

Dos and Don'ts as advised by Sri Pankajbhai Hiralal Dabhi.

According to Naturopathy – We should understand the natural urge of the body.

DO NOT SUPPRESS ANY URGE – attend to it immediately.

- Drink water when you are thirsty.
- Eat when you feel hungry.
- Visit the restroom when there is an urge to go.
- When you feel cold, wear warm clothes.

Water:

In the modern world we live in a controlled environment - the house, the car, the work place - are all temperature controlled. We rarely sweat – there is very little room for depletion of body fluid. **Therefore we should drink water only when thirsty.**

Myth about Water

The very idea of:

- *Drinking several glasses of water in the morning or during the day is not good for the body. (consider explaining the impact of drinking excess water on the organs)*
- *The idea of drinking 8 glasses of water a day is a myth.*
- *Drinking water immediately before the meal or during the meal or immediately after the meal is wrong for the body.*
- *Drinking water - more than the temperature of the body is not good for the body.*
- *Drinking cold or Ice cold water is not good for the body.*

Now the question is when we should drink water:

- *Drink water when thirsty (room temperature).*
- *Drink water 30 minutes before meals.*
- *Drink water 1 hour after any meal.*

For more information check this link:

<http://www.npr.org/templates/story/story.php?storyId=89323934>

Fruits & Juices:

- *All juices should be squeezed from fresh fruits only.*
- *If seasonal fruit like Pomegranate is not available, the option is to drink 100% pure juice [at normal room temperature].*
- *Keep fruits at room temperature for 30 to 60 minutes, before using them for extracting juice.*

Juice Extraction – guidelines and few beneficial tips:

- *To get proper nutrition from juice – ensure that it has no pulp and froth.*
- *After extracting the juice, strain the juice (if there is pulp) with a fine strainer (or with a cloth) – so that the pulp is separated from the juice.*
- *Ensure that there is no froth in the juice – if any remove it with a spoon.*
- *Brevil Brand juicer (available at Bed, Bath & Beyond) is suitable for extracting juice.*

- *Vegetable juice - If using a “Blender: to extract juice – add some water to the vegetables - like turnip. Celery etc, strain the juice with a fine strainer (or with a cloth) – so that the pulp is separated from the juice.*
- *As far as possible buy organic fruits (organic fruits are not wax coated) and vegetables.*
- *Avoid waxed fruits – apples sometimes are wax coated (waxing is done to preserve the fruit for a longer period)*
- *Apples should be eaten with skin. (Organic Gala Apple is best in nutrition).*
- *When taking an apple juice use organic Cameo or Gala apples with skin.*

Milk and all milk products (Yogurt, Cheese, Ice Cream etc): reason animal produces milk is to nourish their young during their growth stages. So, Cow's Milk is for Baby Cows. Mother's milk is for baby humans.

Cow's milk is neither a natural or healthy drink for humans who are the only mammals to consume milk after weaning, not only that but the milk of another species! Scientific research links the consumption of cow's milk and dairy products with a wide range of health problems including acne, runny noses, wheezing, coughing, ear infections, rashes, stomach upsets, asthma, eczema, arthritis, heart disease, diabetes and prostate cancer. <http://www.milkmyths.org.uk>

Check other links for more information:

- <http://www.notmilk.com>
- <http://www.epicureandigest.com/v2i1/index.html>
- <http://milk.elehost.com>

Eating: (For best results - follow advised gaps between meals).

1. Breakfast:
 - *If you drink tea, coffee or chai (drinking tea/coffee is not encouraged), then fruits and fruit juices should be taken one hour after drinking tea/coffee.*
 - *Take fruits and fruit juices or vegetable juices – only for breakfast - as per your capacity.*
 - *Take only one type of fruit at a time, unless prescribed otherwise in your diet chart.*
2. Morning Snack: *2 hours or more after fruits or fruit/vegetable juice is taken.*

3. Lunch:

- *Can be taken 2 hours or more after morning breakfast or morning snack – whichever is later.*
- *Right before lunch - always take the prescribed salad (raw or stir fried – preferably raw).*

4. Afternoon tea or coffee – *if needs to be, can taken after a gap of minimum three hours after lunch.*

5. Evening snack:

- *The prescribed fruit/fruit juices/snack should be taken five hours after lunch (do not eat anything in between).*

6. Dinner:

- *Can be taken 2 hours or more after evening snack.*
- *Right before dinner always take the prescribed salad (raw or stir fried – preferably raw).*
- *After dinner avoid doing heavy physical (like brisk walk) or mental activity.*

Salad: Prescribed salads must be eaten right before lunch and dinner.

Salads are recommended to be taken raw (all vegetables have high alkaline ingredients), but if you prefer to stir fry them, and then use the following method:

1. Put one tea spoon of vegetable oil (like peanut, sesame, Canola etc.). In a pan and heat it.
2. Add ½ spoons of cumin seeds. Let the cumin seeds turn light brown.
3. Add salad and stir the ingredients in the pan (at low temperature).
4. Cook for about 2 or 3 minutes (Do not overcook).
5. Add little salt to taste.

NOTE:

- Do not put any dressings on the salad ,
- Use of lemon and tomatoes in a salad is not recommended (Tomato is considered a citric fruit – not a vegetable). You can eat tomato as citrus fruit only.
- Sesame oil. Flax seed oil, olive oil can be used.
- One can add cilantro – to add nutrition and flavor to the salad.
- Do not put cooked food or salads in the refrigerator.

Rest: It is recommended to take 20 minutes rest after morning juice or fruit breakfast and 30 minutes after lunch and dinner – to avoid fermentation of food.

During the rest period you can sit, lie down, watch TV or talk, but avoid any physical or mental activity – like reading or working on the computer. (The idea behind good rest is to allow the digestive system to work effectively – by sending blood to the guts rather than to the brain or other parts of the body by doing mental or physical activities).

Sleeping:

- *Always sleep on your back (like Shavasana) with your hands and legs stretched out.*
- *Avoid sleeping on your sides or on your stomach.*
- *If there is a need to sleep on your side – then adopt the posture – ensure that the legs straight, on top of each other and the hands stretched in front of the body. Do not put your hands under your body.*
- *Stay on your side for few minutes only*
- *Eventually return to the original posture (being on your back).*

Sitting:

- *Do not cross your legs while sitting.*
- *Balance your body on both the legs.*

General tips:

1. Avoid drinking Tea and coffee - *If you must drink tea/coffee, then it can be taken 3 hours after the meals.*
2. Shower :
 - *Start first with a cold shower (2 minutes), followed by warm shower (5 to 7 minutes) and then finish with cold (2 minutes).*
 - *If this is not possible – do not take “HOT” showers, but use lukewarm water.*
3. Dry fruits/Nuts:

- *Preferred way to enjoy nut (Almonds, walnuts, cashew nuts etc.) - is keep one piece at a time in your mouth and slowly suck on it – till it dissolves.*
- *Take nuts in limited quantities.*
- *You can take nuts with citric fruit.*
- *Do not take nuts with sweet fruits (like banana, apricot, cantaloupe, water melons, figs, dates).*
- *Avoid taking nuts with meals.*
- *Nuts can be taken with vegetables.*

4. Cooking:

- *Instead of using butter, margarine, ghee, vegetable shortening or hydrogenated oil like “Crisco”, Use vegetable oils like peanut, safflower oil, sun flower oil, soya bean , canola or coconut.*
- *You can add flax seed oil or olive oil to your cooked vegetables.*

5. Avoid taking fruits, sugar, Jaggery or sweets.

- *With vegetable or salad.*
- *With starch (Roti, bread and rice).*
- *Protein (lentils, daals etc.).*
- *This means avoiding fruit salads and desserts – with meals.*

6. Avoid taking sweets. If at all you want to take sweets, take them by themselves – preferably by 6.00 pm.
7. Avoid cookies, candies, chocolates, cakes, canned, processed or packaged foods with preservatives and refrigerated foods
8. Avoid taking food items made out of white flour (like pasta, noodle, white bread and Maida).
9. Avoid taking honey, sugar, sugar products including artificial sweeteners - Instead use jaggery made out of sugar cane only.
10. Avoid tea, coffee, soft drinks, bottled and canned juice.
11. When you feel tired or sleepy, do not over exert and take enough rest. The body automatically heals, when you are in complete rest.

NOTE: Please consult your personal physician / doctor, before starting any diet program.

Famous quotes:

“Drinking water with meals and directly after meals, leads to dilation of the stomach – Chronic indigestion, gastritis, ulcers and even cancer follow in their logical order” – Dr. Herbert Shelton.

“A man is as old as his arteries” – Virchow

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