

VedElixir[®]

HOME REMEDIES, DIET, AND YOGA FOR CANCER STAGE 3 & STAGE 4



Launch of Products in Year 2016



Products of Ayurvedic Herbal concoctions was launched at the Constitution Club, New Delhi on October 11, 2016 in the August presence of many dignitaries.

[From left to right]: [1] Dr. SM Raju IAS, Eminent medicinal plant Scientist and Inventor of these health supplements, [2] Dr. DC Katoch, Advisor to Ministry of AYUSH, Govt. of India, [3] Hon'ble Minister Shri Giriraj Singh, Minister of State for MSME (Independent Charge), Govt of India, [4] Hon'ble Minister Shri Shripad Naik, Minister of State for Ministry of AYUSH (Independent Charge), Govt of India, [5] Hon'ble Justice (Retd) Mr. Rajendra Prasad, Patna High Court, [6] Hon'ble Justice (Retd) Mr. V K Sinha, Patna High Court, [7] Mr. Aditya Pancholi, Actor, Film Producer and Singer, [8] Ms. Zarina Wahab, Actress.

1. Background & Motivation to launch health supplements product range



Dr. SM Raju I.A.S (Rtd.), a pre-eminent medicinal plant scientist, is a recently retired Indian Administrative Service (IAS) officer, having served the country in various positions from 1991 till 2020, across various Departments of the State and Central Government. During his long administrative career, he has been involved in implementing various innovative and path-breaking policies which have been accepted at the State and National Level and have been globally acknowledged for their far-reaching impact on our society.

Dr. SM Raju I.A.S (Rtd.) has been carrying out extensive research on medicinal plants for 40+ years now. The trigger for this research was incurable health disorders faced by himself and his family members.

- His father was diagnosed with Acute Renal failure in YR 2008 and was advised organ transplant. Using the curative powers of medicinal plants, and, the ancient formulations detailed in the Charak Samhita, he was able to 'reverse' his father's kidney failure and he recovered completely from Dialysis.
- His son, at the age of 10 years, was diagnosed with AML (Blood Cancer), in YR 2012. A combination therapy of Allopathic medication and Ayurvedic herbal health supplements formulations over an extended period of 14 months, lead to complete and successful cure of his Blood Cancer.

33,000+ patient case studies and the passionate research of 40+ years in the field of Herbal medication has led to the propoundment of the proprietary science of Neo-Ayurveda by Dr SM Raju. Neo-Ayurveda is an amalgamation of the principles of Ayurveda (ancient Vedic literature), curative powers of medicinal (herbal) plants co-opted to the Allopathic principles of patient care and therapy. It helps to rejuvenate dysfunctional organs in the human body through cell-regeneration process by activation of capillaries and micro-capillaries, thereby allowing people to get healthy again.

The entire product range is 100% herbal | No metals | No use of synthetic ingredients

2. How FOOD works as MEDICINE?

In our ancient Vedic literature, prominence has been given to what we consume. ***Aahar Hi Mahaashad - Charaka (Translation: Food is Medicine)***. What we eat and consume is central to our health and wellbeing.

Vaidya Jivanam: “With a wholesome diet there is no need for separate medical treatment; with an unwholesome diet, even treatment becomes questionable.” In Ayurveda, food is considered as “***Mahabhaishajya***”, the most superior medicine.

In today’s world, where lifestyle based disorders are abundant, AYURVEDA provides long-term and enduring solutions based on a combination of Herbal medications, Diet corrections and Yoga.

[A] Important aspects of “Food as a Medicine”: Different types of Food(s) have differing qualities. Broadly, we need to focus on Pro-biotic & Pre-biotic foods. What are Pro-Biotics: These are good bacteria, found in food sources like curd, yogurt, pickle, cheeses, fermented rice etc. These living micro-organisms provide a range of health benefits for the Gut and live in synergy with the other helpful bacteria. Probiotics also help get rid of toxins from the body and kill harmful bacteria by producing natural antibiotics. What are Pre-Biotics: Prebiotics are basically the food for beneficial microbes, which are in the Gut. Food sources are garlic, ginger, soaked fenugreek seeds (methi), sweet potato, banana fruit etc. These foods could be difficult to digest by the body, but fortunately, the good bacteria in the gut use them as food. They travel undigested, from the small intestine into the colon.

[B] Role & Importance of Probiotics and Prebiotics: Today’s modern lifestyle that encourages consumption of processed and packaged foods, broad spectrum use of Anti-biotics and other Synthetic medications like Blood Thinners that deliver instant relief (but do not address the underlying cause of the problem) lead to creation of chronic problems like Acidity, High Cholesterol, Diabetes, etc. Combination of Probiotic and Prebiotic foods help in maintaining Gut-Health that contributes to proper nourishment, cell regeneration and health. Health benefits: Probiotics help the digestive system function effectively. They also aid weight loss, improve heart health, and lower blood sugar and blood pressure levels.

Probiotics boost your gut's health and ensure a smooth bowel movement. Prebiotics nourish beneficial microbes in the gut, facilitating the formation of healthy colonies of good bacteria. Being a dietary fibre, they help in the smooth movement of food in your digestive tract.

[C] Role of Gut microbes: In our Gut system (Gastro-Intestinal tract), we have millions of beneficial microbes. These microbes get transferred to the Baby from the mother at the time of birth. These gut-microbes are at the heart of extracting' nutrition from consumed foods, and, know which nutrients are required by which cell (organs) of the Body. Accordingly these Microbes release Enzymes that act as a catalyst to separate the nutrients from the food, to nourish the 'under-nourished' cells (organs). Consumption of Probiotics and Prebiotics is an essential ingredient for addressing gut-health and body nourishment requirements. Maintaining and improving gut health is critical for your overall well-being.

Proper nutrition (Food as Medicine) and Enzyme activation leads to Rejuvenation of the dysfunctional organs through cell-generation process by activation of capillaries and micro-capillaries to ensure proper nutrient supply to relevant cells and remove (detox) the toxins and carbon dioxide from there.

For the first time in the World, for 170 unique health disorders, proper dosage and diet standardization has been done to deliver healthy outcomes. This standardization of health supplements and diet protocol will help Ayurvedic medical practitioners to prescribe health supplements appropriately, with appropriate health supplements protocol, to deliver healthy outcomes.

[D] Standardized dosage and administration of herbal health supplements, home remedies, diet and yoga for incurable disease: Till date, no practitioner has attempted standardization of dosage and its administration of medical formulations in Ayurveda - which is the basis of Allopathic medicine practice globally. Dr. SM Raju IAS (Rtd.), in his proprietary science of Neo-Ayurveda had addressed this contemporary requirement successfully, thereby contributing to the scientificity and credibility of Ayurveda in today's time and age.

**FOOD^A
S
MEDICINE**

2.Cancer Diet Stage 3 & 4

Healthy Foods & Recipes

(100% uncooked diet during the treatment period diet during the treatment)

What foods should be avoided during the treatment:

(Foods or beverages which act like a poison to the body)No Sweets (other than dry fruits and fruits)



- 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
(except flax oil which is being used in flax diet)



- Processed Baked foods such as cookies, biscuits, etc



- Alcohol

DIET TO BE FOLLOWED

Pre-Biotics

To be consumed once a day:

(a) Garlic – About 2-3 small pieces

(b) Ginger – About ½ cm sliced

(c) 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), 50-60 ml each time.

Flax Drink

Three times a day , once in morning as a first course of break fast, once in afternoon before lunch and once in evening as a snacks . 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. It will acts like a chemotherapy.



Flax Drink

Raw 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.

Super salad

in lunch , and dinner.

Fruits & Dry fruits

Breakfast and lunch, in dry fruits abundant quantity coconut, dates and fig fruits must be consumed. These dry fruits are having high medicinal value.

Coconut oil

One table spoon cold pressed coconut oil after breakfast and one tablespoon after dinner should be taken.

Spice drink

This can be consumed to help with allergies, fever, cold and cough. Diet for chronic kidney stone.

Coconut milk

Twice a day any time.

2.1 Special diets different recipes

2.1.1 Leaching of Vegetables (For removal of potash and other pesticides)

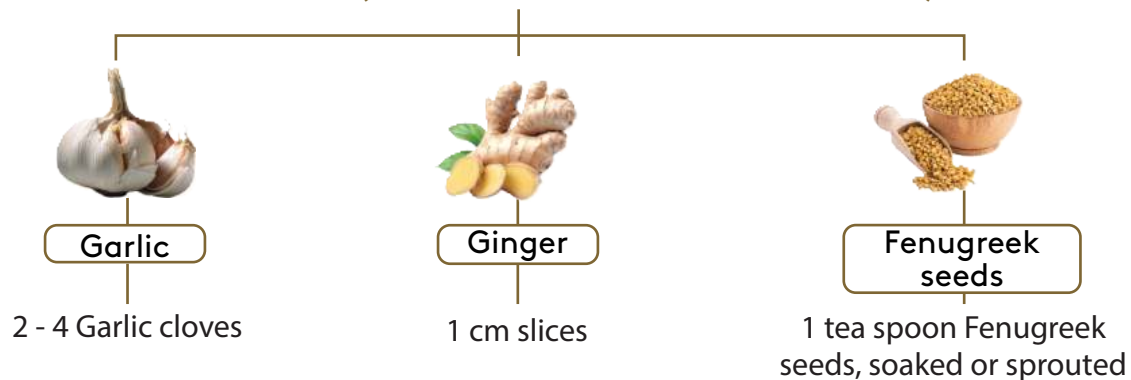
Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use for Kidney patients- while preparing the vegetables/leafy vegetables preparations the water released from the vegetables /leafy vegetables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

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



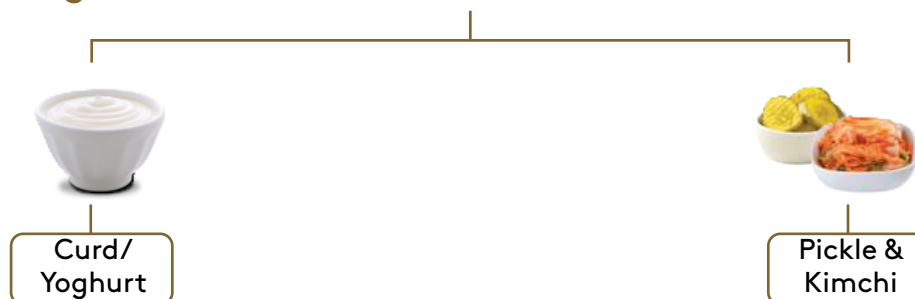
2.1.2 Prebiotics and Probiotics

Prebiotics (Food for beneficial microbes)



Probiotics

(Consuming beneficial microbes which are available in the foods)



2.1.3 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)
7e6634X
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

-
Please not: If suffering from cold and cough use warm water



- 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.**

2.1.4 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.



Ingredients

Banana stem
(100 gram for 50 to 75 ml of juice)

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.

2.1.5 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

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.

2.1.6 Graviola Powder (It supports in BP normalisation)



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.

2.1.7 Turmeric Powder Tablet and Cream

a. **The turmeric powder tablets :** It is pungent to taste. It is recommended to consume one or two tablets a day. It has 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.



2.1.8 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

2.1.9 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

2.1.10 SPICE DRINK (Enhances body immunity power)

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

| |
|---|
| 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) |
| 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.) |



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 store it in thermos

Consumption Guide

Consume as recommended

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

3. Remember for speedy recovery

3.1 What medicines to be avoided during diet 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, as all these health supplements can be supplemented through our diet protocol. 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.

3.2 Tapering of Diabetic and BP Medication

During the course, 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 taking this health supplements, 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 health supplements protocol, the body starts to produce insulin.

The blood pressure starts normalizing after one or two weeks after taking this health supplements; therefore, Blood Pressure medication should also be tapered under the guidance of a doctor.

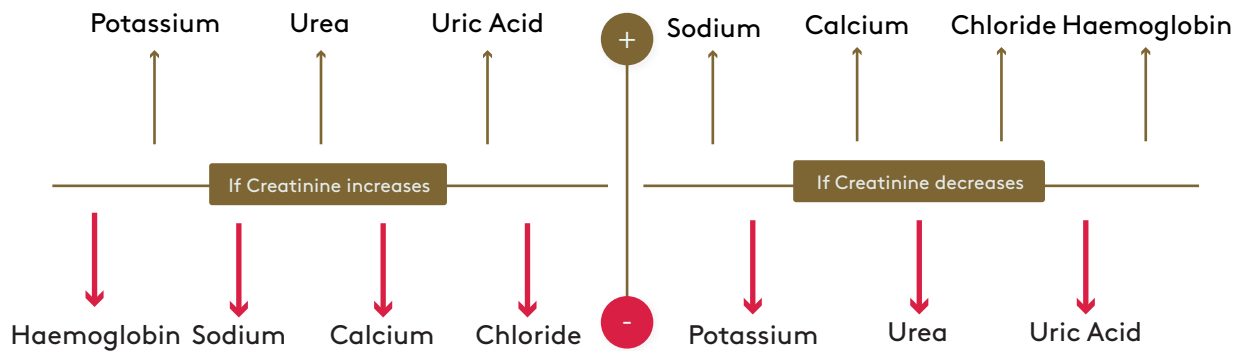
Note – All of the above-mentioned recommendations should only be executed under the guidance of a doctor.

4. 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 this 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.



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