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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:.....

INSOMNIA

ADDITIONAL BENEFITS:- Skin problem, cholesterol control, energy boosting

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
S1 - Anti-Ageing/ VedNaturae
S3 - Cardiovascular/ VedHeartica

For adults - 15ml (1 cap) supplements with 30ml (2 caps) warm water

For children - 7.5ml (½ cap) supplements with 15ml (1 cap) warm water, all supplements can be mixed together or taken individually

3. Prebiotics - 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

NIL

EVENING

1. Fresh Neem and Peepal leaves juice - As per the availability
2. Miracle Drinks/ Vedic Drink supplements
S5 - Renal Care / VedRenalis
S7 - Immune Care/ VedImmunae

For adults - 15ml (1 cap) supplements with 30ml (2 caps) warm water

For children - 7.5ml (½ cap) supplements with 15ml (1 cap) warm water, 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"



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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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.



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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



Insomnia - An alternative Approach

Insomnia includes a wide range of sleeping disorders, from the lack of sleep quantity to the lack of sleep quality. Insomnia is commonly classified into three categories -

- a. Transient Insomnia - Symptoms last up to three nights
- b. Acute Insomnia - Also known as short term insomnia, the symptoms last for several weeks.
- c. Chronic Insomnia - This type of insomnia lasts for months or sometimes years.

Adult females are generally more affected by insomnia than adult males. This sleeping disorder can undermine performance - both personally and professionally. It contributes to Obesity, Anxiety, Depression, Irritability, Concentration problems, Memory Problems and Poor Immune System.

A note by the inventor -

I personally suffered from Chronic Insomnia for almost nine months. I consulted several psychiatrists who prescribed several medicines - while it did give me great relief, I considerably affected my personal and professional life. I was unable to remember a lot of things, I experienced fatigue and my blood pressure shot up - a problem which I had never faced before (I am 57 years old). Considering the long term side effects that these medications might lead to, I began to develop a different variant of a diet/regime which included the research I had conducted on herbal supplements along with being able to focus and ease the mind through meditation. I stopped consuming the pills that were prescribed to me and focused on the new regime, and within a month, I was able to sleep and feel normal again. Before anyone follows this routine, I must warn you that it is not going to be an easy journey, I will be extremely difficult in the beginning but in time the body normalizes and you will not be left with any long term side effects.

Meditation -

Meditation is necessary to keep the mind in a stable state in order to recover from insomnia. However, there seems to be a lot of confusion over how to perform meditation - it simply involves observing the breathing pattern i.e. observe the inhalation and exhalation process. This way, the brain gets the rest that it needs just as it does when the body sleeps normally. Meditation also helps in reducing pain caused by headache. It is important to stay positive while following this chart.

Morning - 1 Hour
Afternoon - 1 Hour
Evening - 1 Hour





Projected Recovery Timeline -

Day 1 -

The residual effects of prescription medicine might make a person sleep normally.

Day 2 -

It is possible to not be able to sleep on the second day. The body might experience immense mental and physical stress, however one must try and bear the pain meditating. Reading books or indulging in a hobby takes the attention away from the pain.

Day 3 -

The same conditions felt during the second day might prevail.

Day 4 -

Anxiety and excessive unrest might make a person feel that the body is being adversely damaged. One must remember that meditation provides sufficient rest for the brain and compensates for the sleep lost. The Miracle Drinks health supplements mentioned in the chart above assists with maintaining the parameters of the body. On the fourth day, the person might be able to sleep comfortably for an hour.

Day 5 -

The fifth day is comparatively more comfortable than the previous days. The person might be able to sleep for a couple of hours. Again, one should NOT stop meditating.

Day 6 - 20

The person might be able to comfortably experience about 3-4 hours of sleep in this period. This is when the body slowly regains strength and the biological slowly sets itself to its normal routine. However when the person wakes up from sleep, they might remain awake till the end of the day which might lead to headaches, this can be controlled by meditating.

Day 16 - 26

While this overlaps with the previous section, it is possible for a person to sleep comfortable for 4-5.5 hours from the 16th day itself. He/She might feel as normal as they did before insomnia.

Day 27 Onwards -

The person might be able to sleep as they did before insomnia. However, one shouldn't stop meditating and consuming the Miracle Drinks health supplements for at least three more months as they assist in regulating the vital organs of the body.