

Practical daily routine – as suggested by Sri Pankajbhai Hiralal Dabhi

1. Get up as early as possible.
2. Attend to morning routine.
3. After morning routine – devote 30 minute to exercise. (Including walking barefoot on the grass. Avoid walking on paved roads).
 - After gap for about 10 minutes, one can take fresh fruit or vegetable juice.
 - Fresh juice should be extracted from citrus fruit only.
 - Citrus fruit includes orange, mango, grapefruit, strawberry, Grapes, Apple, tangerines, tomatoes, berries (all kinds), pomegranates, pineapples etc.
 - (NOTE - Take only one type of fruit. Do not mix fruits, unless prescribed).
4. If you have to have tea, take it one hour before fruit or juice.
5. Take 20 minute rest. When taking rest, avoid reading, TV, computer, and telephone. (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).
6. If time permits, do pranayama or omkar jaap – for 15 to 20 minutes.
7. After a gap of 2 hours take sweet fruits – like bananas, chikko, papaya, water melon, cantaloupe, dates, figs, dry apricots etc.
8. After a gap of two hours take lunch.
 - Start lunch with a salad of about 150 gms.
 - Followed by lunch.
 - Take 30 minute rest
 - After lunch do not eat anything for 5 hours - allow the body to digest the food.
9. After 5 hours you can have snacks, which could be sweet fruit or soup or nuts in limited quantities (5 to 10 pieces).
10. After 2 hours of snack, you can have dinner.
11. Dinner:
 - Start with a salad of about 150 gms.
 - Followed by dinner.
 - Take 30 minute rest.
12. After the dinner no physical activity including computer.
13. Do not eat anything after midnight. Digestive system is completely shut down between midnight and morning.