

Updated on 24 Mar 2021

**Naturopathy based diet plans given for following health problems:**

**CANCER, DIABETES, HEART DISEASE, WEIGHT LOSS, WEIGHT GAIN, ACIDITY, ANEMIA, THALASSEMIA, PILES** (Haemorrhoids)

Wheatgrass Powder is a Naturopathy concept product.

Its efficacy to help overcome diseases increases when it is accompanied by a healthy diet.

**NOTE: 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:**

- Approximate 3g measuring scoop is given in the 100g Bottle / Pouch.
- 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 3g (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 (3g) in morning

Next 5 days – 1 spoon (3g) morning and half spoon in evening,

11th day onwards – 1 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 3g (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 (3g).

**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).

**Since long time Wheatgrass has been suggested as a raw food diet addition in cancer treatment.**

**Now in Powder form, Wheatgrass Powder is convenient to take anywhere, anytime.**

**Wheatgrass provides maximum concentration of chlorophyll.**

**Chlorophyll has antiseptic, wounds healing, anti-inflammatory and anti- cancer properties.**

**Hence Wheatgrass Powder helps cancer patients detox, flush out the toxins caused by heavy medication, helps increase haemoglobin, new cells formation, pH balance towards alkaline, boost metabolism, immunity and reduce side effects of chemotherapy.**

**Wheatgrass Powder taken regularly may even work for cancer prevention.**

## DIABETES

**Wheatgrass Powder:** First 5 days – 1 spoon in morning  
Next 5 days – 1 spoon morning and half spoon in evening,  
11th day onwards – 1 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 (3g)

**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 (3g).

**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.

**Diabetes patients: Concentrated amount of Chlorophyll in Wheatgrass Powder helps detox, improve pH balance, uncrease haemoglobin, energy level and boost metabolism.**

**Fibre in Wheatgrass Powder helps overcome constipation, reduce cholesterol and blood sugar.**

## HEART DISEASES

Wheatgrass powder: First 5 days – 1 spoon in morning  
Next 5 days – 1 spoon morning and half spoon in evening,  
11th day onwards – 1 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 (3g).

**7.30 am:** One small bowl of dry fruits + 4 spoon Khawa + Cow milk 1 cup with little turmeric powder.

**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 (3g).

**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: 1 spoon in a glass of warm water **one hour before lunch and dinner** (Increase quantity gradually). Take the course for minimum 3 months along with diet as follows.

**6 am:** A glass of Lime water.

**7 am:** Wheatgrass Powder 3g ( 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 (3g).

**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.

**Wheatgrass Powder will reduce hunger, supply nutrition, boost metabolism, improve bowel movement, pH balance and thereby help reduce weight about 2 to 5 Kg per month.**

## **WEIGHT GAIN**

Wheatgrass Powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and half spoon in evening

11th day onwards – 1 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 (3g).

**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 (3g)

**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.

**Wheatgrass Powder will supply nutrition, boost metabolism, bowel movement, pH balance, immunity and the digestive system cells food absorption quality.**

**If it is taken with weight increasing food ingredients, it will help increase weight about 1 to 4 Kg per month.**

## ACIDITY

Wheatgrass Powder: First 5 days – 1 spoon in morning

Next 5 days – 1 spoon morning and half spoon in evening

11th day onwards – 1 spoon morning and evening (increase quantity gradually).

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

**6 am:** A glass of warm lime water.

**7 am:** Wheatgrass Powder (3g) 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 (3g) 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 (3g) in morning

Next 5 days – 1 spoon morning and half spoon in evening

11th day onwards – 1 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(3g)

**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).

The molecular structure of Chlorophyll contained in Wheatgrass bears a close resemblance to the substance called Hemin contained in human blood. Dieticians therefore call Wheatgrass as 'green blood'.

Naturopathy followers believe that intake of Wheatgrass Powder juice will support the bone marrow ability to increase haemoglobin production. It is therefore suggested to take Wheatgrass Powder as a healthy food supplement for Thalassemia and Anaemia patients with suitable diet plans.

### ANAEMIA

Wheatgrass Powder: First 5 days – 1 spoon (3g) in morning  
Next 5 days – 1 spoon morning and half spoon in evening  
11th day onwards – 1 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 (3g).

**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 (3g).

**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 (3g) in morning  
Next 5 days – 1 spoon morning and half spoon in evening  
11th day onwards – 1 spoon morning and evening  
Take the course for minimum 1 months along with diet as follows.

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

**7 am:** Wheatgrass Powder 3g (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 (3g).

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

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

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

**Wheatgrass Powder juice supplements nutrition, help detox, balance pH, boost metabolism and immunity.**

**Fibre helps reduce constipation, improve bowel movement and digestive system health.**

**Chlorophyll has antiseptic, anti-bacterial, wounds healing and anti-inflammatory properties.**

**Hence Wheatgrass Powder has been observed to help heal even bleeding piles.**

**Try our product and feel the difference.**

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