

Mr

Diagnosis - Pitha Vatha.

- Start your day with one glass of warm water .
- Avoid heavy dinner and late night eating.
- Yoga and meditaton are good for you.
- Avoid too salty, greasy, overly cooked, heavily spiced, sour foods, red meat, coffee, shell fish and alcoholic beverages.
- Emphasize sweet, bitter and astringent tastes in your food choice.
- Avoid combining citrus foods with milk products.
- Do not take too hot showers and cold showers.
- Include more leafy vegetables and fruits in your food.
- Daily walking is good for your health.
- Avoid too much spicy foods.

• FRUITS :-

Sweet fruits are good especially fresh figs and grapes. Apple, melons, apricots, prunes, berries, pears, sweet oranges, banana, dates, plum, pomegranates, raisins, avocado, peach are good.

Avoid sour fruits and pineapple.

• VEGETABLES :-

Asparagus, artichoke, green beans, carrots, beet root, white radish, potato, cucumber, broccoli, celery, cabbage, cauliflower, lettuce, okra, peas, zhuchini, mushrooms and Brussels sprouts are good.

Avoid tomatoes, eggplant, raw onion and hot chilly pepper.

Salads take for lunch only.

• GRAINS :-

Barley, brown rice, basmati rice, amaranth, corn, rye, whole grain cereals, wheat, oats are good.

Avoid yeasted bread, heating and drying grains like buck wheat, millet and dried corn.

• LEGUMES :-

Mung beans, mung dhal, , split peas, lentils, cooked tofu, soy beans, kidney beans and soy beverages are good.

Cook beans with ginger, garlic and cumin.

- **NUTS AND SEEDS :-**

Almonds, pine nuts, pistachio nuts, sesame seed, poppy seed, pumpkin seed, sunflower seed are good.

Avoid cashew nuts and pea nuts from daily use.

- **OIL FOR COOKING :-**

Olive oil , canola oil, corn oil, soya oil, sunflower oil, coconut oil, sesame oil are good.

Avoid mustard oil, mixed vegetable oils and animal fats.

- **SPICES :-**

Avoid hot spices like chilly and pepper.

- **DAIRY PRODUCTS :-**

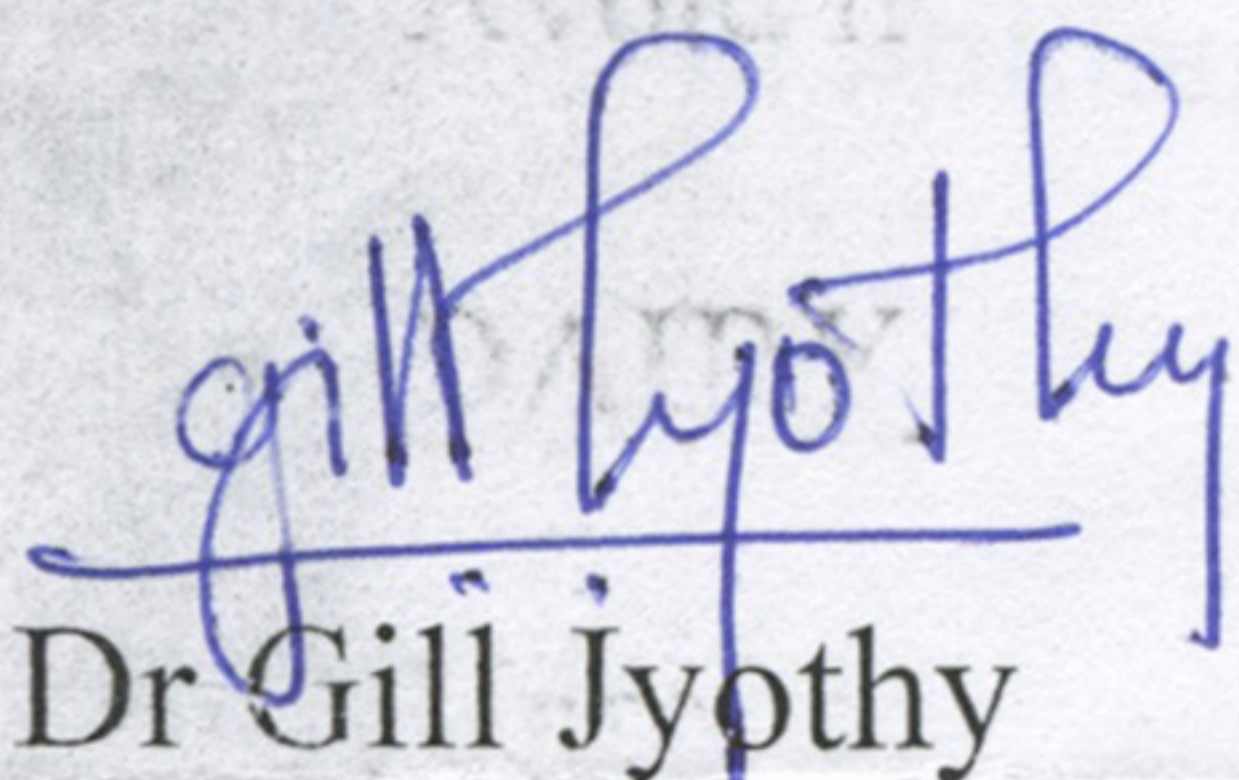
Unsalted butter, sweetened yogurt, cottage cheese, cow's or goat's milk are good for you.

Avoid sour cream and hard cheese.

- **ANIMAL PRODUCTS :-**

Chicken, turkey, lamp, rabbit, deer, wild game and sea and fresh water fish are good.

Avoid red meat and shell fish.



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