

VedElixir

Super Diet for –

Chronic Kidney
Diseases/
Heart Diseases/
Varicose Vein/
Brain Stroke/
Liver Cirrhosis/
Liver Fibrosis/
Lung Fibroid/
Any Neurological
Disorders-parkinson,
Spinal Muscular
Atrophy Etc /
Uterus Fibroid /
Diabetic Retinopathy/
Glaucoma/
Uncontrolled Diabetes /
Gangrene/ Hernia /
Infertility/
Autoimmune Diseases/
Or Any Other Incurable
Health Disorders

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VedElixir

Global PVT. Ltd.

100% Herbal and
Organic - Ayurvedic Medicines

VedNaturae
VedImmunae
VedPower



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Chapter 1

1. What is unique about VedElixir Health Supplements?

Brief History of Health Supplements in India

Before 2016, none of the herbs which contain medicinal value were considered, by law, as Health Supplements. In 2015, the Ministry of Health and Family Welfare, Government of India, amended the FSSAI act of 2003; most of the herbs which were of medicinal value, mentioned in Vedic books such as Charaka Samhita, Shushruta Samhita, Ashtanga Haridaya, Shrangadar Samhita, Madhva Nidan Samhita, Kashyap Samhita, Bhavaprakashans Bhaishajya Ratnavali.

As per the Drugs and Cosmetics Control ACT 1949, Schedule -2 and Indian Ayurvedic Pharmacopoeia all these herbs extracts use to be called as a medicine. After amendment of the Act now all these herbal extraction declared as Health Supplements by the issuance of the guidelines vide letter number F.NO.1-4/Nutraceutical/FSSAI-2003 dated 24.11.2016.

What is Ayurveda – The Knowledge of Life

Vedas (sacred-knowledge) are ancient doctrines of great knowledge, which, to this day, plays a significant role in the modern world.

Ayurveda (life-knowledge) is considered as Upaveda of Atharvanaveda. Health is a pre-requisite for achieving supreme ends of life – material success, mental peace and spiritual freedom. Ayurveda is one of the oldest systems of health care, dealing with both, the preventative and curative aspects of life in a comprehensive way.

Modern lifestyle has made us susceptible to a host of ailments. The stress of this modern lifestyle leaves us physically and mentally vulnerable.

Although, there has been striking advancement in modern medicine, we are yet to fully find a capable treatment for eradicating ailments like Acute Renal Failure, Chronic Kidney Diseases, Rheumatoid Arthritis, Osteoarthritis, Gastric Problems, Liver Cirrhosis, Kidney Stone, Cancer, Gangrene, Diabetes, Asthma, etc. This is where the time-tested and globally appreciated realm for Ayurveda steps in.

Elixir for Life – VedElixir Health Supplement

VedElixir health supplements has a combination of herbs which are of great medicinal value. A combination of this nature has never been formulated in the past. The herbs used in the supplements are mentioned in the Ayurvedic Pharmacopoeia of India.

These supplements assists people suffering from numerous health disorders. With effective results, this easy to consume supplement can be consumed along with other forms of medication. All VedElixir supplements are 100% Herbal and Vegetarian, it does NOT contain any forms of chemicals, aflatoxins and animal products.

These supplements are carefully curated using herbs found all over the Indian Subcontinent. These positive effects of these herbs have been observed over many centuries, and are recommended by practitioners around the world.

2. Products

a. VedNaturae

The contents and the medicinal values of the herbs in VedNaturae are as follows –

1. **Arjuna (*Terminalia Arjuna*); this assists with**
Heart Failure, Ischemia, Cardiomyopathy, Atherosclerosis, Myocardium Necrosis, Anemia, Venereal Diseases and Viral Diseases.
2. **Bael (*Aegle Marmelos*); this assists with**
Diarrhea, Asthma, and helps reduce blood sugar.
3. **Jamun (*Syzygium Cumini*); this assists with**
Anti-Diabetic properties, Sore Throat, Enlargement of Spleen and Dandruff
4. **Brahmi (*Bacopa Monnieri*); this assists with**
Alzheimer's Disease, Improving Memory, Anxiety, Attention Deficit-Hyperactivity Disorder, Allergies, Irritable Bowel Syndrome, Stress Buster
5. **Amla (*Phyllanthus Emblica*); this assists with**
Anti-Diabetic, Hypolipidemic, Anti-Microbial, Anti-Inflammatory, Antioxidant, Hepatoprotective and Anti-Emetic Activities.
6. **Gokshura (*Tribulus Terrestris*); this assists with**
Urinary Disorders, Improving Kidney Function, Boosts Sexual Health and Stamina
7. **Ashwagandha (*Withania Somnifera*); this assists with**
Possibly reduces anxiety and stress, depression, boosts fertility and testosterone in men and boosts brain function, boosts general health and quality of life
8. **Chirata (*Swerita Chirayita*); this assists with**
Fever, Constipation, Stomach Upset, Loss of Appetite, Intestinal Worms, Skin Diseases and Cancer
9. **Peppermint (*Mentha Piperitha*); this assists with**
Irritable Bowel Syndrome, Nausea, Common Cold, Headaches and Several Digestive Disorders

b. VedImmunae

The contents and the medicinal values of the herbs in VedImmunae are as follows –

1. **Arjuna (*Terminalia Arjuna*); this assists with**
Heart Failure, Ischemia, Cardiomyopathy, Atherosclerosis, Myocardium Necrosis, Anemia, Venereal Diseases and Viral Diseases.
2. **Chirata (*Swerita Chirayita*); this assists with**
Fever, Constipation, Stomach Upset, Loss of Appetite, Intestinal Worms, Skin Diseases and Cancer
3. **Jamun (*Syzygium Cumini*); this assists with**
Anti-Diabetic properties, Sore Throat, Enlargement of Spleen and Dandruff

4. **Neem (Azadirachta Indica); this assists with**
Leprosy, Eye Disorders, Bloody nose, Intestinal Worms, Stomach Upset, Loss of Appetite, Skin Ulcers, Cardiovascular Diseases, Fever, Diabetes, Gum Disease (Gingivitis), Liver Problems. This lead is also used as a birth control and to cause abortions.
5. **Ashwagandha (Withania Somnifera); this assists with**
Possibly reduces anxiety and stress, depression, boosts fertility and testosterone in men and boosts brain function, boosts general health and quality of life
6. **Peppermint (Mentha Piperitha); this assists with**
Irritable Bowel Syndrome, Nausea, Common Cold, Headaches and Several Digestive Disorders

c. **VedPower**

The contents and the medicinal values of the herbs in VedNaturae are as follows –

1. **Amla (Phyllanthus Emblica); this assists with**
Anti-Diabetic, Hypolipidemic, Anti-Microbial, Anti-Inflammatory, Antioxidant, Hepatoprotective and Anti-Emetic
2. **Ashwagandha (Withania Somnifera); this assists with**
Possibly reduces anxiety and stress, depression, boosts fertility and testosterone in men and boosts brain function, boosts general health and quality of life
3. **Kapikacchu (Mucuna Prureins); this assists with**
Anti-Diabetic, Aphrodisiac, Improving fertility in men, Parkinson's
4. **Safed Musali (Chloropytum Borivilianum); this assists with**
Arthritis, cancer, diabetes boosting vitality, improving sexual performance and reduces physical illness and weakness
5. **Cinnamon (Cinnomomum Verum); this assists with**
Anti-Viral, anti-bacterial, anti-fungal, antioxidants with anti-inflammatory properties, prebiotic in nature which improves gut health, reducing blood pressure, lowers blood sugar levels, reliving digestive discomfort.
6. **Asparagus/Kokilaksha (Hygrophila Spinosa); this assists with**
Kidney health, natural diuretic, helps the body in excreting salts and toxins making it useful for people suffering from edema, high blood pressure.
7. **Tulsi/Basil (Ocimum Tenuiflorum); this assists with**
Anti-bacterial, anti-fungal, antipyretic, antioxidant, antiseptic and anti-cancerous
8. **Moringa (Moringa Oleifera); this assists with**
Cardiac and circulatory stimulant, anti-tumorous properties, antipyretic, antiepileptic, anti-inflammatory, anti-ulcer, antispasmodic, diuretic, antihypertensive, lowering cholesterol, anti oxidant, antidiabetic.

3. Consumption Guide (Empty stomach or before food)

1. Morning

Step 1 -

VedNaturae or VedImmunaee or VedNaturae with VedImmunaee supplements are more effective when consumed in an empty stomach or after food; 15 ml or 30 ml will be mixed together. VedPower health supplements powder also can be mixed with little warm or room temperature water. People Suffering from Kidney Disorders must NOT mix the supplements with water, they should drink the supplements as it is.

Step 2 - If available, drink 1 tablespoon of Neem and Peepal Extract

Step 3 - Eat (chew thoroughly) the following prebiotics:

- | | | |
|------|-----------------|--|
| i. | Garlic | - 3 Cloves (Three small pieces) |
| ii. | Ginger | - 2 Slices (Thin Slices) |
| iii. | Fenugreek Seeds | - 2 tsp (soaked overnight or sprouted) |

Step 4 - Meditate for 30 minutes:

- | | | |
|------|----------------|--------------|
| i. | Pranayama | - 10 minutes |
| ii. | Kapalabati | - 10 minutes |
| iii. | Anuloma Vilmoa | - 10 minutes |



Step 5 - Consume Flax that as a first course of breakfast (QR) code

2. Afternoon

In an empty stomach (these supplements are more effective when consumed in an empty stomach) or after food:

15 ml (adults) 7.5ml (kids) of any VedElixir products with or without water(can be mixed all together). People Suffering from Kidney Disorders **must NOT** mix the supplements with water, they should drink the supplements as is.

3. Evening

Drink the Flax Drink

4. Night

Consume before or after dinner. VedNaturae or VedImmunaee or VedNaturae with VedImmunaee 15 ml or 30 ml will be mixed together. VedPower health supplements powder also can be mixed with little warm or room temperature water. People Suffering from Kidney Disorders must NOT mix the supplements with water, they should drink the supplements as it is.

4. Consumption Guide for VedPower

1. Morning

Consume 2.5 grams (1/2 teaspoon or 1 tea Spoon) of VedPower with water or lemon juice in an empty stomach or it can be added with the VedNaturae and VedImmunaee or it can be added with flaxdrink.

2. Evening

Consume 2.5 grams (1/2 teaspoon) of VedPower with water or lemon juice in an empty stomach.

Chapter-2

VedElixir -Super Diet - for

- a. Neurological Disorders
- b. Autoimmune Diseases
- c. Brain Stroke
- d. Bones and joint disorders
- e. Chronic Kidney Diseases
- f. Diabetic Retinopathy
- g. Eye disorders
- h. Gangrene
- i. Gynec issues
- j. Diabetes
- k. Heart Diseases
- l. Gastrointestinal Diseases
- m. Hernia
- n. Infertility
- o. Liver
 - i. Liver Cirrhosis
 - ii. Liver Fibrosis
 - iii. Fatty Liver
- p. Lung fibrosis/ Disorders
- q. Uterus Fibroid
- r. Varicose Veins

1. Introduction -

The diet defined herein below has been developed by Mr. SM Raju, inventor and Product Evangelist at VedElixir. He has personally implemented this diet on his father in addition to many other patients over the last few years, without Allopathic medication support, when he was a Kidney Dialysis patient.

2. How will the VedElixir Super Diet assist people who are suffering from Incurable Health Disorders?

This diet was the foundation for VedElixir Super -Diet(s) – and – they have been found to be effective for many other incurable health disorders also. In effect, these Super -Diet(s), based on naturally occurring ingredients, cleanse the arteries, strengthen the veins and provide the body with the essential nutrients necessary for the proper functioning of the body immune system and cell regeneration. People suffering from any chronic ailments know that it is a difficult affair and it is difficult, emotionally and physically, for the loved ones around us also. Following this Super-DIET strictly will help the person achieve desirable results. Strict diet compliance will produce visible results within 3 - 10 days. Other disorders that also get addressed simultaneously with this SUPER-DIET are Body pain (including joint pain), irregular sleep pattern(s) and improper digestion in people, all ultimately affecting normal body functioning.

Synthetic medicines (chemical formulations) are harmful for the body; they provide instant relief but have serious side-effects that affect the body as a whole. Therefore, please avoid Cholesterol-Statins, Blood Thinners, Uric-acid pills, Water/Diuretic pills, Pre-biotic, Pro-biotic, Calcium, Sodium, Vitamin and other gastro-intestinal related synthetic tablets. Consultation with any Doctor is welcome as the Heart SUPER-DIET will address these factors successfully. VedElixir treatment protocol should not be consumed for the entire lifetime; once the chronic health related parameter's level normalizes, there is no need for continued consumption of VedElixir products.

However, one must continue with the recommended home-remedies based Super-Diet like Pre-biotics, Flax drink and foods with limited amounts of salts, fats and oils.

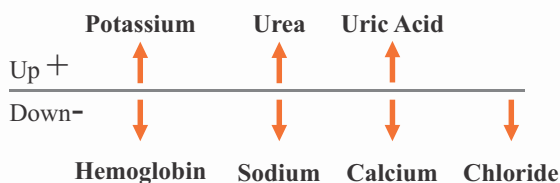
3. Important information for people suffering from renal disorders-

a. The reason Creatinine level increase(s) and its adverse effects:

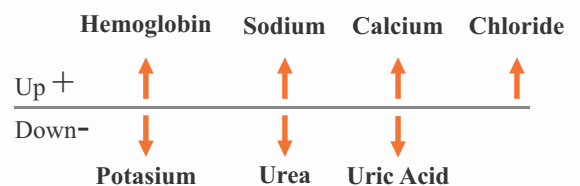
- (a) The increase in following parameters affect the kidney and damage happens –
- Creatinine
 - Potash
 - Urea
 - Uric Acids
- (b) Likewise, decrease in the following parameters has a harmful effect –
- Hemoglobin
 - Sodium
 - Calcium
 - Chlorides

Graphical representation of Blood Parameter in Chronic Kidney Patient

If Creatinine Increases



If Creatinine Decreases



We all know that Creatinine is a nitrogenous end-product of metabolism resulting from a high protein diet. Increase in Creatinine in the body is the result of excessive protein being consumed. For example, leafy vegetables and vegetables contain 2.9% protein, rice contains 10-12% protein, wheat contains 13-14% protein, pulses contain 20-25% proteins, meats contain 30-40% protein, and so on. The end product of protein is Urea, Uric acid and Creatinine. These toxins get retained in people who suffer from chronic kidney diseases as their glomerulus capillary filters are not functioning properly.

The following foods are incredibly harmful for people suffering from above disorders -

- All forms of fats
- Milk and milk-based products (except for curds/yogurt without cream)
- Bakery items like Breads & Biscuits
- High quantity of Pulses
- Cereals-Coarse grains
- Alcohol and fruit juices
- Red Meat

Leached vegetables, leafy vegetables and baked fish with certain herbs play an important part in helping re-generate the glomerulus capillaries. People suffering from above disorders, who are on Allopathic medication, should actively avoid the consumption of antibiotics and synthetic tablets to avoid causing Gastric related problems

B. Easily Digestible and Non-Digestible proteins:

We recommend the consumption of foods which contain easily digestible protein, like leafy vegetables and vegetables, mushroom and fish. It is important to not add stress to the Kidney(s) in order for them to rejuvenate. Following this VedElixir SUPER-DIET helps in rejuvenating the kidney; one must not consume red meats, oils, fats and high levels of salt. A proper-well balanced diet must be maintained to keep a check on the Creatinine levels, Sugar level and aid in rejuvenating the whole organs. When Creatinine levels increase, the Hemoglobin, Sodium, Calcium and Chloride level's decrease leading to overall weakness of the body. One must always follow the HEART SUPER-DIET where each meal contains the following proportions: less than 40% of cereals, up to 60% of leached vegetables; less than 5% of pulses (either green gram or Bengal gram) are to be consumed. Consume baked fish and Coriander leaf soup/Coriander leaf extract.

4. What NOT to eat while following the Super Diet:

- a) Oils and Fats should NOT be consumed (except tadaka or Vaggarane)
- b) No more than 5 grams of salt should be consumed in a day. (Salt intake should be split into 3 parts and consumed through the day – during - Morning, Afternoon and Night meals)
- c) For people suffering from Heart , Liver problems along with Chronic Kidney Disorders like Edema, not more than 1 liter of water should be consumed per day.
- d) Do NOT drink and eat – (i) Fruit Juices & Aerated Drinks; (ii) Alcoholic Beverages; (iii) Tender Coconut Water; (iv)Milk; (v) Banana fruit; (vi) Red Meat like Mutton!
- e) Pulses: Only Green-gram or Bengal-gram should be consumed. Pulses are usually hard to digest, hence it should only be consumed in limited quantities.
- f) All coarse grains are bad for people suffering from Chronic Kidney Disorders as it contains high levels of potash; consume only rice and wheat. In a meal, restrict the cereal percentage to within 40% of the entire meal. Do not eat rice dishes prepared with oils such as Dosa, Upma and other similar variants.

5. Daily routine in Super-Diet: For proper effectiveness of the diet, strict compliance to regime and diet constituents is essential.

- a) Flax diet, twice during the day: In the morning at the time of breakfast, and, in the evening at the time of snacks/ dinner.
- b) Raw leached vegetables, twice a day, i.e., afternoon along with the lunch and night along with dinner. Chronic kidney patients should not consumed.
- c) Neem and Peepal extract – twice daily (if available)
- d) Banana stem juice – twice daily (if available)
- e) Pre-biotics once, in morning, on an empty stomach
- f) In everyday routine food consumption, 30 to 40% of any type of cereals (if CKD patient rice and wheat only should be consumed) and 60 to 65% of leached leafy vegetables and vegetable preparations should be consumed; this diet will take care of Calcium, Sodium and Fiber requirement of the body as leafy vegetables are having more Calcium and upto 3% of easily digestible protein.
- g) Good quantity of fish/Mushroom diet prepared without oil and salt with defined herbs is beneficial for cell regeneration in the heart and kidney.

- h) All the blood parameters will get changed within 3 to 10 days therefore one should taper down Diabetes related medications, similarly other synthetic medications like uric acid, cholesterol related, diuretic related, all multivitamins, sodium, calcium, gastrointestinal related synthetic should be avoid thereby the result effects will be very fast.

6. Things to keep in mind while following the super diet with health supplements for people suffering various forms of health disorders –

a. Diabetes health related disorders : Following diet should be followed:

- i. 30-40% of cereals like Rice and Wheat , or any coarse grains.
- ii. 60% of vegetables and easily digestible proteins
- iii. 5% of pulses
- iv. Two times flax diet -Morning as a 1st course of breakfast, evening as a snacks
- v. If available two times neem and people extract
- vi. Two times raw vegetable juice-Before lunch and before dinner
- vii. Add as much as salad as defined in the salad recipe in each meal
- viii. Eat more fruits and dry fruits
- ix. Avoid cholesterol, blood thinner and gastric tablets it will damage liver and gastrointestinal system, proper diet itself sufficient.
- x. While cooking rice, it is important to remove the starch.
- xi. If available two times neem and people extract

b. Cancer health related disorders:

- i. Do not consume sweets
- ii. Strictly follow the uncooked diet (Monkey diet)
 1. Fruits (even diabetes patients)
 2. Salads (leached one)
 3. Dry Fruits including dry coconut and dates and other fruit-based resins
 4. Drink Graviola decoction 2 to 3 times after food or consume ½ tea spoon graviola powder 2 to 3 times after food.
 5. Consume three times flax diet 15 gram seeds and 15 gram cold pressed flax oil. (morning with breakfast, afternoon with lunch evening as snacks
 6. Consume leached vegetable twice juice , before lunch and before dinner.
 7. It is important to practice meditation and pranayama.

c. Kidney, Heart, Brain Stroke and Liver cirrhosis health related disorders:

- i. No Oils and Fats should be consumed.
- ii. No more than 5 grams of salt should be consumed in a day.
- iii. No more than 1 liter of water should be consumed Kidney diseases patients in a day. Other patients if they are having swelling then only water restrictions should be there.
- iv. Do NOT drink –
 1. Fruit Juice
 2. Aerated Drinks
 3. Alcohol
 4. Tender Coconut Water
 5. Do NOT eat any forms or preparations of-Tender coconut- Bananas except banana shoot juice

6. Pulses-Only green gram or Bengal gram should be consumed. Pulses are usually hard to digest, hence it should only be consumed in limited quantities.
7. All coarse grains are bad for people suffering from Chronic Kidney Disorders as it contains high levels of potash. In a meal, restrict the cereal percentage to on 30-40% of the entire meal.
8. Do not eat rice dishes prepared with oils such as dosa, upma and other variants of rice preparations in oil.
9. Consume baked fish/mushrooms and coriander leaf soup/raw extract.
10. Do not eat any bakery products like bread biscuits, milk products.
11. Do not drink milk, cream, and other milk based products except for curds. Curds can be consumed as it is probiotic and having easily digestible protein.
12. Consume flax diet without water twice a day.
13. Except BP and diabetes all other synthetic medications may be avoided with the consultation of yours personal doctor -like tablets related to cholesterol, Uric Acid, blood thinner, sodium, calcium, vitamin D, vitamin B12, and water pills/Diuretic, acidity related tablets.
14. Brain Stroke and Other Paralysis related patients who are having food through food pipe also can be taken the advised diet in liquid form.

d. Gall Bladder Stone and Kidney Stone health related disorders:

- i. 3-4 Liters of water should be consumed daily. HOWEVER, for people suffering from Chronic Kidney Disorders and Edema, no more than 1 liter of water should be consumed.
- ii. Banana stem juice should be consumed twice a day. (recipe given in Chapter 2, section 6).
- iii. Do NOT drink, aerated Drinks and Alcohol
- iv. Pulses -Only green gram or Bengal gram should be consumed. Pulses are usually hard to digest, hence it should only be consumed in limited quantities.

e. Thyroid related health disorder :

- i. 30-40% of cereals like Rice and Wheat , or any coarse grains.
- ii. 60% of vegetables and easily digestible proteins
- iii. 5% of pulses
- iv. Two times flax diet -Morning as a 1st course of breakfast, evening as a snacks
- v. Two times raw vegetable juice-Before lunch and before dinner
- vi. Add as much as salad as defined in the salad recipe in each meal
- vii. Eat more fruits and dry fruits
- viii. For the 1st month consume allopathic medication in full dosage along with our health supplements. In 2nd month reduce 50% of the medication, and on the 60th day check the level of thyroid hormone, if it is coming in to normal trend further taper down the allopathic medication by 50%

7. Principles of leaching vegetables and leafy vegetables:

- a. For leafy vegetables – Should be immersed in water for 2 to 3 hours and thereafter washed in hot water. (Heart and Kidney disease patients should always drain out the water after boiling the leafy vegetables). For cancer patients vegetables should not be boiled.
- b. For other vegetables – After peeling, the vegetables must be immersed in water overnight. Before use, vegetables must be washed in hot water. (Heart and Kidney disease patients should always drain out the water after boiling peeled vegetables).

8. Flax Drink:

Flax seeds contain high levels of Omega-3 and Omega-6 essential fatty acids and high levels of Lignans. These essential fatty acids help bolster cellular metabolic and cellular respiratory activity, and the lignans help detoxify cells.

- One tablespoon of flax seeds, i.e. 15 grams, have a nutritional equivalent of 45 kilograms of peanuts or 6 kilograms of cashew nuts or 1 kilogram of salmon fish. Adding 1 tablespoon of cold pressed flaxseed oil to the flax drink doubles its' nutritional value.
- **Ingredients required for One portion of Flax Drink -**
 - a) Flax Seeds - 15 grams (0.53 Oz. or one tablespoon)
 - b) Cold Pressed Flax Oil - 5 to 15 ml (0.5 fl. Oz. or one tablespoon) if available
 - c) Kapikachhu - 5 grams (1 teaspoon) (raw powder) if available
 - d) Kalonji oil - 2.5 to 5 ml (1 teaspoon) if available
 - e) Curds (Yogurt) - 100 grams (3.53 Oz.)

Preparation Guide -

- Freshly ground flax seeds (Pre-Powdered or roasted flax seeds should not be used)
- Mix the other ingredients with the freshly ground flax seeds
- Churn all the ingredients in a mixer along with the yoghurt. Oil droplets should not be visible after churning; add water to adjust consistency
- Kidney Patients should not add water

Consumption Guide: People can typically consume the flax drink twice a day.

- i. People suffering from Kidney disorders should not mix water with the flax drink.
- ii. People suffering from cancer-related disorders should consume the flax drinks thrice a day.
- iii. Initially, one may start consuming smaller quantities.
- iv. For a visual guide, please visit www.youtube.com and search – **Miracle Flax Drink**



9. Tender Banana Stem Juice:

It helps in dissolving calcification formation in Arteries: (People suffering from kidney disorders should not consume more than 50 ml of this formulation)

- i. **Ingredients for one serving (100ml):** Fresh Banana Stem – 150 grams

ii. Preparation -

- a) Grind and extract the juice from the stem or extract from the Juicer.
- b) Add a few drops of lemon juice
- c) To make it palatable, it can be consumed with buttermilk

Consumption Guide -

It can be consumed twice a day, once before breakfast and once before dinner.

Storage - The Banana stem can be stored in a refrigerator. Banana stem extract can be stored in a fridge but not for prolonged periods.

10. Kichidi (Rice or Wheat):

i. Ingredients -

- a) Rice or Broken wheat – 30% rice (or wheat), 65% leafy vegetable and less than 5% Moong (green gram) or Channa (Bengal gram) [Broken wheat can be fried without oil]
- b) Leached vegetables [Except green Banana]
- c) Chopped onion - 1
- d) Chopped tomato - 1 (without seeds)
- e) Coriander paste - 1 tablespoon
- f) Green chili - 3
- g) Ginger garlic - 1 tablespoon
- h) Mint leaves - 1 tablespoon
- i) Moong dal - less than 5%
- j) Curry leaves - 8 to 10 leaves
- k) Garam Masala - to taste (usually one pinch)
- l) Turmeric powder - ¼ teaspoon

ii. Preparation:

- a) Rinse and wash the Moong Dal and Rice (or broken wheat)
- b) Put all the ingredients in a pressure cooker
- c) Cook on high flame for 3-4 whistles or as per requirement.
- d) **Note – Do not add salt, fats or oils.**

11. Vegetable or Leafy vegetables curry:

Ingredients - (quantity is indicative)

- a) Leached vegetables [Except green banana]
- b) Chopped onion -1
- c) Chopped tomato -1 (without seeds)
- d) Coriander -1 tablespoon paste
- e) Mint leaves -1 tablespoon paste
- f) Green chili -3
- g) Curry leaves - 8 to 10 leaves
- h) Ginger garlic paste - 1 tablespoon
- i) Garam Masala - to taste
- j) Water - 400ml or 2/3 of the ingredients
- k) Turmeric powder - ¼ teaspoon

Method of Preparation:

- a) Add all the ingredients to a pressure cooker
- b) Add a little water and cook on high flame for 3-4 whistles.

Note – do not add salt.

12. Chicken curry preparation:

Ingredients -

- a) Chicken – 1kg (de-skinned and cut into medium pieces)
- b) Onion – 1 medium chopped
- c) Green Chilies – 3
- d) Ginger – 1 inch
- e) Garlic – one pod (1 piece)
- f) Coriander leaves – 2 tablespoon (chopped)
- g) Mint leaves – 1 tablespoon (chopped)
- h) Tomato – 1
- i) Pepper powder – $\frac{1}{4}$ teaspoon
- j) Garam Masala – $\frac{1}{4}$ teaspoon

Method of Preparation

- a) Put all the ingredients in a blender (except the chicken) and make a paste by adding a little water.
- b) Add this paste on the chicken, smear it and marinate it for 30 minutes.
- c) It can be cooked in two ways –
 - a. **Method 1**
 - o Put all the marinated chicken in a cooker
 - o Do not add water
 - o Close the lid and on a medium flame, wait for one whistle
 - o Switch off the flame and wait till the pressure goes off.
 - b. **Method 2**
 - o Put all the marinated chicken in a pan or kadai
 - o Close the lid and cook on a medium flame
 - o Add water to adjust consistency.

Consumption:

Eat two times/ day. Fish is a good substitute for people with kidney disorders.

13. Oil-Less Fish/Mushroom:

(It will act as a water pill releases excess water and salt)

Ingredients -

- a) Fish/Mushroom - 1kg (Make cubes or fingers)
- b) Garlic - 1.5 inch piece
- c) Garlic Paste - 1 full pod
- d) Green Chilies - 3
- e) Coriander leaves - 1 fistful
- f) Mint Leaves - Half fistful
- g) Lemon Juice

Method of preparation -

- a) Make a paste of all ingredients.
 - b) Smear this ground paste to Fish/Mushroom pieces
 - c) Marinate for 15 minutes
 - d) Two ways to cook this
1. **Method 1:** Steam
 2. **Method 2:** Heat Tawa or griddle, put 2 spoons of water and put fish/mushroom pieces on the tawa, and cook by pressing the pieces with a spoon and cook on all sides on medium heat.

3. Method 3: Cook with little water.

Consumption: To consume daily, Fish/Mushroom has to be marinated with the masala and be divided into small plastic covers in the freezer. By doing this it will be easy to take a single piece daily from the freezer and defrost.

14. Fermented Rice for all health disorders:

(Fermented rice is a good source of probiotics, having Vitamin B-12 and other various nutrients value)

i. Ingredients -

- a. Boiled Rice - 250 grams
- b. Buttermilk - 1 spoon

ii. Method of Preparation -

Add buttermilk in the rice and store it overnight in room temperature.

15. Spice Drink for cough:

Spice drink is very simple concoction which can be prepared in the house without much effort. This drink is helpful for chronic cold cough or dry cough and also it helps with good digestion and post lung disorders due to COVID . This has to be consumed by sipping like tea.

i. Ingredients: For one portion: ½ inch ginger, 2 g black pepper, 2 cloves, 1 cardamom, ½ inch of Cinnamon, Jaggery for taste and water.

ii. Preparation method: Pound all the ingredients and boil it for few minutes.

16. Moringa Soup for all Health Disorders:

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

i. Ingredients:

- a) Moringa Leaves - 250 grams
- b) Coriander Leaves - 30 grams
- c) Black Pepper - 4
- d) Tomato - 1
- e) Onion - 1
- f) Water - 1 Liter
- g) Ginger - 50 grams
- h) Garlic - 15 grams
- i) Green Gram - 25 grams
- j) Green Chili - 1
- k) Curry leaves - 1
- l) Ghee - ½ tea spoon

ii. Method of preparation -

Boil all the ingredients in a cooker and grind it. Use salt as per the requirement (People suffering from Kidney, Heart, Liver and Paralysis related problems should consume limited amount of salt as their daily consumption of salt should NOT exceed 5 grams in a day).

17. Coriander Leaf Soup/ Raw Coriander leaf extract:

(it will act as a water pill releases excess water and salt).

i. Coriander Leaf Soup-Ingredients

- | | | | |
|----|-------------------------|---|----------|
| a) | Coriander Leaves | - | 30 grams |
| b) | Garlic | - | 15 grams |
| c) | Ginger | - | 50 grams |
| d) | Green Chili | - | 1 |
| e) | Little onion and tomato | | |

Method of progression: Pound all the ingredients and boil it and consume

ii. Coriander Raw Leaf extraction: Grind the 20-25 grams of raw coriander leaves with little water and extract 15 ml of liquid and consume 2 to 3 times per day by observing potassium level in the body carefully as potassium should not goes up.

18. Raw leached vegetable juice :

Ingredients:

Take all the ingredients in equal portion except coriander leaves, leach the vegetables before extracting juice.

1. Beetroot
2. Bottle gourd
3. Carrot
4. Cabbage
5. Cucumber
6. Celery or coriander leaves (one small bunch about 20 gram)
7. Any citrus fresh juice-Amla/Lemon/starfruit etc.
8. One betel leaf

Method of Preparation -

Through Juice extractor or any mode.

19. Turmeric Powder Tablet for Cancer Patients

Method of Preparation -

Take about half a teaspoon of turmeric powder and a pinch of black pepper powder, add few drops of water so that the powder gets wet and a small round tablet like can be made with finger tips.

Consumption

It can be popped into mouth just like taking any other tablet. This is the easiest method because turmeric is very pungent to taste. This can be taken once a day. Try with very little powder and then increase the dose .

20. Graviola Tea for Blood Pressure, Cancer, Liver, Gastrointestinal, Rheumatoid and Liver related disorders.

Method of Preparation for one portion -

Graviola - 2.5 grams(1/2 teaspoon)

Prepare it just the way normal tea is prepared by boiling it in water or consume 2.5 gram raw powder twice a day.

Consume it twice a day after a meal.

21. Super Diet for people suffering from Cancer:

(Diabetes with cancer patients also can be consumed which will benefits to normalize sugar level substantially).

Uncooked Diet :

Salads , Dry fruits and any type of fruits-

It is recommended to consume an uncooked diet for six months to possible reduce the risk of cancer.

a. Super Salad:

Ingredients -

- a. Carrots
- b. Cucumber
- c. Sweet Potato
- d. Onion
- e. Tomato
- f. Radish
- g. Ladies Finger
- h. Any Leafy Vegetables
- i. Sprouts of Green Gram
- j. Sprouts of Bengal Gram
- k. Sprouts of Peanuts

Method of Preparation -

Leach all the vegetables over night by deskinning and washing it in hot water. Leached avegetables should be grated and mix it with the sprouts and chat masala powder, onion and coriander leaves can be garnished.

- b. **Dry fruits:** Any type of dry fruits, including dry coconuts., dry grapes and dates.
- c. **Fruits:** Any type of fruits.

22. Neem and Peepal extract

- a. **Ingredients** – Neem eight leaves, Peepal 3 to 4 leaves depend upon the size.
- b. **Method of preparation** – grind all the leaves with little water and extract 15ml of liquid.

23. Frequently Asked Questions:

1. Can Allopathic medicines be consumed along with VedElixir Health Supplements?

Yes, one can consume allopathic medicines (except for gastric medicines which are incredibly harmful for the kidney). However, after 10 days, because of Super Diet intake, as the blood parameters improve (like the Blood Sugar, Sodium and Calcium levels, etc.), one must taper down the allopathic medicines with the consultation of doctors.

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

VedElixir products do not contain any purified metals or chemicals. There are no side effects to the consumption of VedElixir products. Please check the ingredients used to manufacture VedElixir products, to check if you are allergic to any of the ingredients. All herbs used for manufacturing VedElixir products are considered as Health supplements by the Ministry of Health and Family Affairs (FSSAI) guidelines.

3. Can we mix VedElixir product's together?

Yes, it can be mixed and consumed together. Kidney patients should not mix VedElixir products with water. Others can mix with little bit lukewarm water if necessary. It can be taken in an empty stomach or after food as well.

4. What is prebiotics? Is it compulsory to take prebiotics?

Prebiotic's are basically food for the beneficial microbes in the gut system. They activate the beneficial Microbes and these beneficial microbes are releasing enzymes which are act like a catalyst for separation of nutrients from the food. Important Pre-biotic(s) are Garlic (2-3 cloves), Ginger (½ slice), and, soaked Fenugreek (Methi) seeds.

5. What quantity of cereals should be consumed?

In a meal, ensure that Cereals should be restricted to less than 30% of the entire meal quantity. This is because the amount of fats in the meal is minimized; Cereals cannot be digested easily without manual work.

6. What types of pulses can be eaten?

Pulses should be kept to a minimum (less than 5%). Only Green gram and Bengal gram can be consumed. No other pulses should be consumed as they are not easily digestible.

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

All vegetables except for raw banana can be consumed. Try to incorporate leafy vegetables as much as possible because they have the highest level of Calcium. Vegetables must be leached before consumption.

8. What type of fruits can be consumed?

All fruits can be consumed in limited quantity. Fruits rich in potassium like Banana should NOT be consumed by chronic kidney patients.

9. How to increase hemoglobin levels in CKD patients?

Strictly following the Renal SUPER-DIET can help in increasing hemoglobin levels. Hemoglobin levels are always interrelated with the Creatinine levels. It is a myth that increasing the consumption of fruits helps in increasing hemoglobin levels, therefore one should not increase fruit consumption.

10. Can we use tadka (tempering or vaggrane in Kannada) while following the Super-Diet?

It should be incredibly small in quantity. It should be noted that less than 1 teaspoon of oil for the entire family, for kidney patient's diet.

11. How much salt must be consumed in a day and how should it be consumed?

No more than 5 grams of salt should be consumed in a day. It can be consumed with meals in the recipes I have defined below.

12. Can non-vegetarian foods be allowed?

No red meat should be consumed under any circumstances. Fish can be consumed only when prepared as per the recipe defined in the Super diet. Deskinned chicken can also be consumed when prepared as per the recipe defined in the renal diet below.

13. Can spices be used to prepare foods?

Yes, spices have phytochemicals which are beneficial for the kidneys and other organs.

14. Can we use oils and fats (ghee or butter)?

No, it can only be used in tadka, and that too in only limited quantities.

15. How to eat Idli, Dosa (oilless) preparations?

With chutney prepared by Bengal gram or green gram along with masala like garlic, ginger, green coriander, green chilies and other spices.

16. How much water can be consumed?

Including all the foods, less than 1 liter of water should be consumed by people suffering from kidney disorders and other health disorders when they are having edema water restriction is there otherwise they can take water as per requirement (water accumulation in liver, legs and other parts of the body). The diet defined here cleanses the arteries and strengthens the veins.

Please note:

- People suffering from diabetes and blood pressure will be affected by following this course; their blood pressure levels and sugar levels may start normalizing, hence their blood pressure levels and sugar levels must be monitored regularly and the allopathic medication should be tapered down accordingly with the consultation of the doctor.
- By following this diet, the cholesterol and uric acid levels start normalizing, simultaneously edema also starts get normalized. Additionally, the gastrointestinal system starts to revitalize. Therefore, statins, blood thinners, uric acid pills, water/diuretic pills and other gastrointestinal related synthetic tablets should be avoided with the consultation of Doctor. During the period of the consumption of this diet, if people suffering from diabetes forgo statins, blood thinners, and gastrointestinal related synthetic pills, the body's natural system will secrete insulin relatively quickly.
- The time frame for the consumption of this diet is variable, please consume it as you see fit (comfortable).
- VedElixir Gastro Support can be consumed at any point of the day. It can also be consumed after every meal, the recommended quantity is anywhere between 15 and 30 ml.

Disclaimer:

This SUPER-DIET does not replace consultation with your physician. The author and publisher of this book does not assume any responsibility for any reactions that may happen, directly or indirectly, for following this diet. Consultation with a Certified Physician/ Doctor is always recommended.

VedElixir Super-Diet: Be Healthy Again

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