



miracle drinks
NEO AYURVEDA®

Standardised Treatment Protocols for Chronic & Incurable Diseases



Cell Regeneration Therapy for Dysfunctional Organs by Inducing
Miracle Drinks Herbal Medicines/Health Supplements
Derived from Vedic literature, Yoga and Diet



**PROTECT THE TREE,
AND THE TREE WILL PROTECT YOU**

Vruksho Rakshati Rakshitah

INVENTOR

Dr. S. M. Raju IAS



श्रीपाद नाईक
SHRIPAD NAIK

राज्य मंत्री (स्वतंत्र प्रभार)
आयुर्वेद, योग व प्राकृतिक चिकित्सा, यूनानी सिद्ध एवं
होम्योपैथी (आयुष) एवं
राज्य मंत्री (स्वास्थ्य और परिवार कल्याण)
भारत सरकार
MINISTER OF STATE (INDEPENDENT CHARGE) FOR
AYURVEDA, YOGA & NATUROPATHY
UNANI, SIDHA AND HOMOEOPATHY (AYUSH)
AND MINISTER OF STATE FOR HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA

LETTER OF APPRECIATION

I am pleased to appreciate the novel herbal elixir developed by Shri S.M. Raju, I.A.S. The product is an outcome of Shri Raju's deep interest, scientific acumen and hard efforts to have explored a natural modality of various herbal ingredients for holistic health promotion with restorative and revitalizing properties. I have personally experienced health benefits of the herbal elixir and found it useful as a tonic to boost immunity and vitality in the emerging spectrum of stressful and erratic lifestyles of the people.

I wish Shri S.M. Raju all success in his endeavors and pursuits.


(SHRIPAD NAIK)

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Dated: 22nd June, 2016

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Letter of appreciation by Hon. Union Minister for AYUSH,
Govt. of India, Shri Shripad Yesso Naik to Dr. S.M. Raju on the
launch of MIRACLE DRINKS in 2016

Standardised Treatment Protocols for Chronic & Incurable Diseases

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INVENTOR

Dr. S. M. Raju IAS

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Miracle Drinks Product Launch



Launched by the Honourable Union Minister for State (Independent) for AYUSH, Government of India – Shri Shripad Yesso Naik on 11th October 2016 at the Constitution Club, New Delhi.

From Left to Right – 1. Dr. S.M.Raju I.A.S, Inventor of the Herbal Compounds. 2. Dr. D.C Katoch, Advisor to Ministry of AYUSH. 3. Hon. Minister Shri Giriraj Singh, Union Minister of State for Micro, Small and Medium Enterprises (Independent). 4. Hon. Minister Shri Shripad Yesso Naik, Union Minister of State (Independent) for ministry of AYUSH, Government of India. 5. Hon. Justice Mr. Rajendra Prasad, Patna High Court (RET.) 6. Hon. Justice Mr. V.K Sinha, Patna High Court (RET.) 7. Mr. Aditya Pancholi, Indian Film Actor, Producer and Singer. 8. Mrs. Zarina Wahab, Indian Actress.

Contents

1. Inventor Profile	1-2
Chapter 1 – Cell Regeneration Therapy for Dysfunctional Organs	3-10
1. Concept behind cell regeneration process in dysfunctional organs	3
2. The Invention & cell regeneration process – how it works with miracle drinks health supplements	4
3. What is Ayurveda – The Knowledge of Life	4-5
4. What does Neo Ayurveda mean? What is unique about it?	5-6
5. Elixir for Life – Miracle Drinks Health Supplements	6
6. How does Miracle Drinks work?	6-7
7. Important information for people diagnosed with Chronic Kidney Disease and dropping certain allopathic medications from the day-1 for quick activation in GFR rate.	7
8. How long does it take to see effective results?	8
9. Is Miracle Drinks compatible with Allopathic Medication?	8
10. Synthetic Medicines to be avoided during treatment for a speedy recovery	8
11. Tapering of Diabetic & Thyroid Medications	8-9
12. Consumption guide during treatment	9-10
Chapter 2 – Treatment protocol	11-12
1. Treatment protocol for Chronic Kidney Disease due to Blood Pressure (BP)	11
2. Treatment protocol for Chronic Kidney Disease due to Diabetes	11
3. Treatment protocol for Protein Leakage	11
4. Treatment protocol for Kidney Stone & Gall Bladder Stone	11
5. Treatment protocol for Heart Diseases / Chronic Angina/ Dilated Cardiomyopathy/ Arrhythmia/ Vessel Disease (CAD)	11
6. Treatment protocol for Brain Stroke/Paralysis/ Parkinson/any Neurological disorders/ Vertigo	11
7. Treatment protocol for Chronic Headache/ Migraine/ Cortex Calcification/ Arteries Blockage in Brain	11
8. Treatment protocol for Varicose Veins	11
9. Treatment protocol for Liver Cirrhosis, Fatty Liver Grade-1& Grade-2	12
10. Treatment protocol for Chronic Acidity/ Constipation/ Irritable Bowel Syndrome/ Piles/ Ulcerative Colitis/ Crohn's diseases	12
11. Treatment protocol for Chronic & Acute Pancreatitis & Pancreatic Cyst	12
12. Treatment protocol for Uncontrolled Diabetes/ Diabetic Retinopathy/ Diabetic Neuropathy/ Diabetic Ulcer/ Gangrene	12
14. Treatment protocol for Thyroid (Hyper and Hypo)	12
15. Treatment protocol for Cervical Spondylosis/ Osteoarthritis/ Osteoporosis/ L4-L5 Gap/ C4-C5 Gap/ Disc Bulge	12
16. Treatment protocol for Weight Reduction/ Obesity	12
17. Treatment protocol for Uncontrolled Blood Pressure/ Hypertension	12
18. Treatment protocol for any type of Cancer	12

19. Treatment protocol for Chronic Body Itching/ Lipoma/ Wounds Eruption/ Any Skin Disorders/ Psoriasis	12
20. Treatment protocol for Prostate enlargement/ disorder	12
21. Treatment protocol for Lung disorders: COPD/ Asthma/ Wheezing /Acute Lung disease/ Breathing disorders/ Sarcoidosis/ Tuberculosis / Bronchitis	12
22. Insomnia, Depression & Sleep disorder	12
Chapter-3-Diet for prevention of incurable diseases	13
Chapter 4– Different Diet for different diseases	14-19
1. Renal Diet for –	14
a. Kidney Diseases	14
b. Protein Leakage	14
2. Special Diet for –	15
a. Kidney stone	15
b. Dysmenorrhea	15
c. Polycystic Ovarian Disease	15
d. Thyroid	15
e. Cervical Spondylosis	15
f. Osteoarthritis	15
g. Osteoporosis	15
h. L4 – L5 gap	15
i. C ¹⁵ ₄ – C5 gap	15
j. Disc Bulge	15
k. Weight Reduction	15
l. Uncontrolled Blood Pressure/Hypertension	15
m. Constipation	15
n. Cholesterol and triglycerides	15
o. Any type of non chronic diseases	15
3. Super Diet for –	16
a. Heart Diseases	16
b. Chronic Angina	16
c. Dilated Cardiomyopathy	16
d. Arrhythmia	16
e. Vessel Disease (CAD)	16
f. Brain Stroke/Paralysis/ Parkinson/any Neurological disorders/ Vertigo	16
g. Chronic Headache	16
h. Migraine	16
i. Cortex Calcification	16
j. Artery Blockage in the Brain	16
k. Varicose Veins	16
l. Liver Cirrhosis, Fatty Liver Grade - 1 & 2	16

m. Chronic Acidity	16
n. Constipation	16
o. Irritable Bowel Syndrome/ Ulcerative Colitis/ Crohn's diseases	16
p. Piles (Hemorrhoids)	16
q. Pancreatitis	16
r. Uncontrolled Diabetes	16
s. Diabetic Retinopathy	16
t. Diabetic Neuropathy	16
u. Diabetic Ulcer	16
v. Chronic Body Itching, Lipoma, Wound Eruption, any Skin Disorders/ Psoriasis	16
w. Gall Bladder Stone, Kidney stone	16
x. Pulmonary Disorders, Asthama	16
y. Uterus Fibroids	16
4. Diet for Cancer Stage - 1 & 2 & Stage - 3 & 4	17-19
Chapter 5 – Healthy Foods and Recipes	20-27
1. Fundamental rules for preparing food for Kidney Patients (entire family members should adopt this food till the Patient get recovered)	20
2. How to Leach Vegetables	20
3. Flax Drink	20
4. Banana Stem Juice	21
5. Raw Vegetable Juice	21
6. Coriander Leaf Soup	21
7. Moringa Soup	22
8. Graviola Powder	22
9. Turmeric Powder Tablet and Turmeric cream for external wounds	22
10. Neem and Peepal Extract	23
11. Fermented Rice	23
12. Oilless Fish	23
13. Oilless Mushroom	24
14. Chicken Curry	24
15. Vegetable Curry	25
16. Cereals Superfood	25
17. Super Salad	26
18. Spice Drink	27
19. Coconut Milk	27
20. Soaked peanut paste- for cancer patients and for obesity/weight reduction	27
Chapter 6 – Frequently Asked Questions	28
Chapter 7 – Treatment Protocols with defined Diet & Recipe in Audio-visual	34

Inventor Profile



Dr. S.M. Raju IAS

Dr. S.M. Raju, is a recently retired Indian Administrative Service (IAS) officer, having served the country from 1991 till 2020. Ever since the beginning of his career, he has been involved in implementing various innovative and ground-breaking policies which have been accepted at the State and the National level by the Government of India and have been globally recognised for its far-reaching impact on our society.

After he received a degree in Bachelors of Agricultural Sciences from the University of Agricultural Sciences Bengaluru in 1982. During his time at the University, he was introduced to the field of medicinal herbs where he developed extensive expertise.

Dr. S.M. Raju has been carrying out extensive research on medicinal plants for more than 40 years. He has formulated a variety of herbal concoctions, extracts and supplements which are recognised for their therapeutic properties in helping address more than 170 different types of chronic and unique ailments. He initially developed these supplements in 1981 to treat himself as he suffered from Rheumatoid Arthritis (1973). He later had to intensify his research when his father was diagnosed with Acute Renal Failure (2008) and when his son was diagnosed with Acute Myeloid Leukaemia (2010). While his son took Ayurvedic medicines along with Allopathic medicine(s), his father was cured of his Renal issues without any Allopathic medication.

His findings and research, now christened by him as Neo-Ayurveda, is a proprietary science that blends the principle(s) of diagnosis of health disorders/ diseases from the Allopathic sciences with various treatment principles, namely, through Natural Medicines, Diets, Home Remedies, Yoga and Meditation taken from the age-old literature of Charaka Samhita, Shushruta Samhita, Ashtanga Haridaya, Sharangdhar Samhita, Madhav Nidan Samhita, Kashyapa Samhita, Bhavprakash and Bhaishajya Ratnavali as detailed in the Vedas i.e Ayurveda. The herbal concoctions and supplements have been recognised as Ayurvedic Medicines under the AYUSH License issued under the guidelines of the Ministry of AYUSH, Government of India. The medicinal range is today marketed under the brand name of Miracle Drinks.

Dr. S.M. Raju, has always been passionate about trees and their importance in everyday life. While in service, he helped formulate a National Policy on planting trees by road-sides and in lands belonging to small and marginal farmers in rural areas by providing for 100 man-days of assured employment under MGNREGA (Mahatma Gandhi National Rural Employment Guarantee Program) to old age men, women and the differently abled. By establishing the importance of 'a symbiotic relationship between the people and the tree', survival rate for planted trees increased to 80%. To further propagate this concept, undertaken "One-day One-Crore" (One Day Ten Million) tree plantation on 29.8.2009 by mobilising 300,000 people across 7,000 villages covering 6 districts of the State of Bihar in Tirhut Division as Divisional Commissioner, planted 96.4 million in one day, BBC titled him as India's Planting Guru. This program was instrumental in increasing Forest Coverage in the State of Bihar from 6.8% to above 10%. This program has also been globally acclaimed for its nutritional benefits by providing fruits to poor local communities, contributing to reduction of green-house gasses and its contribution to helping reduce the carbon footprint across large communities. This concept is now a part and parcel of the various community programs promoted by the Ministry of Rural Development, Government of India. **The late Honourable President of India, Dr. A.P.J Abdul Kalam, in his globally acclaimed book – Target 3 Billion; has written a piece on this specific program by Dr. Raju, its positive, long-term impact and contributions in the field of Social Forestry.**

Dr. Raju has been awarded by several national and international organisations in Hong Kong, Dubai, Singapore, United Kingdom, Delhi and Mumbai. Some of the more notable awards are – Excellence Award for Interactive Innovations given by the House of Commons, British Parliament (2019), Times Health Excellence Award, India (2018), Bharat Gaurav Award, India (2018), Asia's Greatest Brands and leaders Award, Singapore (2018) for inventing Herbal Compounds for Incurable Health disorders and many more.

Today he devotes all his time to research & development of unique herbal products that help cure and prevent serious health disorders affecting mankind today. He can be reached through his Facebook page (Sulthanpet Raju), or his Twitter handle (#SMRaju).

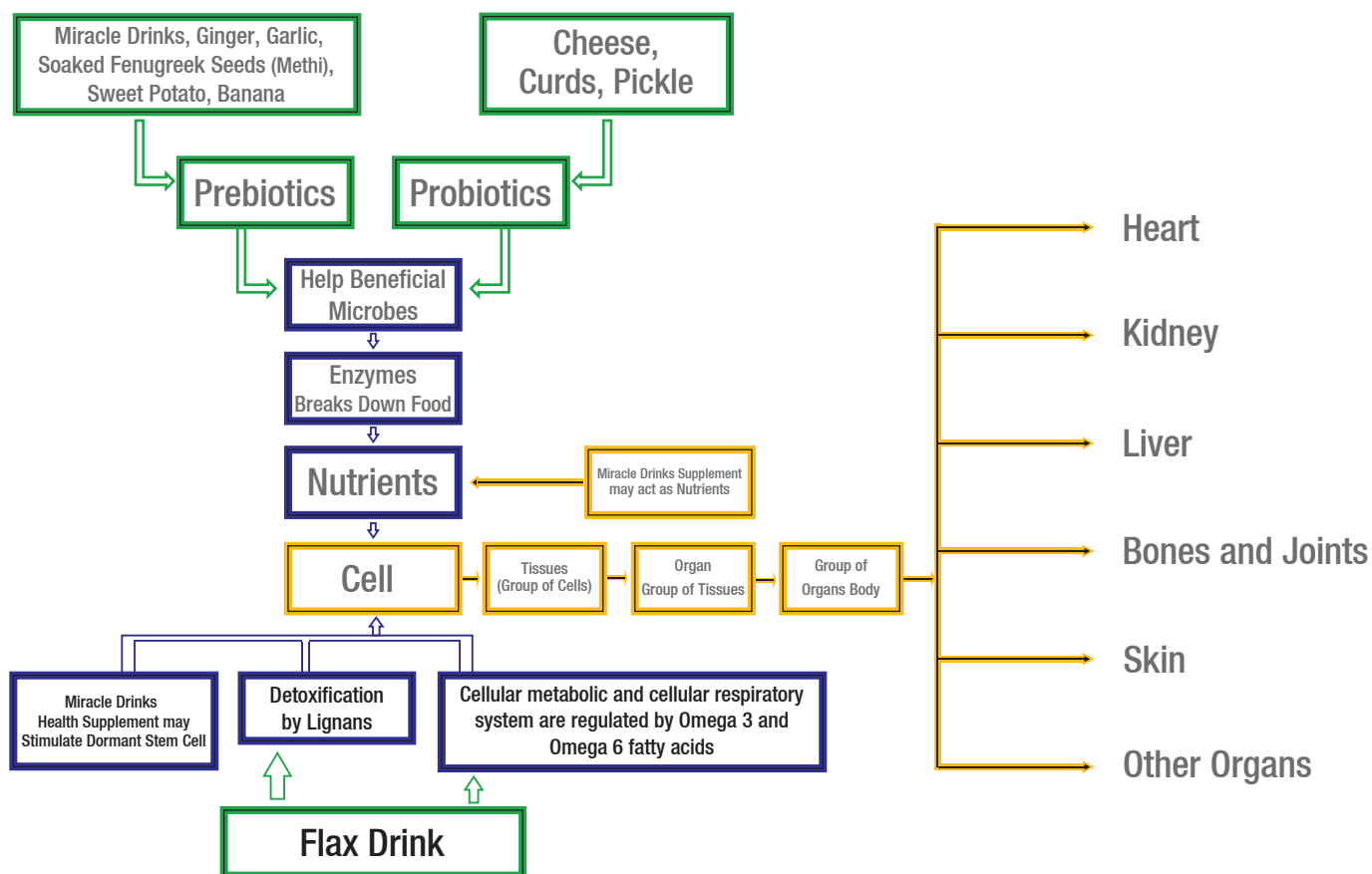
Chapter 1

Cell Regeneration Therapy for Dysfunctional Organs

1. Concept behind cell regeneration process in dysfunctional organs

- Removal of calcification in arteries, strengthening of the valves in veins and stimulation of capillaries and microcapillaries in dysfunctional organs to ensure effective blood circulation for nourishing and detoxification of the unknown undernourished organ/ organs which are depriving unknown hormones to a particular organ for causing dysfunctional.
- Rejuvenating gut beneficial microbes for ensuring the releasing of enzymes to act like a catalyst to separate the nutrients to nourish unknown undernourished organ or organs to address to release unknown hormones to rejuvenate dysfunctional organ/ organs .

Pictographical depiction of the food as a medicine in cell regeneration process



Doctors manual
for treatment of 170+
chronic health disorders



Research articles &
publication

2. The Invention

Dr. S.M. Raju suffered from Rheumatoid Arthritis from 1973 to 1982, because of which, he was prescribed an antibiotic injection – Penidure (initial dose of 6 lakh units (600,000 units), gradually increased to 24 lakh or 2,400,000 units by 1980). The injections were extremely painful, and the fact that the consulting doctors had prescribed Penidure for the rest of his life, only made his feelings worse. The thought of having to go through this pain forever pushed him to find an alternative solution through herbal medicines based on Indian classical books. It helped that he had studied a course on medicinal plants while in college and that formed a strong foundation on which he carried out research. He also focused on other health conditions that prevailed in the society such as pulmonary disorders, gastro-intestinal disorders, heart, kidney and liver related disorders. He has been experimenting on all these health disorders ever since and has conducted research on various herbal medicines and dietary principles since 1981. Based on his research, he firmly says, there is no health disorder that is incurable. It is possible to find a solution when looking deeply into the resources that mother nature has to offer.

In 2008, when Dr. S.M. Raju's father at the age of 76, suffered Acute Renal Failure due to excessive ingestion of pain killers because of which he was on dialysis. This further ignited his zeal to continue and expand his research to formulate herbal medicines and treat his father. Because of these formulations, his father was able to stop having to undergo dialysis in just three months. The regime he followed was a strict balance between the herbal formulations, diet and home remedies.

In 2010, his second son was diagnosed with Acute Myeloid Leukaemia (blood cancer). This is when he developed a deeper and more aggressive approach into his research. During the course of his son treatment; a combination of allopathic medicines, dietary supplements and herbal formulations were administered for maximising the speed and efficacy of cure and recovery. His son, now fully recovered, lives a normal life.

Over the years, Dr. S.M. Raju has come across many people who have voluntarily consumed these medicines for various health issues. These people have come from different walks of life and varied demographics including, but not limited to, Honourable Chief Justices of High Court, Honourable Judges of High Courts, Honourable Union Ministers, heads of departments of medical colleges (allopathic), business persons, public figures, friends, relatives and many more. These herbal medicines/ health supplements in varied combinations, assist with more than 170 health disorders.

3. 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.

Ayur-veda (life-knowledge) is considered as Upaveda of Atharvanaveda. Health is a prerequisite 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.

4. What does Neo-Ayurveda® mean? And what is unique about it?

Since the inception of allopathic science nobody has blended its principles with Ayurvedic principles by waving ayurvedic principles "Vata, Pitta, and Kapha ". In Ayurveda the treatment is being done after assessing the patient's body nature Dhosha viz. "Vata, Pitta, and Kapha" and on the basis of that treatment is being crafted with medicines, diet, home remedies, yoga and meditation for the individual patient. Generally it is not having standardisation for all the patients without following the Dhosha [Nandha and Singh, 2013]. In Allopathic science the treatment is being given on the basis of diagnosis of the diseases, medicines are purely synthetic compounds with certain supplements and diet, here there is standardised treatment regimen for different health disorders without addressing Dosha [Raut, 2011; Go, 2002]. In Neo Ayurveda principles, Dr SM Raju by doing research since 1981 (more than 35 years) as a student developed standard treatment regimen for more than 170 incurable health disorders by developing eight variants of herbal compounds putting more on the basis of Vedic literature (classical literature) and adopted allopathic principles like diagnosis of the health disorder and inculcated the principles of Ayurveda namely yoga, meditation, herbal medicine, diet and home remedies without considering the patient's body nature Dhosha viz. "Vata Pitta and Kapha". **In the history of Ayurveda, there are no standardized treatment protocols; in Neo Ayurveda, there is a treatment protocol for different diseases and also the additional benefits for each treatment protocol addressed.**

In Neo Ayurveda Dr. SM Raju adopted Ayurveda principles Yoga, Meditation, Pranayama, diet, home remedies & probiotic theory of Elie Metchnikoff (1908 Nobel prize winner in medicine), & Dr. Johanna Budwig theory of Sulfhydryl Compounds, that keeps good environment for Cellular Metabolic activity and Cellular respiration.

Through Neo Ayurveda, it is possible to regenerate cells in a dysfunctional organ and cure health disorders that are otherwise considered 'incurable' using allopathic principles. This is achieved by replacing synthetic medication with a combination of prescribed diet and natural remedies. These medicines and supplements are obtained from herbs; the knowledge for which dates back thousands of years [Pan et al., 2014]. Dr. Raju discovered during the process that beneficial gut microbes get activated and release specific enzymes to separate particular unknown nutrients from the food. These nutrients are essential for nourishing the deprived organs. As a result, hormonal balance may address problems related to cholesterol, blood thinning, gastric issues, uric acid, and diuretics. By following this treatment protocol, entire organs were able to rejuvenate, by effectively addressing predominant diseases such as those related to the heart, kidney, and diabetes, among others.

Instances of patient recovery cases

- a) A person with over 90% Aortic Stenosis where medical science dismissed the possibility of grafting, saw recovery following this treatment.
- b) A patient with a creatinine level of over five (5), due to Diabetic Nephropathy was advised dialysis and an eventual kidney transplant by the doctors; within 3 to 4 months of treatment, this person achieved normalcy and also stopped insulin.
- c) A patient with Liver Cirrhosis where doctors had recommended liver transplant, recovered in 3 to 4 months by following the Miracle Drinks treatment protocol.
- d) In muscular dystrophy, motor neuron diseases and vitiligo inventor has not seen any effective results.

Adopting ayurvedic medicines, yoga, meditation and pranayama (yoga), diet, home remedies have proved beneficial in numerous such cases. What makes Miracle Drinks unique is that, in this principle of treatment, the inventor has not taken the basic principles of Vata, Pitta and Kapha. Instead, he has based his treatment on allopathic principles like removal of excess cholesterol, thinning of blood, ensuring natural supplements for the cells. Therefore, the investigator calls this medical science, which has been conceived and developed through extensive research of over 35 years as Neo Ayurveda or New Ayurveda.

5. Elixir for Life – Miracle Drinks Health Supplement

Miracle Drinks health supplements have 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 Indian Ayurvedic Pharmacopoeia.

These supplements assist people suffering from numerous health disorders. With effective results, this easy to consume supplement can be consumed along with other forms of medication. All Miracle Drinks 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.

6. How does Miracle Drinks work?

It acts as a prebiotic, which is beneficial to the microbes in the gut system. This leads to the activation of the microbes, which prompts the release of different types of enzymes. These enzymes act as a catalyst to release different types of nutrients from the food consumed and nourishes the cells in the body. It also acts as an antioxidant and detox(s) the cells. Combinations of the herbal medicinal plant extracts are effective in cleansing the arteries, and in strengthening the valves in the blood circulatory system. It is effective in promoting the cellular metabolic activity and cellular respiratory system.

It is 100% herbal. Compatible with allopathic medications and as per the FSSAI guidelines F No-1-4/ Nutraceuticals /FSSAI-2003, Government of India dated 24.11.2016 all the ingredients which have been used in these formulations have been declared as Health Supplements.

It is not necessary to consume Miracle Drinks products in combination with one another, consuming a single variant of the Miracle Drinks medicine also helps the body. For Example, Cardiovascular Support helps with Heart diseases without the need to consume it in combination with other supplements. Similarly Liver Support helps with Liver related diseases without the need to consume it in combination with other supplements. However, for acute ailments, effective and faster results, a combination of herbal compounds is recommended.

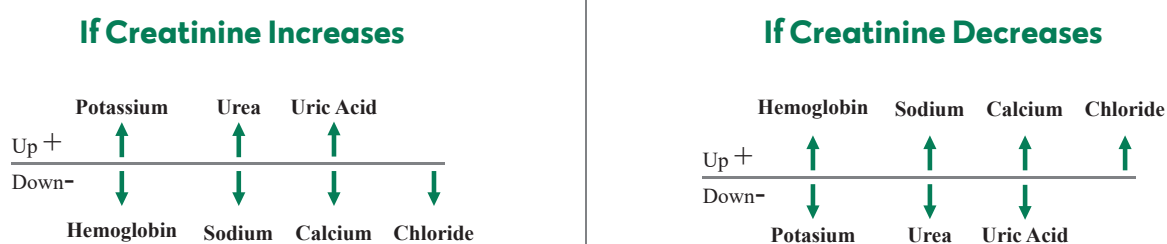
A combination of different products of Miracle Drinks assists in resolving multiple disorders in one go. Most serious patients suffer from multiple ailments, and they benefit from such recommendations.

Whichever variant of the diet is consumed, it is important to monitor the Blood Pressure levels and the Sugar levels in the body, as this diet also assists people diagnosed with Diabetes and Blood Pressure issues. Accordingly, alternate medicines consumed for these problems should be tapered down proportionately.

7. Important information for people suffering from Chronic Kidney Disease and other diseases

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 -Hemoglobin, Sodium, Calcium and Chlorides start to decrease.



For those diagnosed with Chronic Kidney Disease, various reasons could lead to the damaging of the Glomerulus Capillary Filters such as chronic diabetes, high blood pressure, or the ingestion of synthetic tablets, pain killers, etc. This hinders the kidney's 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 Haemoglobin levels, calcium levels, sodium levels & the levels of other important micro & macro nutrients.

b. Allopathic medication to be stopped from the day -1 of the miracle drinks treatment.

Tablets related to/for cholesterol, blood thinners, water pills (diuretic tablets), gastric tablets, uric acid tablets, Vitamin B12 tablets, Vitamin D tablets and Nefro tablets, sodium and calcium related tablets should be stopped from the day 1 of the treatment, as all these medicinal properties are being supplemented through our treatment protocol with diet.

c. Allopathic medication not to be stopped from the day -1 of the miracle drinks treatment.

Tablets related to diabetes and blood pressure, should be continued and tapering down as per the protocol stated in para no 11 of this chapter.

8. How long does it take to see effective results?

The initial positive results can be visible anywhere between 3–30 days. And in Chronic Kidney Diseases if the diet is followed strictly, the reduction of creatinine levels can be seen within the first 15 days, and a reduction of anywhere between 10% – 25% in the first 30 days. It is recommended to check the blood parameters every 15 days. The eGFR rate improvement can be seen any time after the first month of the course. **Note** – Creatinine levels are interrelated with Haemoglobin, Calcium, Sodium and Chloride levels, once the creatinine levels start to reduce, then all the other parameters start to normalise, even parameters such as Urea, Uric Acid and Potash levels start to normalise. For people diagnosed with chronic diabetes, the glucose level will start normalising from the 3rd day to 4th day; therefore, allopathic medications have to be tapered down. For blood pressure cases, it will start normalising anytime between the 15th day to 30th day; therefore, one should taper down the medications accordingly.

9. Is Miracle Drinks compatible with Allopathic Medication?

Miracle Drinks supplements are compatible with Allopathic Medicines. Miracle Drinks supplements are 100% herbal, it does not contain any metals, chemicals or aflatoxins.

10. Synthetic Medicines to be avoided during treatment 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 and Nefro tablets can be avoided from day 1 of the treatment, as all these medicines can be supplemented through our treatment protocol with diet. For example, raw vegetable juice act like a 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.

11. Tapering of Diabetic Medication in Type-2 diabetes, BP & Thyroid under the guidance of a doctor

I. Diabetes medicine tapering method

- a.** For effective results statins, blood thinners, and gastric tablets should be stopped from being consumed from day one of our treatment, as they damage the liver functions. The main function of the liver is to absorb glucose which is released through our food whatever we eat and store it in the form of glycogen and releases as and when the body requires glucose. If the Liver does not function automatically, glucose level increases in the bloodstream. In Miracle Drinks treatment protocol, diet supplements shall be supplementing for normalizing the cholesterol level, blood thinning, and also gastrointestinal issues therefore statins, blood thinners and gastric tablets can be stopped.
- b.** In Miracle Drinks treatment protocol endocrine gland of the Pancreas will be activated within 3 days in the majority of cases and produces insulin through an inbuilt system.
- c.** During the course of treatment, the glucose levels start normalizing in about 3 – 4 days, therefore Allopathic medicines should be tapered down in the following procedure:
 - i.** For those who are taking tablets for diabetes, on the 4th day, 50 % of the tablet volume should be tapered down, and thereafter by monitoring the glucose levels, the tablets must be

tapered further.

ii. For those who are taking insulin, from 3rd day, night insulin dose has to be reduced 50% of the total dosage by observing the glucose level, as sometimes the glucose level reduced to 60 to 70 mg/dl, on 4th day 3 units each time has to be reduced, thereafter weekly 3 units each time has to be reduced. **Example-** Morning 20 units -Afternoon 20 units -Night 20 units + Tablets the following way insuline and tablets has to be taperdown

iii. 3rd day Morning -no reduction: Afternoon -no reduction : Night 10 units has to be reduced.

iv. 4th day Morning -3 units reduction: Afternoon -3 units reduction: Night 3 units has to be reduced .

v. Weekly Morning -3 units reduction: Afternoon -3 units reduction : Night 3 units has to be reduced .

vi. After over of Insulin intake, 50% tablets has to be stopped by seeing the glucose level.

d. One has to test HbA1c in every 15 days to see the effectiveness of rejuvenation of the pancreas

II. Blood Pressure medication tapering down:

The blood pressure starts normalizing after one or two weeks of Miracle Drinks treatment; therefore, Blood Pressure medication should also be tapereddown under the guidance of a doctor.

III. Thyroid Medication tapering down:

From day one, the thyroid medication can be tapered down 50% and on the 30th day after observing the blood parameters further 50% of the drug has to be get tapered down. Generally in 99% of such patients thyroid hormone level get normalized in the 1st month itself. If not, they have to continue allopathic medication.

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

12. Consumption guide

(Empty stomach or before food for effective results; can be taken after food also)

Morning

Step 1: For adults on an empty stomach, Drink 15 ml each of prescribed supplements, can be mixed together and consumed by diluting it in 30 ml of hot water. For Kids 7.5 ml each of prescribed supplements can be mixed together and consumed by diluting it in 15 ml of hot water. (Chronic Kidney Disease patients should not add water).

Step 2: Immediately after drinking the supplements, the following home remedies must be chewed and swallowed; (a) Garlic – 2-3 small pieces. (b) Ginger – ½ (half) inch sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – 1 teaspoon. **Note** – The above-mentioned home remedies are prebiotics which are beneficial for gut health. (½ portion for kids).

Step 3: Yoga – Meditate for 20 minutes, 40 sets of Pranayama viz. Bhastrika and 20 sets of Anuloma Viloma. **Note** – Yoga can be practised as per your comfort level, the above-mentioned information is merely a guideline. After that take 100 ml Banana stem juice if available. CKD patients should consume 50 to 60 ml if urine output is not sufficient or not having.



Step 4: Consume the Flax Drink as the first course of your breakfast.

Note – Flax Drink is rich in Omega 3 and Omega 6 Essential Fatty Acids and Lignans. For adults one glass and for kids ½ a glass flax diet (Chronic Kidney Disease patients should not add water).



Step 5: Breakfast – Flax Drink is a breakfast on its own. Only if you are hungry after consuming the Flax Drink, eat as many fruits as you want (Chronic Kidney Disease patients must consume less than 150 grams of fruits except for bananas which are high in potash). Ensure that less than 30% of your meal comprises cereals and more than 60% of your meal comprises vegetables and leafy vegetables, and less than 20% of fish or chicken. You must prepare your meals as per the defined diet chart. (Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts).

Afternoon

Step 1: For adults, on an empty stomach, drink 15 ml, each of prescribed supplements. It can be mixed together and consumed by diluting it in 30 ml of hot water. For kids 7.5 ml each of prescribed supplements can be mixed together and consumed by diluting it in 15 ml of hot water. (Chronic Kidney Disease patients should not add water)

Step 2: Lunch – Drink one glass of raw vegetable juice 200 ml, (CKD patients should consume 50 to 60 ml) before lunch Ensure that less than 25 to 30% of your meal comprises of rice, rotti (bread) and more than 60% of your meal comprises of vegetables and leafy vegetables, 5 % pulses and less than 20% of fish or chicken. The preparation guide should be followed as defined in the diet chart. (Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts).

Evening

Drink 1 glass of Flax Drink. Note – Flax Drink is rich in Omega 3 and Omega 6 Essential Fatty Acids and Lignans. (Chronic Kidney Disease patients should not add water).

Night

Step 1: For adults, on an empty stomach, drink 15 ml, each of prescribed supplements. It can be mixed together and consumed by diluting it in 30 ml of hot water. For kids 7.5 ml each of prescribed supplements can be mixed together and consumed by diluting it in 15 ml of hot water. (Chronic Kidney Disease patients should not add water).

Step 2: Dinner – Drink one glass of raw vegetable juice before dinner 200 ml, (CKD patients should consume 50 to 60 ml) Ensure that less than 30% of your meal comprises of cereals and more than 60% of your meal comprises of vegetables and leafy vegetables and less than 20% of fish or chicken. The preparation guide should be followed as defined in the diet chart. (Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts).

(Preparation is indicative, it can be prepared as per your taste palate but it is important to restrict oils, fats and salts, follow different diet as defined for different diseases).

Chapter 2

Treatment protocol for different diseases

S1 - Anti-Ageing Support	S3 - Cardiovascular Support	S5 - Renal Support	S7 - Immun Care
S2 - Ortho Support	S4 - Liver Health Support	S6 - Gastro Support	S10 - Sugar Care

	TREATMENT PROTOCOL FOR VARIOUS DISEASES	COMBINATIONS			DIET	ADDITIONAL BENEFITS
		Morning	Afternoon	Evening		
1	Treatment protocol for Chronic Kidney Disease due to BP ***	S4, S5, S6	S3	S4, S5, S6	Kidney diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
2	Treatment protocol for Chronic Kidney Disease due to Diabetes ***	S5, S6, S10	S3	S5, S6, S10	Kidney diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
3	Treatment protocol for Protein Leakage ***	S4, S5, S6	S3	S4, S5, S6	Kidney diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
4	Treatment protocol for Kidney Stone & Gall Bladder Stone	S4, S5, S6		S4, S5, S6	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
5	Treatment protocol for Heart Diseases / Chronic Angina/ Dilated Cardiomyopathy/ Arrhythmia/ Vessel Disease (CAD) ***	S1, S3, S7	S3, S4	S1, S3, S7	Super Diet	Controls BP, Diabetes, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
6	Treatment protocol for Brain Stroke/Paralysis/ Parkinson/any neurological disorders/vertigo	S1, S3, S7		S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Diabetic Retinopathy
7	Treatment protocol for Chronic Head Ache/ Migraine/ Cortex 1 Calcification/Arteries Blockage in Brain	S1, S3, S7		S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/- Diabetic Neuropathy, Diabetic Retinopathy
8	Treatment protocol for Varicose Vein	S1, S3, S7		S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
9	Treatment protocol for Liver Cirrhosis, Fatty Liver Grade - 1 & 2 ***	S4, S5, S6	S3	S4, S5, S6	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy

Please note (*):** (a) Edemax powder helps edema & ascites.

(b) Graviola powder helps in High BP, Cancer & Rheumatoid Arthritis

Dosage: 1/2 teaspoon (2.5 grams) each twice or three times with a bit of water or mixed with miracle drink supplements. Edemax & Graviola powder can be combined.

	TREATMENT PROTOCOL FOR VARIOUS DISEASES	COMBINATIONS			DIET	ADDITIONAL BENEFITS
		Morning	Afternoon	Evening		
10	Treatment protocol for Chronic Acidity/ Constipation/Irritable Bowel Syndrome/Piles/ Ulcerative Colitis/Crohn's diseases	S6, S4, S5		S6, S4, S5	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
11	Treatment protocol for Chronic & Acute Pancreatitis & Pancreatic Cyst ***	S1, S3, S7	S4, S5	S1, S3, S7	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
12	Treatment protocol for Uncontrolled Diabetes/ Diabetic Retinopathy/ Diabetic Neuropathy/ Diabetic Ulcer/ Gangrene	S5, S6, S10	S3	S5, S6, S10	Diabetes Diet	Controls BP, Heart related problems, Neurological disorders
13	Treatment protocol for Gynecological disorders: Dysmenorrhea/ Polycystic Ovarian Disease/ Uterine fibroid /infertility	S1, S3 S7		S1, S3 S7	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
14	Treatment protocol for Thyroid (Hyper or Hypo)	S1, S3 S7		S1, S3 S7	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
15	Treatment protocol for Cervical Spondylosis/ Osteoarthritis/ Osteoporosis/ L4-L5 Gap/ C4-C5 Gap/ Disc Bulge/ Joint pain/ Rheumatoid Arthritis/ Body Pain ***	S2, S3, S7		S2, S3, S7	Special Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/ Diabetic Neuropathy, Diabetic Retinopathy
16	Treatment protocol for Obesity /Weight Reduction	S4, S6		S4, S6	Special Diet	BP
17	Treatment protocol for Uncontrolled Blood Pressure/ Hypertension	S1, S3, S7		S1, S3, S7	Special Diet	Diabetes, Heart related problems, Neurological disorders/Diabetic Neuropathy, Diabetic Retinopathy
18	Treatment protocol for Any type of Cancer	S3, S6, S7		S3, S6, S7	Cancer Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/Diabetic Neuropathy, Diabetic Retinopathy
19	Treatment protocol for Chronic Body Itching/ Lipoma/ Wounds Eruption/ Any Skin Disorders/ Psoriasis	S1, S4, S5		S1, S4, S5	Super Diet	Controls BP, Diabetes, Heart related problems, Neurological disorders/Diabetic Neuropathy, Diabetic Retinopathy
20	Treatment protocol for Prostrate	S2, S3, S7		S2, S3, S7	Special Diet	Joint and body pain
21	Treatment protocol for Lung disorders: Asthma/ Wheezing/ Acute lung disease / Breathing disorder/ Sarcoidosis/ Tuberculosis/ Bronchitis	S4, S5, S6	S3	S4, S5, S6	Lung Diet	Thyroid, Skin glow, Energy boost, Cholesterol maintenance, Sugar related disorders, Eye drying, Sarcoidosis
22	Insomnia, Depression & Sleep disorder	S1, S3, S7 meditation 30min		S1, S3, S7 meditation 30min	Super Diet	Diabetes, Heart related problems, Neurological disorders/Diabetic Neuropathy, Diabetic Retinopathy

Chapter 3

Diet to prevent incurable diseases

(Prevention is better than cure)

a. Foods or beverages that should be avoided:

- More than 5 grams of salt a day.
- Oils and fats
- Milk and milk-based products (Except for curds/ yogurt without cream)
- Processed baked foods such as cookies, biscuits, etc.
- Alcohol
- Aerated Beverages

b. Foods or/and beverages that should be taken during the treatment period

i. Miracle Drinks health supplements Anti Ageing support 15 ml or Immune Care 15 ml or both mixed together can be consumed in the morning on an empty stomach or after food or evening before or after food.

ii. Prebiotics: a) Garlic – About 2-3 small pieces. (b) Ginger – ½ inch sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – 1 teaspoon. This should be consumed once in the morning on an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients from the foods help nourish the cells in the body.

iii. Flax Drink: One time in the morning as a first course of breakfast, 2nd course must be fruits and 3rd course can be any cereals, pulses, eggs, etc.

iv. Raw Vegetable juice: It should be consumed once a day. It acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood, it also adds rich nutritional value to your diet.

v. Leafy vegetables and vegetables: Minimum 40-60% of leached Leafy vegetables and/or vegetables. Pulses 5 to 10 % can be included in every meal, cereals like rice and wheat, etc. should be consumed. Less than 50%, fish, chicken, and eggs up to 20% can be taken with less oil.

Chapter 4

Different diets for different diseases

1. Renal Diet for

a. Kidney Diseases

b. Protein Leakage

Foods and beverages which act like a poison to the body, and should not consume these during the treatment period:

More than 1 litre of water a day (which includes water content in the food).
 More than 5 grams salt, all forms of oils and fats, milk and milk-based products (Except for curds/ yogurt without cream), processed baked foods such as cookies, biscuits, etc., pulses (Consumed in high quantities), Cereals-Coarse grains like millets, minor millets should not be consumed. Consumption of more than 25 % Rice and Chapathi or Rotti (bread) should not be consumed because it is having 14% indigestible proteins which increases creatinine. Alcohol, Aerated Beverages, Fruit Juices, Bananas (except banana stem juice), Mutton, beef, pork, skinned chicken should not be consumed.



Diet to be followed

i. Prebiotics: a) Garlic – About 2–3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

ii. 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 available), 50–60 ml each time.

iii. Raw vegetable Juice: Two times a day, once in the morning and once in the evening. Helps in maintaining cholesterol level, blood thinning, and Gastric problems. This must be consumed twice a day (if possible), 50–60 ml each time.

iv. Flax Drink: Two times morning and evening: 70–80 grams per serving should be consumed. 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 Drink has the nutritional equivalent of 100 KG of peanuts. Flax diet should be taken twice a day without mixing water.

v. Leached cooked Leafy vegetables and vegetables preparations with 5 to 10% pulses: Minimum 40 to 60% should be consumed.

vi. Pulses: Only 5–10% of pulses should be present in the meal and with any food preparation. Preferably green gram or chickpeas as it contains easily digestible protein.

vii. Cereals: Only rice, wheat, jowar should be consumed as it contains low levels of potassium. No more than 25–30% of cereals should be consumed in each meal as cereals contain 13–14% protein which will increase the creatinine level in the body. No coarse grains should be consumed as it contains high levels of potash.

viii. Fish: Up to 20% Baked fish with herbs can be consumed as it supports the regeneration of the kidneys and other organs.

ix. Chicken: Baked chicken can be consumed, however it should not constitute more than 5% of the entire meal.

x. Spice Drink: Helps with allergies, fever, cold and cough.

xi. Cereals Super Food (kichdi/bisibele bath)

2. Special Diet for:

- | | |
|-------------------------------|---|
| a. Kidney stone | l. C4 – C5 gap |
| b. Dysmenorrhea | j. Disc Bulge |
| c. Polycystic Ovarian Disease | k. Weight Reduction |
| d. Thyroid | l. Uncontrolled Blood Pressure/Hypertension |
| e. Cervical Spondylosis | m. Constipation |
| f. Osteoarthritis | n. Cholesterol and triglycerides |
| g. Osteoporosis | o. Any type of non chronic diseases |
| h. L4 – L5 gap | |

a) Foods or beverages that should be avoided during the treatment:

More than 5 grams of salt a day, All forms of oils and fats, milk and milk-based products (Except for curds / yogurt without cream), processed baked foods such as cookies, biscuits, etc., alcohol, aerated beverages

b) Foods or beverages that should be taken during the treatment:

i. Prebiotics: a) Garlic – About 2-3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients in from the foods helps in nourishing the cells in the body.

ii. 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 available), 50-60 ml each time.

iii. Flax Drink: Two times morning and evening: 70-80 grams per serving should be consumed. 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 Drink has the nutritional equivalent of 100 KG of peanuts. Flax diet should be taken twice a day without mixing water.

iv. Raw Vegetable juice: Leached Raw vegetables Juice twice a day, it acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet, particularly calcium, micro and macro nutrients and many more.

v. Cooked leafy vegetables and vegetables preparations with 5 to 10% pulses: Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations.

vi. Pulses: Only 5-10% of pulses should be present in the meal and with any food preparation. Preferably green gram or chickpeas as it contains easily digestible protein.

vii. Cereals: Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

viii. Fish: Up to 20% Baked fish with herbs can be consumed as it supports the regeneration of the kidneys and other organs.

ix. Chicken: Baked chicken can be consumed, however it should not constitute more than 5% of the entire meal.

x. Spice Drink: Helps with allergies, fever, cold and cough.

xi. Cereals Super Food (kichdi/bisibele bath)

3. Super Diet for – (Pulmonary disorder patients should consume hot / warm foods.

Diabetes patients should remove water after boiling rice and consume any cereals -millet, rice, or wheat Less than 25% during the treatment).

- | | |
|---------------------------------|--|
| a. Heart Diseases | m. Chronic Acidity |
| b. Chronic Angina | n. Irritable Bowel Syndrome |
| c. Dilated Cardiomyopathy | o. Piles (Hemorrhoids) |
| d. Arrhythmia | p. Pancreatitis |
| e. Vessel Disease (CAD) | q. Uncontrolled Diabetes |
| f. Brain Stroke/Paralysis | r. Diabetic Retinopathy |
| g. Chronic Headache | s. Diabetic Neuropathy |
| h. Migraine | t. Diabetic Ulcer |
| i. Cortex Calcification | u. Chronic Body Itching, Lipoma, Wound Eruption,
Any Skin Disorders, Psoriasis. |
| j. Artery Blockage in the Brain | v. Uterus Fibroids |
| k. Varicose Vein | |
| l. Liver Cirrhosis | |

Please note: Diabetes patients should ensure to remove water after boiling rice. **Pulmonary disorder patients** should add hot water in flax diet & consume more spice drink & warm food.



a) Foods or beverages that should not be consumed during the treatment:

More than 5 grams of salt a day, Not more than 1 litre water if there is edema (body swelling), All forms of oils and fats, milk and milk-based products (Except for curds/yogurt without cream), processed baked foods such as cookies, biscuits, etc., alcohol, aerated beverages, mutton, beef, pork.

b) Foods or beverages should be taken during the treatment:

i. Prebiotics:

- (a) Garlic – About 2-3 small pieces.
(b) Ginger – About one inch sliced.

(c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning on an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively, the nutrients in the foods helps in nourishing the cells in the body.

ii. 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 available), 100 ml each time.

iii. Flax Drink: Two times a day once in the morning and once in the evening, 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 Drink has the nutritional equivalent of 100 KG of peanuts. Flax diet should be taken twice a day without mixing water.

iv. Raw Vegetable juice: Leached raw vegetables juice twice a day should be consumed, it acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet, particularly calcium, micro & macro nutrients and many more.

v. Cooked leafy vegetables and vegetables Preparations with 5 to 10% pulses: Minimum 40–60% of your meal should consist of leached leafy vegetables and vegetable preparations.

vi. Pulses: Only 5–10% of pulses should be present in the meal and with any food preparation. Preferably green gram or chickpeas as it contains easily digestible protein.

vii. Cereals: Only rice and wheat should be consumed as it contains low levels of potassium. No more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13–14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

viii. Fish: Up to 20% Baked fish with herbs can be consumed as it supports the regeneration of the kidneys and other organs.

ix. Chicken: Baked chicken can be consumed, however it should not constitute more than 5% of the entire meal.

x. Spice Drink: Helps with allergies, fever, cold and cough.

xi. Cereals Super Food (kichdi/bisibele bath)

4. Diet for Cancer - healthy foods & recipes for cancer

a. Cancer stage – 1 & stage -2 : (30% cooked diet and 70% uncooked diet)

Foods or beverages which act like a poison to the body, and should not consume these during the treatment period

Sweets (other than dry fruits and fruits), Wheat, maize, Meat, beef, pork, Micro oven heated foods, More than 5 grams of salt a day. All forms of oils and fats (except cold pressed flax oil and coconut), Milk and milk-based products (except for curds/yogurt without cream), Processed bakery foods such as cookies, biscuits, etc., Alcohol, Aerated Beverages.

Diet to be followed

I. Pre-Biotics: a) Garlic – About 2-3 small pieces. (b) Ginger – About ½ cm sliced. (c) Fenugreek Seeds [soaked in water or sprouted overnight] – ½ teaspoon. Should be consumed once in the morning in an empty stomach. This is beneficial for the microbes in the gut of the body, these microbes help in breaking down the foods in the gut effectively. The nutrients in the foods helps in nourishing the cells in the body.

ii. 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 available), 50-60 ml each time.

iii. Flax Drink: Three times a day, morning, afternoon and evening: 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 Drink has the nutritional equivalent of 100 KG of peanuts.

iv. Graviola Powder: 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.

v Turmeric Powder/Tablet: It is recommended to consume one or two tablets a day.

vi. Neem & Peepal Extract: Grind 8 neem & 4 peepal leaves with a little water & extract 15 ml of liquid. To be taken twice a day, morning & evening.

vii. Seeds: 1 tablespoon (sunflower, pumpkin, melon, apricot, sesame).

viii. Chia seeds: Patients who are not able to take flax seeds, patients who are lactose intolerant can soak 1 tablespoon of chia seeds in 1/2 a glass water and drink two times a day.

ix. Raw Vegetable juice: Twice a day raw vegetables juice should be consumed, it acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet, particularly calcium, micro and macro nutrients and many more.

x. Cooked leafy vegetables and vegetables Preparations with 5 to 10% pulses: Minimum 40-60% of your meal should consist of leached leafy vegetables and vegetable preparations

xi. Pulses: Only 5-10% of pulses should be present in the meal and with any food preparation. Preferably green gram or chickpeas as it contains easily digestible protein.

xii. Cereals: Only rice and wheat should be consumed as it contains low levels of potassium. Not more than 40 to 50 % of cereals should be consumed in each meal as cereals contain 13-14% of indigestible protein and 65 to 70 % carbohydrates, for digestion it requires a lot of manual work, otherwise it will accumulate as a fats and which will enhances the glucose level in the body.

xiii. Fish: Up to 20% Baked fish with herbs can be consumed as it supports the regeneration of the kidneys and other organs.

xiv. Chicken: Baked chicken can be consumed, however it should not constitute more than 5% of the entire meal.

xv. Spice Drink: Helps with allergies, fever, cold and cough.

xvi. Fermented Rice: Add buttermilk to the cooked rice & store it overnight in room temperature. The fermented rice should be ready to consume the following morning.

xvii. Super salad: Any quantity with sprouts and dry fruits for lunch and dinner.

xvii. Cereals Super Food (kichdi/bisibele bath)

b. Cancer stage – 3 and stage-4 : 100% uncooked diet till the recovery

Foods or beverages which act like a poison to the body, and should not consume these during the treatment period

- Sweets (other than dry fruits and fruits)
- More than 5 grams of salt a day.
- All forms of oils and fats (except cold pressed flax oil and coconut)
- Milk and milk-based products (except for curds/yogurt without cream)
- Processed bakery foods such as cookies, biscuits, etc.
- Alcohol
- Aerated Beverages

Diet to be followed

i. Probiotics: Once in the morning

ii. 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 available), 50-60 ml each time.

iii. Flax Drink: Three times a day morning, afternoon and evening: 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 Drink has the nutritional equivalent of 100 kg of peanuts.

iv. Graviola Powder: 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.

v Turmeric Powder/Tablet: It is recommended to consume one or two tablets a day.

vi. Neem & Peepal Extract: Grind 8 neem & 4 peepal leaves with a little water & extract 15 ml of liquid. To be taken twice a day, morning & evening.

vii. Seeds: 1 tablespoon (sunflower, pumpkin, melon, apricot, sesame).

viii. Chia seeds: Patients who are not able to take flax diet, patients who are lactose intolerant can soak 1 tablespoon of chia seeds in 1/2 a glass water and drink two times a day.

ix. Raw Vegetable juice: 2 times, it acts as a natural supplement for maintaining blood cholesterol levels in the body and helps in thinning the blood, it also adds a rich nutritional value to the diet, particularly calcium, micro and macro nutrients and many more.

x. Coconut milk: Two times, any time of the day.

xi. Sprouts: Only 5-10% like green gram / chickpeas / Pea nuts it contains easily digestible protein.

xii. Super salad: Any quantity with sprouts and dry fruits for lunch and dinner.

xiii. Dry fruits and fruits: Any quantity (including diabetes patients).

xiv. Cold pressed coconut oil: 2 times, morning after breakfast and evening after dinner.

xv. Spice Drink: Helps with allergies, fever, cold and cough.

xvi. Cereals Super Food (kichdi/bisibele bath)

Chapter 5

Healthy Foods and Recipes

1. Fundamental rules for preparing food for Kidney Patients (entire family members should adopt this food till the Patient get recovered) .

a. Leafy Vegetables Preparation: Mix various leafy vegetables such as palak, methi, Moringa or any other type of leafy vegetables (soppu in Kannada, saag in Hindi) with tomatoes, potatoes, ginger, garlic, green chilies, coriander leaves, & spices, excluding salt. Cook all the ingredients & separate the liquid released from the preparations (it can be used by the other healthy persons as a soup). Add a tadka/vaggarane with 1/2 a teaspoon of ghee or butter for a delightful aroma. Family members can add salt after taking out of the required quantity of the preparations for the patients. Patients should mix salt in the preparations from the 1 gm salt pocket so that salt limiting to 1 gram per meal or breakfast can be ensured. Family members shouldn't prepare food separately for the patient, because taste of the food is very important. Don't hear the nefro dieticians as they are advocating for not taking leafy vegetables like Palak etc., as it is experimented on my father & it's very useful, but preparations method is very important. Leafy vegetables are rich in Calcium, minerals, micro & macro nutrients, less proteins & fibbers, which will reduce the appetite & there by patients will not eat more rice & wheat & also supplements for calcium, sodium etc. Eating more than 25% of rice & roti in the meal will increases the creatinine, because it's having 15% indigestible protein, creatinine is the end product of the protein.

b. Vegetable Preparations: Apply similar principles (of leafy vegetables) to the preparation of other vegetables as well.

c. Salt Intake Control: Use a 1-gram salt pocket for each meal to manage salt intake. Excessive salt can lead to water retention in the body.

2. How to Leach Vegetables (It helps in the removal of pesticide residues and potassium).

Vegetables and leafy vegetables should be immersed in water overnight, discard the water. Thereafter, wash the vegetables/leafy vegetables in hot water before use. In Kidney patients while preparing the vegetables/leafy vegetables preparations with pulses, potato, tomato and other masala/spices the water released from the preparations should not be given to the patients.

3. Flax Drink (Rich in lignans, Omega-3, and Omega 6 fatty acids).

Flax seeds contain high levels of Omega 3 essential fatty acids, Omega 6 fatty acids and a substantial level 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, have nutritional value equivalent to 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.

Note –

- Drink the flax drink within 15 minutes of preparation, Do not consume the flax drink if you are allergic to it, Generally, any form of seeds will produce heat in the body as they contain oils in them. To help counteract this, drink buttermilk or pomegranate juice and/or eat salads, green gram, foods rich in vitamin c, fruits and vegetables. DO NOT roast or heat flax seeds. 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. Only freshly made flax drink must be consumed, it should not be prepared and stored for later consumption. Kidney disease patients should not add water.

Ingredients required to prepare one portion of Flax Drink

1. Flax Seeds - 1 tablespoon (15 grams)
2. Cold Pressed Flaxseed Oil - 1 tablespoon (15 grams)
3. 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 below listed ingredients and give it a churn –
 - a) Flax Seed Powder
 - b) Cold Pressed Flax Seed Oil
 - c) Curds/ Yogurt
- Add water to adjust consistency to a buttermilk like consistency. Kidney patients should not add water as there is a restriction of 1 litre water per day.

4. Banana Stem Juice (It helps dissolve kidney stones, gallbladder stones, and stenosis in arteries).

Banana stem is loaded with Vitamin B6. The taste of banana stem is bland with a slight bitter aftertaste. It helps in improving the overall health, assists with weight loss & people diagnosed with urinary tract infection, heartburn, cholesterol problems, constipation, acidity & ulcers. It helps in increasing the production of insulin & Haemoglobin in the body, helps in retaining the muscle tone & helps in detoxifying the body. It also aids in the removal of calcareous deposits in the body such as kidney stones & gall bladder stones, & helps in preventing high blood pressure.



Recipe –

- Remove the outer layers of the banana stem.
- After chopping the stem into roundels, do not remove the inner fibres (The inner fibres contain the most nutrition)
- To avoid decolorization, soak the stems in buttermilk or in water with a few drops of lemon juice.
- When making juice, put the chopped stem in to juicer or in a mixer to get the juice. Do not strain.

5. Raw Vegetable Juice (This Juice helps in controlling cholesterol and helps in thinning the blood).

All the ingredients (except for coriander leaves) should be added to this recipe in equal proportion.

Ingredients – (Leached vegetables)

- | | |
|---------------------|--|
| 1. Apple/ Pineapple | 5. Carrot |
| 2. Beetroot | 6. Cabbage |
| 3. Bottle Gourd | 7. Cucumber |
| 4. Betel Leaf | 8. Celery or Coriander Leaves - About 20 grams |



Preparation –

- Use a juice extractor or any other modes available to extract juice from the vegetables

6. Coriander leaf soup (It acts as a diuretic / water pill).

This soup helps in removing excess water and salt in the body, similar to the effects of a water pill.

Note – While consuming this soup, the potassium levels in the body must be observed as the potassium levels should not go beyond the normal levels.

Ingredients –

1. Coriander Leaves – 30 grams
2. Garlic – 15 grams
3. Ginger – 15 grams
4. Green Chili – 1
5. Onion – small one chopped finely
6. Tomato – small one chopped finely
7. Water – 1.5 glass

**Preparation –**

- Pound all the ingredients.
- Add all the ingredients to a pot and boil, simmer for 5 minutes
- Strain and consume

7. Moringa Soup (Rich in Vitamin C, Calcium, Iron, Amino Acids, Protein, and Potash; all these vitamins and minerals help the body heal and build muscle. It is also packed with antioxidants and substances which can protect the cells from damage. Moringa is also known to possibly boost the immune system of the body).

Ingredients –

1. Moringa Leaves – 250 grams
2. Coriander Leaves – 30 grams
3. Black Pepper – 4
4. Tomato – 1
5. Onion – 1
6. Water – 1 litre
7. Ginger – 50 grams
8. Garlic – 25 grams
9. Green Chili – 1
10. Curry Leaves – 1
11. Ghee – ½ teaspoon

**Preparation –**

- Add all the ingredients in a saucepan and boil it for 10 mts; grind all the contents in a mixer-blender.
- Salt can be added to make the soup palatable, **however** people having Kidney, Heart, Liver and Paralysis related problems should limit the amount of salt consumption to less than 5 grams a day.

8. Graviola Powder (It helps people having 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 it is by mixing it with a little water.

9. Turmeric Powder Tablet (It contains rich curcumin; its antioxidant is good for cancer patients). The turmeric powder tablets are pungent to taste. It is recommended to consume one tablet a day.

Ingredients for one tablet –

1. Turmeric Powder – ½ teaspoon
2. Pepper Powder – 1 pinch
3. Water – Few Drops

Preparation –

– Mix all the ingredients together to form a small tablet.

Turmeric Powder cream for application for wounds :

1. Turmeric Powder – 1 table spoon
2. Pepper Powder – 1 pinch
3. Coconut oil – Few Drops

Mix it and apply, and store in room temperature

10. Neem and Peepal Extract**Ingredients –**

1. Neem Leaves – 8 leaves
2. Peepal Leaves – 3-4 leaves

Preparation –

– Grind all the leaves with a little water and extract 15 ml of liquid

**11. Fermented Rice**

Fermented rice is a good source of prebiotics, it is rich in Vitamin B-12 and other nutrients. We recommend you to incorporate this into your diet.

Ingredients for one portion –

1. Boiled Rice – 250 gms
2. Buttermilk – 2 cups

Preparation –

Add buttermilk to cooked rice and store it overnight at room temperature. The fermented rice should be ready to consume the following morning.



12. Oilless Fish (It acts as a diuretic medicine and also helps in cell regeneration in Chronic Kidney Disease patients).

Ingredients –

1. Fish – 1 kg (cubed or as fingers)
2. Ginger – 1.5-inch piece
3. Garlic Paste – 1 full pod (all the pieces in the garlic)
4. Green Chilis – 5
5. Coriander Leaves – 1 fistful
6. Mint Leaves – Half Fistful
7. Lemon Juice – As required



Preparation –

- Make a paste of all the spices and vegetables.
- Smear this paste on the fish pieces and marinate it for 15 minutes

This can be cooked in two ways –

Method 1

- Steam the fish for 15 to 20 mts

Method 2

- Place the marinated fish on a tawa or griddle.
- Add two spoons of water and cook the fish by pressing the pieces with a spoon and cook on all sides on medium heat for 15 mts to 20 minutes or till cooked.

13. Oilless Mushroom**Ingredients –**

1. Mushroom - 1 kg (cubed)
2. Ginger - 1.5 inch piece
3. Garlic Paste - 1 full pod (all the pieces in the garlic)
4. Green Chilis - 3
5. Coriander Leaves - 1 fistful
6. Mint Leaves - Half Fistful
7. Lemon Juice - As required

**Preparation –**

- Make a paste of all the spices and vegetables.
- Smear this paste on the mushroom pieces and marinate it for 15 minutes

This can be cooked in two ways –

Method 1 –

- Steam for 15 to 20 mts

Method 2-

- Place the marinated mushroom on a tawa or griddle.
- Add two spoons of water and cook the mushroom by pressing the pieces with a spoon & cook on all sides on medium heat for 15 to 20 mts

14. Chicken Curry**Ingredients –**

1. Chicken - 1 kg (Deskinned and cut into medium pieces)
2. Onion - 1 (medium sized and chopped)
3. Green Chilies - 3 (chopped)
4. Ginger - 1 inch
5. Garlic - 1 pod (1 piece)
6. Coriander Leaves - 2 tablespoons (chopped)
7. Mint Leaves - 1 tablespoon (chopped)
8. Tomato - 1 (chopped)
9. Pepper Powder - ¼ teaspoon
10. Garam Masala - ¼ teaspoon



Preparation –

- Put all the spices and vegetables in a blender and make a paste of it, add a little water to adjust consistency.
- Smear this paste on the chicken and marinate it for 30 minutes. This can be cooked in one of two ways, mentioned below.

Method 1 –

- Place the marinated chicken in a pressure cooker, do not add water to it.
- Close the lid and on a medium flame cook it for one whistle, OR boil it for 20 to 25 minutes, OR use an air fryer
- Switch off the flame and wait for the pressure to normalise.

Method 2 –

- Place all the chicken in a pan or a kadai.
- Place a lid on it and cook on a medium flame, add water to adjust consistency.

15. Vegetable Curry**Ingredients –**

1. Leached cooked Vegetables – As required (Except for green banana)
2. Onion – 1
3. Tomato – 1
4. Coriander Paste – 1 tablespoon
5. Mint Leaves Paste – 1 tablespoon
6. Green Chili – 3
7. Ginger and Garlic Paste – 1 tablespoon
8. Any pulses except red gram 5%
9. Garam Masala – To taste
10. Turmeric Powder – ¼ teaspoon
11. Water – 400 ml or 2/3 of all the ingredients

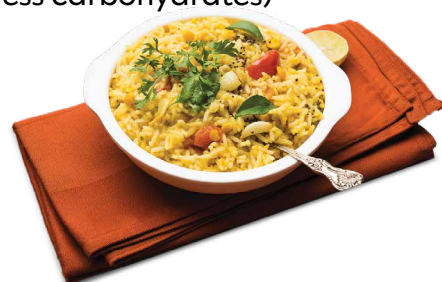
**Preparation –**

- Chop the chillies, onion and the tomato (remove the seeds from the tomato)
- Add all the ingredients in a pressure cooker and the water.
- Cook on high flame for 3-4 whistles or until the curry is cooked OR boil it for 20 to 25 minutes OR use an air fryer.

Note – Do not add salt, fats or oil.

16. Cereals Super Food Kichdi / Bisibele bath (it maintains less carbohydrates)**Ingredients –**

Note – The ratio between rice or wheat and leafy vegetables should be 1:3. Do not add salt.



1. Rice or Wheat - less than 30%
2. Leached (any type of) vegetables & leafy vegetables with potato, tomato & onion etc. - more than 60% (Except green banana)
3. Chopped Onion - 1
4. Coriander Paste - 1 tablespoon
5. Green Chili - 3
6. Ginger and Garlic Paste - 1 tablespoon
7. Mint Leaves Paste - 1 tablespoon
8. Any pulses except red gram/ chickpea - Should be less than 5% of the recipe
9. Curry Leaves - 8-10 leaves
10. Garam Masala - One pinch
11. Turmeric Powder - ¼ teaspoon
12. Ghee/ butter - ½ tea spoon

Preparation -

- Rinse and wash the rice or wheat and the Moong Dal.
- Put all the ingredients in a pressure cooker.
- Cook on a high flame for 3-4 whistles or until the Kichidi is cooked OR boil it for 20 to 25 minutes.

17. Super Salad**Ingredients -**

1. Carrots
2. Cucumbers
3. Sweet Potato
4. Onion
5. Tomato
6. Radish
7. Any Leafy vegetables
8. Green Gram (Sprouted)
9. Bengal Gram (Sprouted)
10. Coconut (Grated)
11. All type of dry fruits
12. Peanuts (Sprouted)

**Method of Preparation**

- Leach all the vegetables overnight (if kidney patient).
- Grate all the vegetables and mix them together.
- Add some spices and garnish as required.

18. Spice Drink (For Cold and Cough/ fever)

Spice Drink provides relief from different types of cough and cold and also for fever. The medicinal properties present in this drink also helps with the digestion process.

Ingredients required to prepare 250 ml of Spice Drink –

1. Black Pepper – 5 grams
2. Cloves – 2
3. Cinnamon – 1 inch
4. Green Cardamom – 1
5. Ginger – ½ inch
6. Jaggery for taste with 200 ML water.



Method of Preparation –

- a. Coarsely pound clove, cinnamon, black pepper, cardamom
- b. Pound fresh ginger
- c. Add water in a pot along with all the ingredients and bring to boil, simmer for few minutes
- d. Pass the solution through a sieve

Consumption Guide –

- a. Consume as recommended.
- b. Else, drink it twice or thrice a day or as required.

19. Coconut milk

Ingredients for one cup of milk –Half fresh coconut and 100 ML water

Method of preparation –

Grate the coconut and put it in mixer by adding 50 ml of water and grind it properly in a mixer, thereafter sieve the coconut milk with Muslin or with any cloth or a sieve, repeat the same process for the second time by adding another 50 ML water with the same ground coconut. One glass of coconut milk will be ready.



20. Soaked peanut paste

It's a good for Cancer Patient and obesity/weight reduction

Ingredients-

For one portion-3 tablespoon soaked peanuts, two wet dates and one banana.

Preparation method-

paste all the ingredients and consume as breakfast, lunch and dinner



Chapter 6

Frequently Asked Questions

(Kidney, Heart, Liver and other patients)

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

Yes, Allopathic medicines can be consumed with Miracle Drinks supplements, together.

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

Miracle Drinks products do not contain any purified metals or chemicals. Please read the ingredients used to manufacture Miracle Drinks products, to check if you are allergic to any of them. All herbs used for manufacturing Miracle Drinks products are considered as Health Supplements by the Ministry of Health and Family Affair, GOI under FSSAI guidelines.

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

All types of leached vegetables and leafy vegetables except for raw bananas can be consumed. Try to incorporate leafy vegetables as much as possible as they have high levels of Calcium. Vegetables must be leached before consumption.

4. What type of fruits can be consumed?

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

5. How to increase Haemoglobin levels in CKD patients?

Strictly following the Renal diet, it helps in increasing Haemoglobin levels. Haemoglobin levels are always interrelated with the Creatinine levels. It is a myth that increasing the consumption of fruits helps in increasing Haemoglobin levels; therefore, one should not increase fruit consumption.

6. Can we temper the food with cooking oils while following the Diet?

It should be incredibly small in quantity. It should be noted that less than 1 teaspoon of oil should be used the whole day.

7. 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 as defined in the diets.

8. Can Non-Vegetarian foods be consumed?

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

9. Can spices be used to prepare foods?

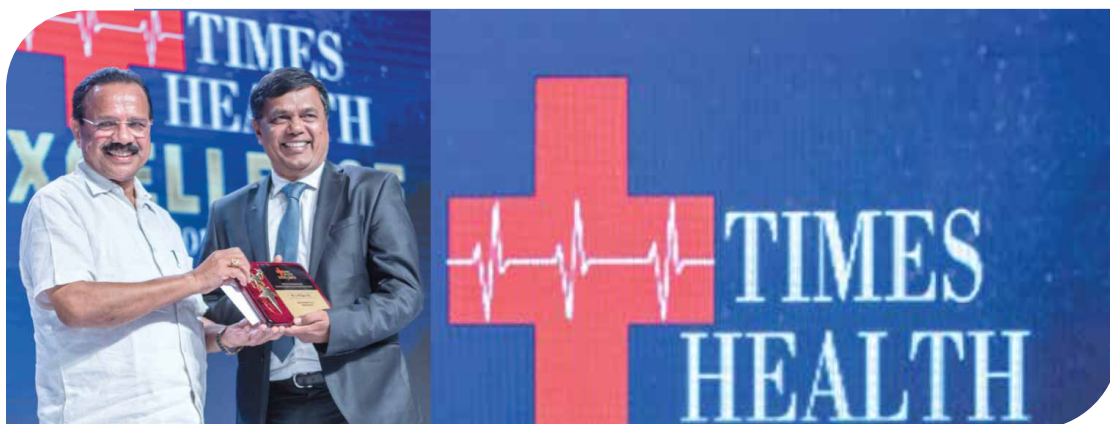
Yes, spices have phytochemicals which are beneficial for the kidneys and other organs

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

No, it can only be used in tadka (food tempering), and that too in only limited quantities.

11. How much water can be consumed?

Less than a litre of water should be consumed by people having kidney disorders. If you have a health disorder that results in edema (water retention) in your body 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.



Times Health Excellence Award –Service Excellence for inventing Herbal Compounds for incurable health disorders awarded by Shri Sadananda Gowda Honourable Union Minister for Chemicals and Fertilisers, Government of India 2018



Honoured by Honourable Governor for Karnataka Shri Vajubhai Rudra Bhai Vala for tree plantation and invention of herbal compounds



**ASIA'S GREATEST BRANDS AND LEADERS
2018 – SINGAPORE**

For inventing herbal compounds for Incurable Health disorders



Bharat Gaurav Award – 2018

**For inventing herbal compounds for Incurable Health disorders,
awarded by Honourable union Minister State for steel,
Mr. Shri Faggan Singh Kulaste in New Delhi – 2018**



With his Holiness Dalai Lama during the redevelopment of the Mahabodhi Temple (as Chairman of the Mahabodhi Temple in Bodh Gaya) 1997

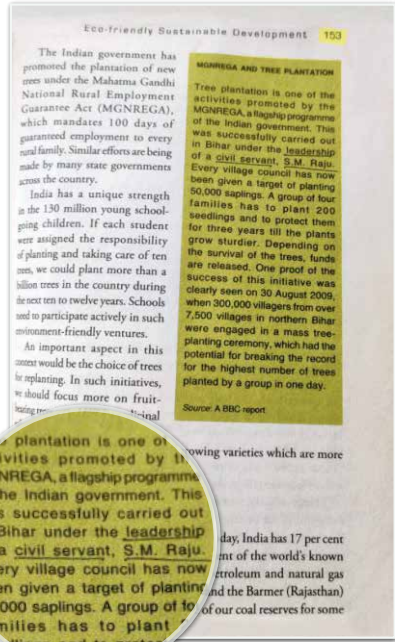
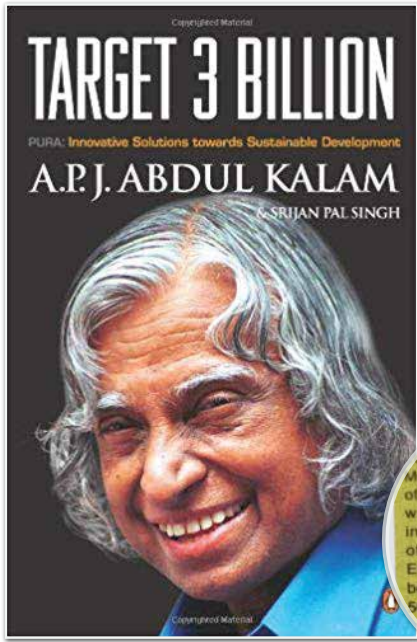
With Hollywood Actor Mr. Richard Gere during the Development of Mahabodhi Temple and Persuasion of World Heritage Monument (Bodh Gaya)



Inviting the Founder of Microsoft Corporation Mr. Bill Gates as Secretary of Welfare Department Govt. of Bihar (2015)

COSIDICI National Award Panaji Goa - 2018 (MSME Govt. of India)





Honourable ex-president of India Dr. APJ Abdul Kalam wrote in his book Target 3 billion on Dr. SM Raju's innovative work in tree plantation

Late honourable Ex President Dr. A.P.J ABDUL KALAM wrote in his book "Target 3 Billion", where he appreciated the achievement of Dr. S M Raju for his revolutionary work in social forestry

One day One Crore Plantations - 30-08-2009



BBC NEWS | South Asia | Meeting India's tree planting guru

Dr. S M Raju is single-handedly organising the re-forestation of his state.

An Indian civil servant, Dr. S M Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar. His campaign to encourage people to plant trees effectively addresses two burning issues of the world: global warming and shrinking job opportunities.

Evidence of Dr. S M Raju's success could clearly be seen on 30 August, when he organised 300,000 villagers from over 7,500 villages in northern Bihar to engage in a mass tree planting ceremony.

In doing so the agriculture graduate from Bangalore has provided "sustainable employment" to people living below the poverty line in Bihar.

An Indian civil servant, Dr. S. M. Raju, has come up with a novel way of providing employment to millions of poor in the eastern state of Bihar.

Article on tree plantation program "One day One crore" by Dr. SM Raju - BBC titled Dr. SM Raju as a Indian Planting Guru in 2009

Article by Forbes India published on March 2020 on Dr. S.M.Raju, on restoring health herbally-Research work.

RESTORING HEALTH, HERBALLY



S. M. Raju, Senior IAS Officer, Principal Secretary to the Government of Bihar, has made great strides in treating incurable health disorders by blending herbs to create health supplements, in accordance with Ayurvedic principles; Website: miracledrinks.in

Sulthanpet Munilakkappa Raju was born in Sultanpet, near Bengaluru, to a family that earned their livelihood from the region's traditional dairy farming and sericulture practices. Innovative and resourceful, S. M. Raju's ingenuity showed early in life when he used practical knowledge and his qualifications as an agricultural graduate to successfully formulate a theory for creating a good environment for rearing silk worms through proper ventilation and temperature regulation, which, unlike traditional methods, resulted in 100% yields. His method was adopted by the University of Agricultural Science, Bengaluru as a model of study for its students, and soon after by the rest of the state of Karnataka.



Senior IAS Officer S M Raju
Inventor, Miracle Drinks

in such a festive mode. This innovative approach has now become a national policy of the Ministry of Rural Development and Ministry of Road Transport and Highways, Government of India.

TREATING INCURABLE HEALTH DISORDERS

S. M. Raju has done extensive research on medicinal plants for more than 35 years, formulating different variants of supplements which help in treating several incurable health disorders including chronic kidney disease, dilation cardiomyopathy, lower ejection fraction, vessel stenosis, multiple artery blockage, cervical spondylitis and osteoporosis. Initially, he would use these supplements—developed using the knowledge he had gathered by studying medicinal plants in college—to treat his rheumatoid arthritis. He intensified his research when his father was diagnosed with acute renal failure and his son with acute myeloid leukaemia.

MULTI-FACETED PERSONALITY

As a District Magistrate cum Ex-officio Chairman of Mahabodhi temple, he redeveloped the Mahabodhi temple and its precincts in 1997. This project was sanctioned by the OECF (Overseas Economic Cooperation Fund) in 1988, but was pending ever since because his predecessors were unable to obtain a no-objection certificate from the archaeological survey of India. This scheme was due to lapse in 1998 when Mr. Raju took the initiative to ensure its redevelopment. His Holiness the Dalai Lama himself inaugurated the project.

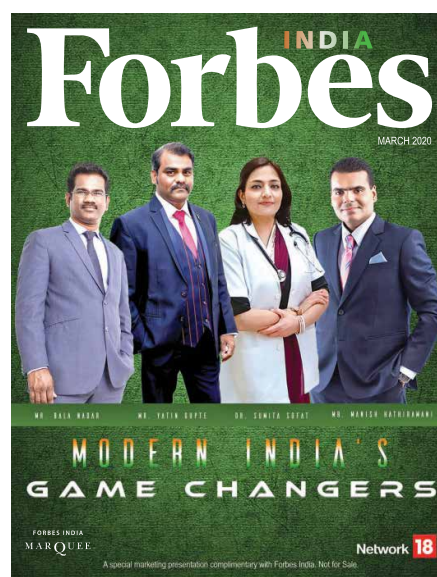
As the Secretary of Rural Development Department, he conceived the innovative scheme for tree plantation under MGNREGA (Mahatma Gandhi National Rural Employment Generation Act). In this scheme, the wages were linked with the survival rate of the tree saplings for five years; these tree saplings were cared for by women and aged people who were incapable of other manual labour. On 29th August, 2009, while he was posted as the Divisional Commissioner in Tirhut Division, he targeted to plant (with the slogan) 'One Day One Crore Tree Plantation'. He mobilised three lakh people in six districts across 7000 villages; he was able to coordinate the plantation of 96.4 lakh tree saplings through gram panchayats. For this inaugural project, BBC titled him as the Indian tree planting guru. Dr. A.P.J Abdul Kalam, the late ex-President of India, appreciated his approach of planting almost 1 crore plants by involving so many people

His research focuses on cell regeneration therapy through herbal compounds and prebiotic and probiotic and flax seed diet. Detoxification of the cells is done by inducing phytochemicals in the body through herbal compounds and lignans. Regulating the cellular metabolic activity and the cellular respiratory system is done through phytochemicals and Omega-3 and Omega-6 fatty acids. The beneficial microbes in the body are rejuvenated by inducing well-balanced amounts of prebiotics and probiotics (a follow-up on the research conducted by Nobel laureate Dr. Élie Metchnikoff). This enriches and promotes stable micro-flora in the gut, thus ensuring a consistent release of enzymes which helps in breaking down nutrients from the food efficiently. The best part is that these principles help in giving a new life to people who are suffering from many incurable health disorders, especially those that have no permanent solution for long-term relief. For example, people suffering from chronic kidney disease do not need to go through dialysis for the rest of their lives or opt for a kidney transplant if they follow the set-down protocols properly! All the herbs used have been declared as health supplements by the FSSAI in the amended 2006 FSSAI Act in 2015. It is no wonder that S. M. Raju's research has been endorsed by the Ministry of AYUSH as well as the Honourable Union Minister of State for AYUSH, Shri Shripad Naik. **■**

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Chapter 7

Treatment Protocols with defined Diet & Recipe in Audio-visual



Bones & Joints



Brain Disorders



Cancer



Diabetes &
Pancreatitis



Eye & Ear Related



Gastrointestinal



Gynae &
Infertility Related



Heart Disorders



Immune System Booster



Kidney



Liver



Male Infertility



Pulmonary



Skin Allergy /
Psoriasis / Lipoma




Others


Letter of Appreciation by Hon. Union Minister Shri. Giriraj Singh to Dr. S.M.Raju for Invention of Herbal Elixir

D.O. NO. 635/MOS(MSME)/2016

गिरिराज सिंह
GIRIRAJ SINGH



सत्यमेव जयते



एक कदम स्वच्छता की ओर

राज्य मंत्री
सूक्ष्म, लघु और मध्यम उद्यम
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FOR
MICRO, SMALL & MEDIUM ENTERPRISES
GOVERNMENT OF INDIA
NEW DELHI-110011


जुलाई, 2016

प्रशंसा पत्र

मुझे हार्दिक प्रसन्नता है कि श्री एस.एम. राजू, आईएएस, बिहार कैडर ने एक अद्भुत हर्बल पोषण विकसित किया है। प्राकृतिक हर्बल अवयवों से युक्त यह उत्पाद श्री राजू की वैज्ञानिक सोच, गहरी अभिरूचि और लगातार अनुसंधान का परिणाम है जो सम्यक स्वस्थ जीवन के लिए अत्यन्त लाभकारी है। उनके द्वारा बनाये गए हर्बल युक्त उत्पाद से हमें भी लाभ प्राप्त हुआ है।

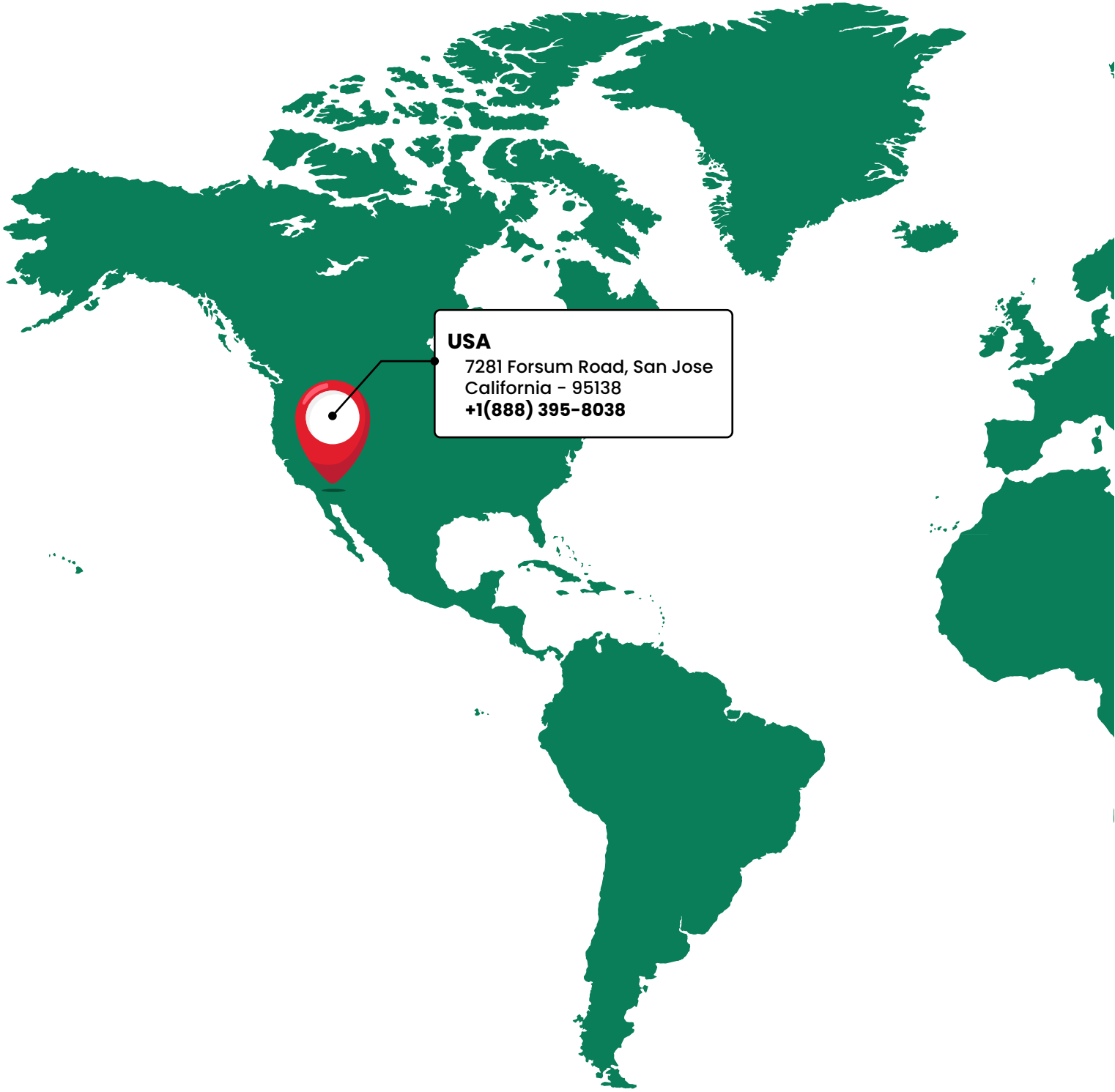
श्री राजू योग्य प्रशासनिक पदाधिकारी होने के साथ-साथ वैज्ञानिक क्षमता से भी धनी हैं और मानव मात्र की उन्नत जीवन शैली के लिए लगातार प्रयासरत हैं।

इसके लिए मैं उन्हें अपनी शुभकामनाएं और साधुवाद् व्यक्त करता हूँ।


(गिरिराज सिंह)

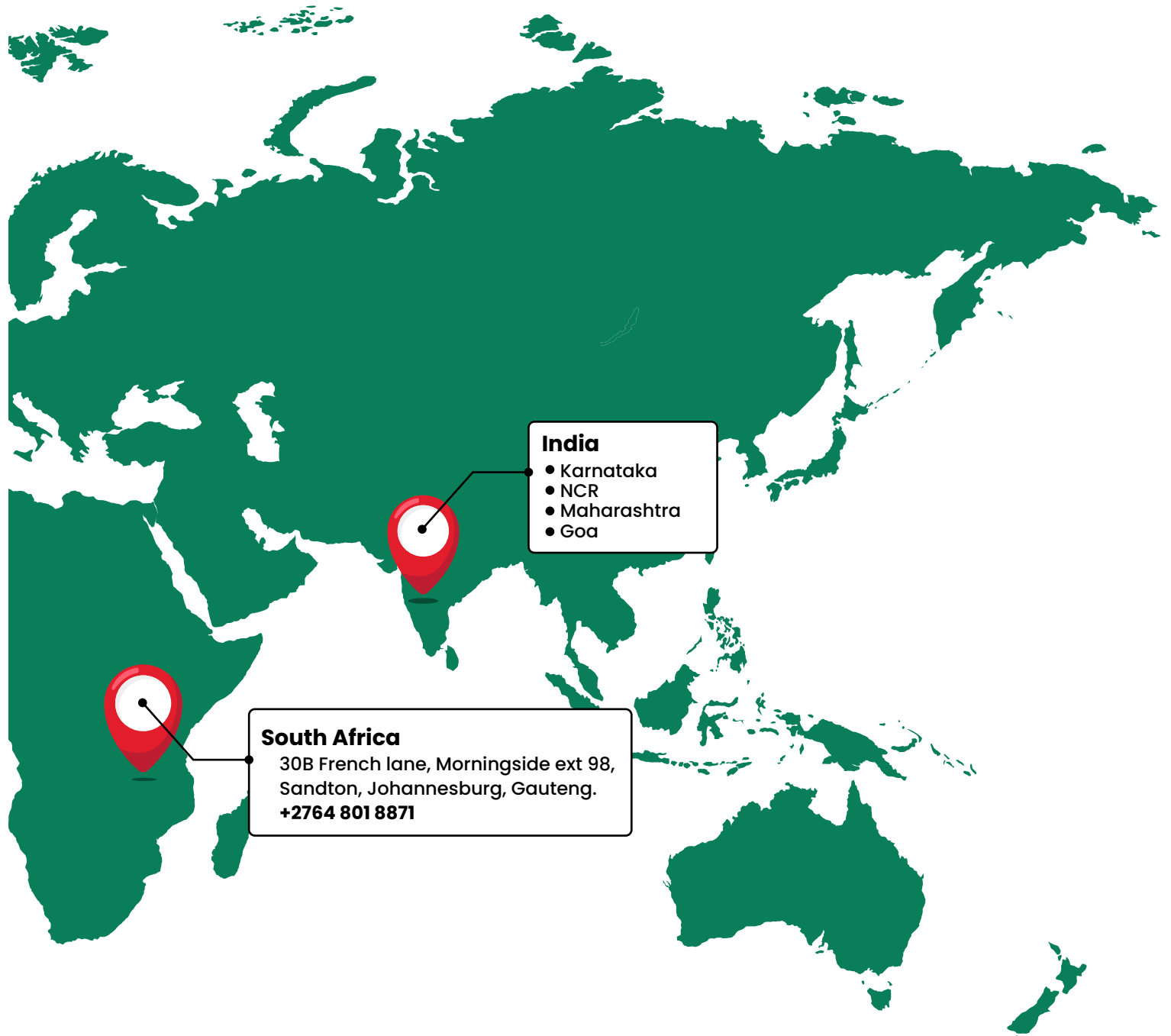
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Our Clinics in Karnataka

1 Bengaluru

- **RT Nagar** - 490, 2nd Floor, 80 Feet Rd, RT Nagar, Bengaluru, Karnataka 560032
Ph.No: 080-6904 3800 / 78470 79999
- **JP nagar (BTM Layout)** - JP Nagar Clinic: #32, BHCS Layout, 2nd Stage, Bannerhatta main road, Opp Gopalan Innovation Mall, Bengaluru, Karnataka 560076
Ph no: 080-43761019 / 63644 66264
- **Nagarbhavi** - Shree Dhanvantari, 2537/11, 6th cross 1st A Main Maruthinagar, Nagarabhavi main Road, Bengaluru, Karnataka 560072
Ph no : 080-23390202 / 63644 66271

2 Mysore

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Ph no : 08214057178 / 63644 66296

3 Mangalore

- Manasa Tower, MG Rd, Kodailbail, Mangaluru, Karnataka 575003
Ph no : 8244601291 / 63649 37553

4 Hubli

- Shop No. SF-10, Second Floor, Galaxy Mall, behind women's college, J C Road, Hubli, Karnataka 580020
Ph No: 0836-4059939 / 91080 05106

5 Shivamogga

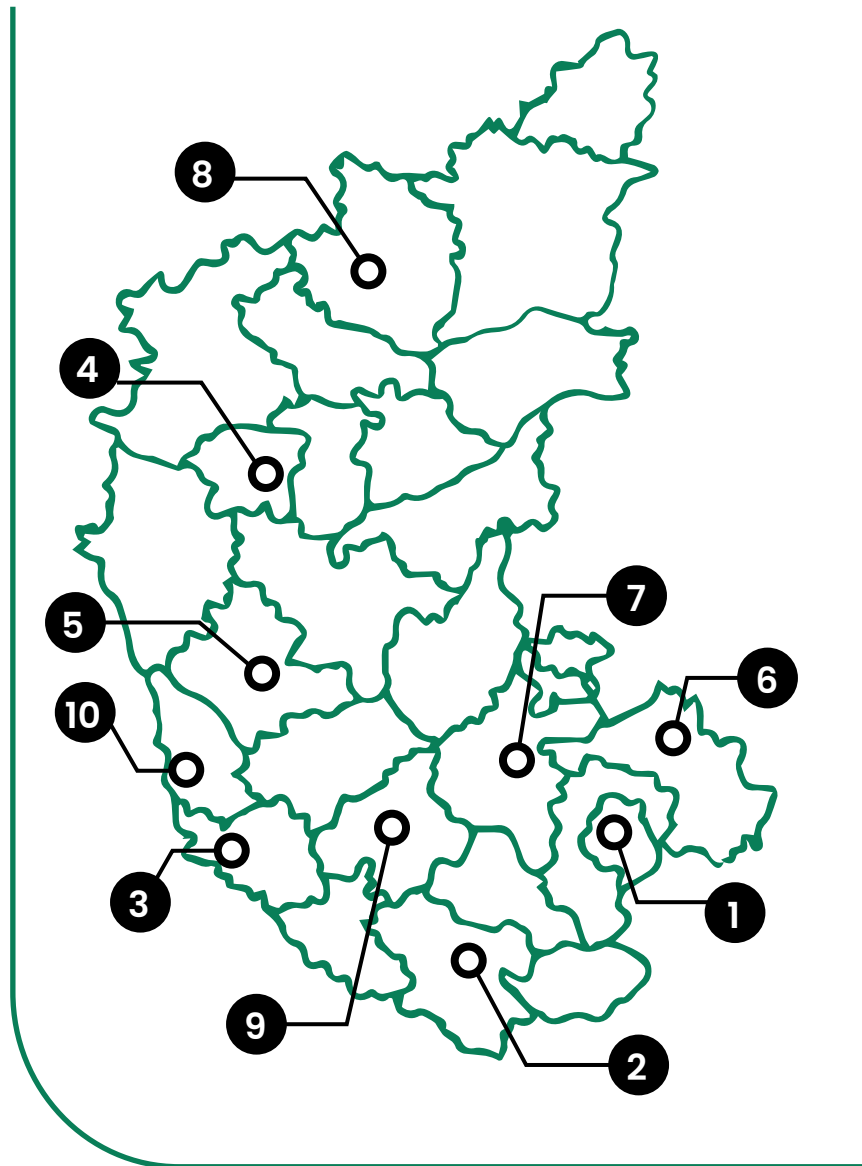
- Miracle Drinks, 4th Cross main road Thilak nagar, Opp- Vishveshwarayya CO. Operative Bank Shivmogga - 577201
Ph No: 0818-2470461 / 98453 11354

6 Kolar

- #53, 8 cross, 12th ward Old tiles factory Railway station road Kolar- 563101
Ph no : 0815-2467412 / 63644 66270

7 Tumkur

- 1st floor, Lingappa complex, Railway station road, beside poorvika mobiles, tumkur -572101
Ph no: 0816-4062008 / 63644 66284



8 Vijayapura (Bijapur)

- #77A/1 Aratrika, Dharwadkar building, 2nd floor, Ram Mandir Road, Vijayapura-586101
Ph No: 94813 22288 / 63649 37527

9 Hassan

- Miracle Drinks Clinic, Plot No LIG-163, 23rd Cross Channapatana Housing Board Colony, Opposite KSRTC Bus Stand, HASSAN-573201
Ph no: 0817-2453001 / 96112 56645

10 Udupi

- Basement, #8-1-138 E3, Shree Maa Enclave, Udupi-Manipal Highway, Kunjibettu, Udupi - 576102
Landmark: Opposite Ola Electric Scooter Showroom
Ph no: 85540 42999 / 91102 62947

Our Clinics in Other States



Delhi

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Indirapuram, Ghaziabad,
Uttar Pradesh-201014

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- Nasik
- Kolhapur
- Ahmadnagar
- Shrirampur
- Shirdi
- Ch. Sambhaji Nagar
- Akola
- Nagpur
- Gondia
- Chandrapur



Goa

1st floor ,C wing,Shar-n- Sorai Apts,
Verde Valaulikar Road, Margao
Ph No: 083-2271 3545 / 84128 85972



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CORPORATE OFFICE

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3rd Floor, Right Wing, 80 Feet Road,
R. T. Nagar Main Road Bangalore,
Karnataka, India 560032

MANUFACTURING UNIT

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Sidlaghatta Taluk, Near
devanahalli International Airport,
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