

Naturopathy based diet plans given for following health problems:

[CANCER](#), [DIABETES](#), [HEART DISEASE](#), [WEIGHT LOSS](#), [WEIGHT GAIN](#), [ACIDITY](#), [ANEMIA](#), [THALASSEMIA](#) (To increase Haemoglobin level), [PILES](#) (Haemorrhoids)

Wheatgrass powder is a Naturopathy product and its efficacy to help cure diseases increases when it is accompanied by a healthy diet. Wheatgrass powder is a natural food supplement and not a medicine. It should not replace any medication.

Following points are common for all diet plans:

- Wheatgrass powder mixed in a glass of warm water has more soothing effect.
- Include mild exercise (walking), yoga, pranayam and meditation in daily routine as possible.
- Maintenance dose (1 spoon. daily) to be continued for a few more weeks even after the disease is controlled. This helps to stabilize the rejuvenated body metabolism.
- Repeat the Wheatgrass powder course for one month after a gap of every six months. This helps to supplement nutrition deficiencies caused over time and thus maintain good health.
- Use Jaggery syrup as a sweetener wherever required.
- Drink sufficient quantity of water daily.



CANCER

Wheatgrass powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and evening,

11th day onwards – 2 spoon morning and evening.

Take the course for minimum 3 months along with diet as follows:

6 am: A glass of Lime water.

7 am: Wheatgrass powder (in warm water).

7.30 am: Basil (Tulsi) leaf tea.

8.30 am: A glass of Carrot juice.

11.30 am Lunch: Have a bowl of vegetable soup or salad first and then other food. Steamed vegetable + Chapatti / Roti (Indian bread) + Dal water 1 large bowl + Til / Jawas chutney.

2.30 pm: Potato skin soup 1 cup.

4 pm: A glass of fruit juice.

6 pm:Wheatgrass Powder.

7 pm Dinner: A bowl of sprouted Green Mug first and then food.

Steamed vegetables + Dal water 1 large bowl + Bhakri / Chapatti / Roti + Brown rice or its Pulao (Khichidi rice).

DIABETES

Wheatgrass powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and evening,

11th day onwards – 2 spoon morning and evening.

Take the course for minimum 3 months along with diet as follows:

6 am: A glass of lime water.

7 am: Wheatgrass powder.

7.30 am: Ragi (Nachni) milk 1 cup.

8.30 am: ½ spoon. Sprouted Methi (Fenugreek seeds) + Carrot juice 1 glass.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.
Steamed vegetable + Dal water 1 large bowl + Jowar / Ragi (separate or mixed) roti + Til / Jawas (Flaxseed) chutney.

2.30 pm: Potato skin soup 1 cup.

4 pm: Apple juice 1 glass.

6 pm: Wheatgrass powder.

7 pm: Dinner: A bowl of sprouted Green Mug first and then food.
Steamed vegetable + Dal water 1 large bowl + Jowar / Ragi (separate or mixed) roti + Til / Jawas (Flax seed) chutney.

HEART DISEASES

Wheatgrass powder: First 5 days – 1 spoon in morning
Next 5 days – 1 spoon morning and evening,
11th day onwards – 2 spoon morning and evening.
Take the course for minimum 3 months along with diet as follows:

6 am: A glass of lime water.

7 am: Wheatgrass powder.

7.30 am: One small bowl of dry fruits + 4 spoon Khawa + Cows milk 1 cup with half spoon. turmeric powder (without sweetener).

8.30 am: ½ spoon. Sprouted Methi (Fenugreek seeds) + Carrot juice 1 glass.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.
Steamed vegetable + Dal water 1 large bowl + Chapatti or Roti + Til / Jawas (Flaxseed) chutney.

2.30 pm: Potato skin soup 1 cup and then rest.

4 pm: Sweet fruits or their juice 1 glass.

6 pm: Wheatgrass powder.

7 pm: Dinner: ½ bowl of sprouted Green Mug first and then food.
Steamed vegetable + Dal water 1 glass + Chapatti / Roti + Brown rice / its Khichidi + Til / Jawas (Flaxseed) chutney.

WEIGHT LOSS

Wheatgrass powder: First 5 days – 1 spoon in morning
Next 5 days – 1 spoon morning and evening,
11th day onwards – 2 spoon morning and evening.
Take the course for minimum 3 months along with diet as follows.

6 am: A glass of Lime water.

7 am: Wheatgrass powder (in warm water).

7.30 am: Basil (Tulsi) leaf tea.

8.30 am: A glass of Carrot juice.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.
Steamed vegetable + Chapatti / Roti (Indian bread) + Dal water 1 large bowl + Til / Jawas chutney.

2.30 pm: Lime water 1 glass.

4 pm: Sweet fruits or their juice 1 glass.

6 pm: Wheatgrass powder.

7 pm: Dinner: ½ bowl of sprouted Green Mug first and then food.
Steamed vegetable + Dal water 1 large bowl + Chapatti / Roti + Til / Jawas (Flaxseed) chutney.

WEIGHT GAIN

Wheatgrass powder: First 5 days – 1 spoon in morning
Next 5 days – 1 spoon morning and evening,
11th day onwards – 2 spoon morning and evening.
Take the course for minimum 3 months along with diet as follows:

6 am: A glass of lime water + 2 spoon. honey.

7 am: Wheatgrass powder.

7.30 am: One small bowl of dry fruits + 4 spoon Khawa + Cows milk 1 large cup.

8.30 am: Carrot juice 1 glass.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.

Steamed vegetable + Dal water 1 large bowl + Potato veg + Chapatti / Roti with butter or Ghee + Til / Jawas (Flaxseed) chutney + Brown rice. .

2.30 pm: Potato skin soup 1 cup.

4 pm: Sweet fruits or their juice 1 glass.

6 pm: Wheatgrass powder.

7 pm: Dinner: ½ bowl of sprouted Green Mug first and then food.

Steamed vegetable + Dal water 1 large bowl + Chapatti / Roti with butter or ghee +

Brown rice / its Pulao (Khichidi) + Til / Jawas (Flaxseed) chutney + wheat porridge (kheer).

9 pm : A cup of sweet milk before going to sleep.

ACIDITY

Wheatgrass powder: One spoon in morning and evening.

Take the course for minimum 3 months along with diet as follows:

6 am: A glass of warm lime water.

7 am: Wheatgrass powder in warm water.

7.30 am: One small bowl of dry fruits + Cows milk 1 large cup.

8.30 am: Carrot juice 1 glass.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.

Steamed vegetable + Dal water 1 large bowl + Potato veg + Chapatti / Roti +
Til / Jawas (Flaxseed) chutney + Brown rice. Rest for a while after some time.

1.30 pm : Have a fruit plate.

4 pm: Sweet fruits or their juice 1 glass.

6 pm: Wheatgrass powder in warm water.

7 pm: Dinner: ½ bowl of sprouted Green Mug first and then food.

Steamed vegetable + Dal water 1 large bowl + Chapatti / Roti + Brown rice / its Pulao (Khichidi).

9 pm : A cup of sweet milk before going to sleep.

THALASSEMIA

For Adults:

Wheatgrass powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and evening,

11th day onwards – 2 spoon morning and evening.

For Children Below 10 Years:

Wheatgrass powder: First 5 days – ½ spoon. in morning and evening.

6th day onwards – One spoon in morning and evening.

Take the course for minimum 3 months along with diet as follows:

6 am: A glass of warm water + ½ lemon juice + 1 teaspoon honey.

7 am: Wheatgrass powder as above.

7.30 am: Black Raisin (Kala Kishmish) / water + 1 cup of cow's milk (sweetened)

(First day - Soak 1 black raisin overnight in ½ bowl of water. In the morning, crush it in the same water and drink it.

Second day - Soak 2 black raisins and do the same procedure

Third day - Soak 3 black raisins and do the same procedure.

Every next day increase 1 black raisin till the 21st day.

From 22nd day onwards go on decreasing 1 black raisin per day till day one.

Repeat this procedure again if required.

8.30 am: Carrot juice 1 glass. (For small children 1 cup of carrot juice)

11.30 am: Lunch : Start by finishing 1 big bowl of vegetable soup.

(For small children 1 cup of vegetable soup). Then food:

Steamed vegetable + 1 large bowl Mung Dal water + Chapatti / Roti + Til / Jawas (Flaxseed) chatni.

2.30 pm: Potato skin soup 1 cup. (For children 1/3rd cup soup).

4 pm: Sweet fruits plate or their juice 1 glass. (For children 1 cup of fruit juice).

6 pm: Wheatgrass powder.

7 pm: Dinner: First finish ½ bowl of boiled green Mung sprouts and then food:

Steamed vegetables + 1 large bowl moong Dal water + Chapatti / Roti +

Til / Jawas chatni. + Brown rice or Pulao (Khichidi).

ANAEMIA

Wheatgrass powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and evening,

11th day onwards – 2 spoon morning and evening.

Take the course for minimum 1 month along with diet as follows:

6 am: A glass of lime water + 2 spoon. honey.

7 am: Wheatgrass powder.

7.30 am: One small bowl of dry fruits + Cows milk 1 large cup.

8.30 am: Carrot juice 1 glass.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.

Steamed vegetable + Dal water 1 large bowl + Potato veg + Chapatti / Roti +

Til / Jawas (Flax seed) chutney + Brown rice. .

2.30 pm: Potato skin soup 1 cup.

4 pm: Sweet fruits plate or their juice 1 glass.

6 pm: Wheatgrass powder.

7 pm: Dinner: Start by finishing ½ bowl sprouted Green Mug and then food.

Steamed vegetable + Dal water 1 large bowl + Chapatti / Roti + Brown rice / Pulao (Khichidi).

PILES

Wheatgrass powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and evening,

11th day onwards – 2 spoon morning and evening.

Take the course for minimum 3 months along with diet as follows.

6 am: A glass of Lime water + 2 spoon honey.

7 am: Wheatgrass powder (in warm water).

7.30 am: Basil (Tulsi) leaf tea.

8.30 am: A glass of Carrot juice / Bottle gourd juice.

11.30 am: Lunch: Have a bowl of vegetable soup or salad first and then other food.

Steamed vegetable + Chapatti / Roti (Indian bread) + Dal water 1 large bowl +

Brown rice.

2.30 pm: Potato skin soup 1 cup.

4 pm: Sweet fruits plate or their juice 1 glass.

6 pm: Wheatgrass powder.

7 pm: Dinner: ½ bowl of sprouted Green Mug first and then food.

Steamed vegetable + Dal water 1 large bowl + Chapatti / Roti + Til / Jawas (Flax seed) chutney + Brown rice or its Pulao.