobin in the body, helps in retaining the muscle tone and helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones and gall bladder stones, and helps in preventing high blood pressure.

Recipe

Remove the outer layers of the banana stem.

After chopping the stem into small pieces & get the juice from juice extractor.

Add little buttermilk or few drops of lemon juice for more effective.



5) RAW VEGETABLE JUICE



Ingredients

Beetroot
 -
 Bottle Gourd
 -
 Carrot
 -
 Cabbage
 -
 Cucumber
 -
 Celery or Coriander Leaves
 About 20 grams
 -
 Pineapple or apple or any fruits
 1
 -
 Betel Vine Leaf
 1 or 2

Preparation Guide

Use a juice extractor or any other modes available to extract juice from the vegetables

NOTE

- This Juice helps in controlling cholesterol and helps in thinning the blood. All the ingredients (except for coriander leaves and betel vine leaf) should be added to this recipe in equal proportion; all these vegetables must be leached before the preparation of the juice.

6) MORINGA SOUP

Moringa leaves are rich in Vitamin C, Calcium, Iron, Ammino Acids, Protein and Potash; all these vitamins and minerals help the body heal and build muscle. It is also packed with anti-oxidants and substances which can protect the cells from damage. Moringa is also known to possibly boost the immune system of the body.

Ingredients

Moringa Leaves	Garlic
250 grams	15 grams
-	-
Coriander Leaves	Green Chili
30 grams	1
-	-
Black Pepper	Curry Leaves
4	1
-	-
Tomato	Ghee
1	½ teaspoon
-	-
Onion	Butter
1	
-	
Water	
1 liter	
-	
Ginger	
15 grams	
-	

Preparation Guide

Add all the ingredients in a cooker or a pot and boil it 10 minutes ; after which grind all the contents in a mixer-blender

-
Salt can be added to make the soup palatable HOWEVER people suffering from Kidney, Heart, Liver and Paralysis related problems should limit the amount of salt consumption to less than 5 grams a day.



7) GRAVIOLA POWDER



Graviola powder helps people who suffer from High Blood Pressure, Cancer, Liver Problems, Chronic Kidney Disease, Gastrointestinal Problems and Rheumatoid Arthritis.

Add 2.5 grams (1/2 teaspoon) with any of our health supplements or mix it with the flax drink, or it can be consumed as is by mixing it with a little water.

8) NEEM AND PEEPAL EXTRACT



Ingredients

Neem Leaves
8 leaves
-
Peepal Leaves
3-4 leaves

Preparation Guide

Grind all the leaves with a little water and extract 15 ml of liquid

9) OILLESS FISH

Ingredients

Fish
1 kg (cubed or as fingers)
-
Ginger
1.5 inch piece
-
Garlic Paste
1 full pod (all the pieces in the garlic)
-
Green Chilis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required

Preparation Guide

Make a paste of all the spices and vegetables
-

Smear this paste on the fish pieces and marinate it for 15 mins
-

This can be cooked in two ways –

Method 1

Steam the fish for 15 to 20 mins

Method 2

Place the marinated fish in a tawa or griddle
-

Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20



Preparation of Fish curry: Fry the paste with few drops of oil and after that add boiled water as per required curry consistency and place the washed fish and further boil it for 10 minutes or till it comes to boil. This curry can be eaten with rice or bread.

10) OILLESS MUSHROOM

Ingredients

Mushroom
1 kg (cubed)
-
Ginger
1.5inch piece
-
Garlic Paste
1 full pod (all the pieces in
the garlic)
-
Green Chillis
3
-
Coriander Leaves
1 fistful
-
Mint Leaves
Half Fistful
-
Lemon Juice
As required



Preparation Guide

Make a paste of all the spices and
vegetables
-

Smear this paste on the mushroom
and marinate it for 15 mins
-

This can be cooked in two ways-

Method 1

Steam for 15 to 20 mins

Method 2

Place the marinated mushroom in a
tawa or griddle
-

Add two spoons of water and cook
the mushroom by pressing the
pieces with a spoon and cook on all
sides on medium heat for 15 to 20
minutes

11) CHICKEN CURRY

Ingredients

Chicken
1 kg (Deskinmed and cut into
medium pieces)
Onion
1 (medium-sized and chopped)
Green Chillies
3 (chopped)
Ginger
1 inch
Garlic
1 pod (1 piece)

Coriander Leaves
2 tbsp (chopped)
Mint Leaves
1 tbsp (chopped)
Tomato
1 (chopped)
Pepper Powder
¼ tsp
Garam Masala
¼ tsp



Preparation Guide

Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency
Smear this paste on the chicken and marinate it for 30 minutes

This can be cooked in one of two ways-

Method 1-

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle. (In other words, boil it for 20 to 25 minutes)
- Switch off the flame and wait for the pressure to normalize.

Method 2-

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

12) VEGETABLE CURRY

Ingredients

Leached Vegetables
80 to 95%

Pulses
5 to 10%

Onion
1

Tomato
1

Coriander Paste
1 tbsp

Mint Leaves Paste
1 tbsp

Green Chili
3

Ginger & Garlic Paste
1 tbsp

Garam Masala
To taste

Turmeric Powder
¼ tsp

Water
200 ml or 2/3rd of all the
ingredients



Preparation Guide

- Boil pulses separately and mix up with the vegetables
- Chop the chilis, onion and the tomato
- Add all the boiled pulses and other ingredients in a pressure cooker and the water
- Cook on high flame until the curry is cooked, in other words, boil it for 20 to 25 minutes after that give tadaka or tempering with ½ tea spoon ghee or cold pressed oil

13) SUPER CEREALS FOOD (KHICHDI)

Ingredients

Rice or Wheat
less than 30%

Leached Vegetables
more than 60% (Except green
banana)

Chopped Onion
1

Coriander Paste
1 tbsp

Green Chili
3

Ginger and Garlic Paste
1 tbsp

Mint Leaves Paste

1 tbsp

Pulses
5%

Curry Leaves
8-10 leaves

Garam Masala
One pinch

Turmeric Powder
¼ tsp

½ tea spoon ghee or butter



Preparation Guide

- Rinse and wash the rice or wheat and pulses.
- separately cook pulses and add to the vegetables and other ingredients in the preparations because the boiling point for pulses is more.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3-4 whistles or until the khichdi is cooked (In other words, boil it for 20 to 25 minutes).

NOTE

The ratio between rice or wheat and leafy vegetables should be 1:3. Do not add salt, fats or oils. •

14) SUPER SALAD

Ingredients

Radish	Carrots
Any Leafy vegetables	Cucumbers
	Sweet Potato
Green Gram (Sprouted)	Onion
Bengal Gram (Sprouted)	Tomato
Peanuts (Sprouted)	Coconut
	Beetroot
	Any dry fruits



Preparation Guide

- Leach all the vegetables- (overnight and rinse in hot water)
- Grate all the vegetables and mix them together with any type of dry fruits
- Add some spices(chat masala) and garnish as required

15) SPICE DRINK

Spice Drink provides relief from cough, cold and fever. The medicinal properties present in this drink also helps with the digestion process and enhances body immunity.



Ingredients required to prepare 250 ml (8.5 fl. Oz.) of Spice Drink

Cinnamon
2.5 grams (0.10 Oz. or 1 teaspoon) (1 inch)
Jaggery
2.5 grams (0.10 Oz. or 1 teaspoon) - For taste
Water
150 ml (8.5 fl. Oz.)

Ginger
1 to ½ inch
Black Pepper
2.5 grams (0.10 Oz. or 1 teaspoon) (8 no)
Cloves
2.5 grams (0.10 Oz. or 1 teaspoon) (4 no)
Cardamom
2.5 grams (0.10 Oz. or 1 teaspoon) (1)

Consumption Guide

Consume as recommended
-
Else, drink it twice or thrice a day as required like tea

Preparation Guide

Pound all the ingredients and boil it for few mintues
-
Add the water in a pot along with the ingredients and bring to boil
-
Once the solution comes to boil, bring down the flame and simmer for the next 5-10 minutes
-
Pass the solution through a sieve store it in thermos