

# INSTRUCTIONS TO PATIENTS

## DIET

1. Stop MILK and MILK based products completely
2. Stop polished white rice completely. Only red / unpolished / hand pound raw rice
3. Stop using pressure cooker completely
4. Stop sweets, cookies, candy, ready food, junk food, canned food, etc
5. NO pure salt like TATA, Annapurna & white sugar. Only Himalayan salt & organic Honey
6. Increase consumption of raw vegetables either as juice or grated with seasoning
7. Consume dark ripened dotted banana at least 3 per day
8. Consume KMnO<sub>4</sub> washed or ozone cleaned organic vegetables only
9. Decrease the food quantity per time, but increase the frequency
10. Alternate days half day fasting is beneficial for first 3 months
11. Consume ginger/asfoetida/onion/garlic with buttermilk of any quantity
12. Liquid ghee/organic ghee/virgin coconut oil any quantity – yes
13. Take Juices of Moolangi/karela/Ananus/Lemon/ papaya leaf juice every day
14. Take Bare foot walking on soil at least 15 min / day

## Special instructions

1. Defecation 3 times daily helps in detoxification
2. Half spoon cold press coconut oil in the mouth for 15 min in early morning, then spit out
3. Drink 10ml of organic cold pressed coconut oil after meals
4. Monitor BP, blood sugar periodically and document in house
5. Spray/pour Eucalyptus oil in the bedroom of patient to prevent infection
6. No light of any quantity in bedroom during sleep. Zero Candle red color light– ok
7. Mobiles should be min 15 feet away while sleeping, best switch off/airplane mode. No active electronic gadgets in bedroom
8. Change the house at least min 500 feet away from mobile tower
9. Minimum 1 hour sun exposure every day (more time for dark skin)
10. Physical exercise compulsory
  - a. Aerobic (brisk walking, cycling, swimming, gymnastics, dance): 5-30 minutes per day
  - b. House hold activity – Yes
  - c. Acute exercise/Strenuous– No

## Medical instructions

1. Reveal all medicines taking at the beginning of **CHOCOLATE THERAPY**
2. Oxygen Therapy: Cylinder with mask need to be provided if the disease is advanced or blood capacity reduced by Chemotherapy or when Hemoglobin is below 9gm/dl