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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:.....

## ACUTE GASTRIC PROBLEM, CONSTIPATION, BLOATING

**ADDITIONAL BENEFITS:-** Weight loss, Constipation, Bloating, Acid reflux

**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  
S6 - Gastro Support / VedGastro  
For adults - 30ml (2 caps) supplements with 60ml (4 caps) warm water  
For children - 15ml (1 cap) supplements with 30ml (2 caps) warm water
3. Prebiotics - Garlic 3 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

NIL

### EVENING

1. Fresh Neem and Peepal leaves juice - As per the availability
2. Miracle Drinks/ Vedic Drink supplements  
S6 - Gastro Support / VedGastro  
For adults - 30ml (2 caps) supplements with 60ml (4 caps) warm water  
For children - 15ml (1 cap) supplements with 30ml (2 caps) warm water
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"



MiracleDrinks®

Be healthy. Again. *Elixir for Life*  
WELLNESS PACKED IN A BOTTLE.



#### DIET

1. Low salt, no oily food, sugar and sugar free products
2. Avoid junk foods
3. No cheese, canned food, high sodium foods and Bakery products

#### Flax Drink Recipe – <https://www.youtube.com/watch?v=Krxdn5NH5V0>

1. Flax Seeds - 15 grams (0.53 Oz. or 1 tablespoon)
2. Cold Pressed Flax Oil - 15 ml (0.5 fl. Oz. or 1 tablespoon)
3. Kapikachhu - 5 grams (1 tea spoon) (raw powder)
4. Kalonji oil - 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

#### Tender Banana Shoot Extract

##### Ingredients for 1 serving (100 ml) –

Fresh Banana Stems - 150 grams

##### Preparation –

- a. Grind and extract the juice from the stem
- b. Add a few drops of lemon juice
- c. 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.





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*Elixir for Life*

WELLNESS PACKED IN A BOTTLE.



#### 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 Chilies        | - 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.

The author and publisher of this supplement advice sheet assumes no responsibility for any reactions that result directly or indirectly occur from the use of the herbal dietary supplements or contents from this Supplement Advice Sheet