

Super Diet- Healthy Foods and Recipes

(For diseases related to -Heart Diseases , Chronic Angina , Dilated Cardiomyopathy , Arrhythmia , Vessel Disease (CAD), Brain Stroke/Paralysis/ Parkinson/any neurological disorders/vertigo , Chronic Headache, Migraine, Cortex Calcification, Artery Blockage in the Brain, Varicose Vein, Liver Cirrhosis, Chronic Acidity, Constipation, Irritable Bowel Syndrome/ ulcerative colitis/Crohn's diseases , Piles (Hemorrhoids), Pancreatitis, Uncontrolled Diabetes , Diabetic Retinopathy, Diabetic Neuropathy, Diabetic Ulcer, Chronic Body Itching , Lipoma , Wound Eruption Any Skin Disorders like Psoriasis or Chronic body itching and any incurable diseases)

What foods should be avoided during the treatment:



- Not More than 1 ltr of water/day if there is water accumulation in lungs, liver, and other parts of the body due to heart diseases (edema/body swelling)



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



- Aerated Beverages, Fruit Juices



- All forms of oils and fats



- More than 5gm salt



- Processed Baked products such as cookies, biscuits, etc



- Alcohol



- All meats except chicken and fish

DIET TO BE FOLLOWED DURING THE TREATMENT

Pre-Biotics

- Garlic – About 2-3 small pieces
- Ginger – About ½ cm sliced
- Fenugreek Seeds [soaked in water or sprouted overnight] – ½ tsp should be consumed once in the morning in an empty stomach. This is food for the microbes (pre-biotics) in the gut, these microbes release enzymes which will act as a catalyst in breaking down the nutrients from the food 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.



Leached raw vegetable juice

Leached raw 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. Pulses should be added to the meal without cooking it, it should only be seperated.

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.

No coarse grains should be consumed as it contains high levels of potash.

Super cereals food

Eat more super cereals food , it consists balanced diet with less carbohydrates and more fibers.

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.

Chicken

Baked chicken can be consumed, however it should not constitute to more than 5% of the entire meal.

Spice Drink

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

SUPER 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** roast or heat flax seeds before consumption.
 - **Do not consume the flax drink if you are allergic to it.**
 - **DO NOT** powder the flax powder and store it, flax seeds must be powdered just before consumption.
 - 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.
 - **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.**
 - Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption.

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 ulcers. 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
-
Betel Vine Leaf
1

Preparation Guide

Leach all the raw vegetables and use a juice extractor or any other modes available to extract juice from the vegetables, it can be stored in the fridge and consume

NOTE

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

6) CORIANDER LEAF SOUP

This soup helps in releasing excess water and salt in the body, similar to the effects of a water pill.

Ingredients

Coriander Leaves
100 grams
-
Garlic
15 grams
-
Ginger
15 grams
-
Green Chili
1
-
Onion
a small amount; about 5% of the soup
-
Tomato
a small amount; about 5% of the soup
-
Water
As required

Preparation Guide

Pound all the ingredients.
-
Add all the ingredients to a pot and boil the contents as required. (10 mts)



NOTE

- While consuming this soup, the potassium levels in the body must be observed as the potassium levels should not go beyond the normal levels (CKD Patients).

7) 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 250 grams	Garlic 15 grams
-	-
Coriander Leaves 30 grams	Green Chili 1
-	-
Black Pepper 4	Curry Leaves 1
-	-
Tomato 1	Ghee ½ teaspoon
-	-
Onion 1	Butter
-	
Water 1 liter	
-	
Ginger 15 grams	
-	

Preparation Guide

Add all the ingredients in a cooker or pot and boil it for 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.



8) 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.

9) TURMERIC POWDER TABLET AND CREAM

a. The turmeric powder tablets : It is having pungent to taste. It is recommended to consume one or two tablet a day, it is having rich antioxidant value i.e curcumin.



Ingredients

Turmeric Powder ½ tsp
-
Pepper Powder 1 pinch
-
Water few drops

Preparation Guide

Mix all the ingredients together to form a small tablet.

b. Turmeric powder cream for open wounds due to varicose vein or any reason:

Ingredients

Turmeric Powder
½ tsp (15gms)
-
Pepper Powder
1 pinch
-
Coconut oil
few drops

Preparation Guide

Mix all the ingredients together to form a cream/paste.



10) 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

11) FERMENTED RICE

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet. We recommend that you do not store the fermented rice after preparation, and that you only consume it freshly made.

Ingredients

Boiled Rice
250 gms
-
Buttermilk
1 spoon

Preparation Guide

Add buttermilk to the boiled rice and store it overnight in room temperature. The fermented rice should be ready to consume the following morning



12) OILLESS FISH FRY AND FISH CURRY

(acts like a water pill to remove excess salts and water also supports in cell regeneration process)

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 -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.

13) OILLESS MUSHROOM

Ingredients

Mushroom
1 kg (cubed)
-
Ginger
1.5inch 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 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

For preparation of curry: Fry the paste with few drops of oil and after that put boiled water as per required curry consistency and place the washed mushroom and further boil it for 10 mts or till it is getting boiled. This curry can be used for rice and bread.

14) CHICKEN CURRY

Ingredients

Chicken 1 kg (Deskinned and cut into medium pieces)	Coriander Leaves 2 tbsp (chopped)
Onion 1 (medium-sized and chopped)	Mint Leaves 1 tbsp (chopped)
Green Chillies 3 (chopped)	Tomato 1 (chopped)
Ginger 1 inch	Pepper Powder ¼ tsp
Garlic 1 pod (1 piece)	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.

15) VEGETABLE CURRY

Ingredients

Green Chili 3	Leached Vegetables 80 to 95%
Ginger & Garlic Paste 1 tbsp	Pulses 5 to 10%
Garam Masala To taste	Onion 1
Turmeric Powder ¼ tsp	Tomato 1
Water 400 ml or 2/3rd of all the ingredients	Coriander Paste 1 tbsp
	Mint Leaves Paste 1 tbsp



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

16) SUPER CEREALS FOOD (KHICHDI)

Ingredients

Rice or Wheat less than 20 to 25 %	Mint Leaves Paste 1 tbsp
Leached Vegetables more than 60%	Pulses Should be less than 5 to 10% to of the recipe (any pluses except red gram and horse gram) separately cook and add to the preparations because the boiling point for pulses is more)
Chopped Onion 1	Curry Leaves 8-10 leaves
Coriander Paste 1 tbsp	Garam Masala One pinch
Green Chili 3	Turmeric Powder ¼ tsp
Ginger and Garlic Paste 1 tbsp	½ tea spoon ghee or cold pressed oil



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. •

17) SUPER SALAD

Ingredients

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

18) SPICE DRINK (FOR COLD AND COUGH)

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.



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.)

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

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 minutes

-

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