



MiracleDrinks®

For Prevention & correction of Health Disorders

SUPPLEMENT ADVICE SHEET



fssai

Lic. No. 10017043001945
AYUSH Lic. No. AUS-932



Globe Premium Awards.
The most promising Ayurvedic
Medicinal brand in India.
Dubai- 2017



Asia One
India's Greatest
Brands 2016- 2017
Mumbai



Globe Platinum Awards.
The Emerging organic
Medicinal brand
Hong Kong
2016



Award Received at Times Health Excellence
Bangalore - 2018
Awarded to our inventor Mr. S.M.raju
for his Service Excellence for Inventing Herbal
Compounds for Incurable Diseases

Name:.....Age: M / F Mob No:.....Date:...../...../20.....

Place:.....

DEGENERATION OF KIDNEY / ACUTE RENAL FAILURE / CHRONIC KIDNEY DISEASE / PROTEIN LEAKAGE

ADDITIONAL BENEFITS:- Diabetes, Back pain, joint pain, toes and body itching, sleeplessness problem, eyes related diseases, stroke and heart related problems

MORNING (consume empty stomach from item No. 1 to 3 as mentioned below one after the other in one go before physical exercise)

1. Fresh Neem and Peepal leaves juice - As per the availability
2. Miracle Drinks/ Vedic Drink supplements
S3 - Cardiovascular/ VedHeartica
S4 - Liver Support/ VedLiva
S5 - Renal Care / VedRenalis
For adults - 15ml (1 cap) supplements
For children - 7.5ml (½ cap) supplements, all supplements can be mixed together or taken individually
3. Probiotics - Garlic 2 flakes, Ginger 2 thin slice, Fenugreek seeds (Methi Dana) 1 teaspoon to be chewed and swallowed
(NOTE – Seeds should be soaked overnight or sprouted seeds can be consumed as well)
4. Flax Drinks - **Consume whenever you feel hungry or before breakfast and do not take breakfast if you do not feel hungry (For preparation of flax drink - search miracle flax drink in google or YouTube <https://www.youtube.com/watch?v=Krxdn5NH5V0>)**
5. 100 ml banana stem juice as per your comfort
In case of constipation or bloating consume S6 30ml Gastro Support after food twice morning and evening
6. Add fermented rice to your breakfast menu.

AFTERNOON

1. Miracle Drinks / Vedic Drink supplements
S3 - Cardiovascular/ VedHeartica
For adults - 15ml (1 cap) supplements
For children - 7.5ml (½ cap) supplements

EVENING

1. Fresh Neem and Peepal leaves juice - As per the availability
2. Miracle Drinks/ Vedic Drink supplements
S3 - Cardiovascular/ VedHeartica
S4 - Liver Support/ VedLiva
S5 - Renal Care / VedRenalis
For adults - 15ml (1 cap) supplements
For children - 7.5ml (½ cap) supplements, all supplements can be mixed together or taken individually
3. Flax Drinks - **To be consumed at snack time or before dinner (For preparation of flax drink - search miracle flax drink in google or YouTube <https://www.youtube.com/watch?v=Krxdn5NH5V0>)**
4. 100 ml banana stem juice as per your comfort

NOTE:

- a. Timings are only indicative
- b. Lemon and Honey can be mixed with the supplement in order to make it more palatable
- c. For Kidney Patients - Warm the supplements and consume without water.
- d. The supplements can be stored in a cool and dry place or refrigerate. Avoid direct sunlight.
- e. For faster relief 30ml of the supplement can be consumed.
- f. Dilution with water is not mandatory.
- g. Preferably add one lemon juice if comfortable with supplements which will maintain the pH level in the body.

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"ISO 22000:2005 Certified Company. Certificate No. 171129601"



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DIET

POISONOUS FOOD

1. Oils and fats
2. More than 5gm salt
3. More than 1litre of water a day
4. All fruit juice and aerated drinks and alcohol
5. Tender coconut water, coconut and its preparations and banana fruit
6. Only green gram and Bengal gram shall be consumed. Other pulses are not easily digestible and may increase urea and uric acid and poison us of kidney
7. All coarse grains are poisonous and only rice and wheat can be consumed.
8. All potassium rich food should be avoided
9. For easy digestible protein consume egg without yellow, water fried fish and oil less chicken.
10. Vegetables should be leached and consumed.
11. Dosa, upma, all types of rice items prepared with oil should be avoided.

Flax Drink Recipe – (www.youtube.com/MiracleFlaxDrinks) Ingredients for One Portion

- | | |
|--------------------------|--|
| 1. Flax Seeds | - 15 grams (0.53 Oz. or 1 tablespoon) |
| 2. Cold Pressed Flax Oil | - 5 to 15 ml (0.5 fl. Oz. or 1 tablespoon) |
| 3. Kapikachhu | - 5 grams (1 tea spoon) (raw powder) |
| 4. Kalonji oil | - 2.5 to 5 ml (1 tea spoon) |
| 5. Curds (Yogurt) | - 100 grams (3.53 Oz.) |
| 6. Cinnamon Powder | - 2.5 grams (0.10 Oz. or ½ teaspoon) |
| 7. Fenugreek Powder | - 2.5 grams (0.10 Oz. or ½ teaspoon) |
| 8. Turmeric Powder | - 2.5 grams (0.10 Oz. or ½ teaspoon) |
| 9. Black Pepper | - Pinch |
| 10. Water | - To adjust consistency |

Method of Preparation

1. Grind the flax seeds in a coffee grinder (or the smallest jar of a mixer grinder) to a fine powder like texture.
2. In a medium jar of a mixer grinder, add all the other ingredients.
3. Give it a churn.
4. Add water and give it a churn, adjust consistency it must not be too thick or too watery.
5. Pour it into a glass
6. Drink Immediately

Note –

1. If using Flax seed oil, add it in the mixer grinder as mentioned in step 2.
2. Also, it must be ensured that the drink is churned properly to such a consistency that the Oil is not seen floating.
3. **Consume the Flax Drink within 15 minutes of preparation as it goes rancid.**
4. Twice in a day

How to use flax seeds –

1. Do not roast or heat the flax seeds.
2. "Do not grind and store the flax seeds, as it oxidises within 15 minutes. It must be ground freshly when require to prepare the flax drink".
3. To convert the oil (Omega 3 and Omega 6 fatty acids) into water soluble, it must be mixed with curd (yoghurt), hence curd is used to make the flax drink . The Flax Drink (one portion) comprises of lignans, Omega 3 and Omega 6 fatty acids equivalent to 45 kilos of peanuts or 5.5 kilos of Cashew Nuts or 1 kilo of Salmon Fish. If the cold pressed flax seed oil is added, the quantum of the nutrients said above will double.
4. The role of the flax diet is –
 - Lignans detoxifies the body and strengthens the cell membrane.
 - Omega 3 and Omega 6 fatty acids regulates the cellular metabolic activity and the cellular respiratory system.
 - For Cancer patients, this diet acts as chemo.

Neem (azadirachta Indica) And Peepal (ficus Religiosa) Both Have Medicinal Properties Which Assist People Suffering From Kidney Or Liver Disorders.

Ingredients for One Portion of Extracts –

1. Neem - 8 leaves
2. Peepal - 4 Leaves
3. Honey (Optional) - Few Drops

Note – Neem to Peepal ratio should be maintained at 2:1

Method of Preparation –

- a. Grind the Neem and Peepal leaves with a little water.
- b. Extract as much as 15 ml (0.5 fl. Oz.) of liquid by passing it through a sieve.
- c. Add a few drop of honey if necessary.

Consumption Guide –

Consume as recommended.
Else, consume twice daily.
Serving Size is 1 Tablespoon



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Tender Banana Shoot Extract

Ingredients for 1 serving (100 ml) –

Fresh Banana Stems - 150 grams

Preparation –

- Grind and extract the juice from the stem
- Add a few drops of lemon juice
- To make it palatable, it can be consumed with Buttermilk (Sour Milk) and salt.

Consumption Guide –

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

Storage –

The Banana stems can be stored in the refrigerator.

The extracts can be stored in the refrigerator as well, but not for prolonged periods of time.

Vegetable Leaching

Method I: Wash, peel and cut vegetables into small pieces, soak in warm water for 2 - 3 hours. Discard water add large volume of fresh water and cook vegetable discard water.

Method II: Peel vegetables and cut into small pieces. Bring to boil in a large quantity of water discard water, cook in large volume of fresh water discard excess water.

RENAL KHICHDI RECIPE

Ingredients:

- | | | | |
|--|---|----------------------------|-----------------|
| 1. Rice or Broken wheat | – 2cups [Broken wheat can be fried without oil] | | |
| 2. Leached vegetables [Except green banana] | | 8. Ginger garlic paste | -1 table spoon |
| 3. Chopped onion | - 1 | 9. Mint leaves | -1 table spoon |
| 4. Chopped tomato | - 1 (without seeds) | 10. Moong dal | -100gm |
| 5. Coriander | - 1 table spoon | 11. Curry leaves | -8 to 10 leaves |
| 6. Green chilli | - 3 | 12. Garam masala one pinch | - to taste |
| 7. One portion cereals 3 portion water (1:3 ratio) | | 13. Turmeric powder | -¼ tea spoon |

Method of Preparation: Rinse and wash moong dal and rice (or broken wheat) together and put all other ingredients into pressure cooker, cook on a high flame for 3 – 4 whistles or as per requirement.

Note: Do not add fats, oils and salt

RENAL VEGETABLE CURRY RECIPE (250GM)

Ingredients:

- | | | | |
|---|----------------------|----------------------------|---|
| 1. Leached vegetables [Except green banana] | 7. Curry leaves | - 8 to 10 leaves | |
| 2. Chopped onion | -1 | 8. Moong dal | - 100gm |
| 3. Chopped tomato | -1 (without seeds) | 9. Ginger garlic paste | - 1 table spoon |
| 4. Coriander | -1 table spoon paste | 10. Garam masala one pinch | - to taste |
| 5. Mint leaves | -1 table spoon paste | 11. Water | - 400ml or 2/3 rd of the ingredients |
| 6. Green chilli | -3 | 12. Turmeric powder | - ¼ tea spoon |

Method of Preparation : Add all the ingredients into pressure cooker and add little amount of water, cook on a high flame for 3 – 4 whistles.

Note: Do not add salt , One portion all ingredients 3 portion water (1:3 ratio)

RENAL CHICKEN RECIPE

Ingredients:

- | | | | |
|-------------------|---|-----------------------------|----------------|
| 1. Chicken | – 1kg (de skinned and cut into medium pieces) | 6. Coriander leaves chopped | – 2 tablespoon |
| 2. Onion | – 1 medium chopped | 7. Mint leaves chopped | – 1 tablespoon |
| 3. Green Chillies | – 3 | 8. Tomato | – 1 |
| 4. Ginger | – 1 inch | 9. Pepper powder | – ¼ teaspoon |
| 5. Garlic | – one pod | 10. Garam masala powder | – ¼ teaspoon |

PREPARATION METHOD

- In a blender put in all ingredients and make a paste by Putting little water
- Add this paste to Chicken pieces and marinate for 30 minutes
- It can be cooked in two ways
- Method 1: Put all the marinated Chicken in a cooker, don't add water, close, and on a medium heat give one whistle. Switch off flame. Wait till pressure goes off.
- Method 2: Put all ingredients in a Kadai or pan, close lid and cook on medium heat till done, don't add any water, Chicken will get cooked from its own water (later water can be added according to ones wish i.e. gravy or dry or semi dry consistency)
- Fish is the best for Kidney patients to take daily. Only 2 medium pieces can be taken per day. Never take both chicken and Fish on a single day.



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RENAL WATER FRIED FISH/MUSHROOM - For increasing Urinary flow

Ingredients:

- | | | | |
|-------------------------|--------------------------------|---------------------|---------------------|
| 1. Fish/Mushroom pieces | – 1 kg (make cubes or fingers) | 5. Coriander leaves | – one fistful |
| 2. Ginger | – 1.5 inch | 6. Mint leaves | – Half of coriander |
| 3. Garlic Paste | – 1 full pod | 7. Lemon juice | |
| 4. Green Chillies | – 3 | | |

METHOD OF PREPARATION

- Make a paste of all ingredients except Fish/Mushroom pieces
- Smear this ground paste to Fish/Mushroom pieces
- Marinate for 15 minutes
- Two ways to cook this
- Method 1: Steam
- Method 2: Heat Tawa or griddle, put 2 spoon water and put fish/mushroom pieces and cook by pressing the pieces with a spoon and cook on all sides on medium heat
- Method 3: Cook with little water

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

Fermented Rice

Ingredients: Preferably boiled rice/red rice 250gm, 200ml butter milk (1 glass)

Method of Preparation: Cook rice in the afternoon and drain excess water, allow the rice to cool down to room temperature, add butter milk to it and stored in earthen pot this is left overnight at room temperature. This can be taken as breakfast with side dish raw onion or green chilli.

Nutritional value: More than 2000 times of the nutrients namely calcium, magnesium, potassium, Vit B12 etc

Yoga: Bhastrika 40 sets and Anuloma Viloma 20 sets, Observe sunrise or sunset through naked eyes for 30mins to charge your body through sunlight and meditation for 30mins.



DISCLAIMER:

This supplement Advice Sheet does not replace consultation with a physician.

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