



SENTRA CLINIC AND HOSPITAL

1st floor, Shah Arcade 2, Next to Balajee Hospital, Rani Sati Marg,
Near Passport Office, Malad -East, Mumbai-400097

HOLISTIC APPROACH

It consists for 3 aspects. The approach can be adopted and customized to some extent. The 3 aspects are

- 1.Diet planning to reach achieve optimal health (Meal Plan)
- 2.Exercise (Nitric Oxide dump)
- 3.Mind relaxation techniques (Gratitude and forgiveness therapy)

The 3 aspects have been simplified to make its implementation easy.

MEAL PLAN

1.Green Smoothie twice daily (250ml)

- Key ingredients are green leafy vegetables and flax seed powder
- Fill 50-60% of blender with Coriander+ mint+ spinach/spring onion leaves; Then add 2 tea spoons of flax seed powder
- You can add a fruit for flavor eg. for diabetics-Apple/pear; non diabetics: banana
- Then add a spoon of herbs(mix turmeric, cinnamon& black pepper in equal proportions and keep it in a bottle)
- For those with renal stone history/ kidney disease avoid spinach, beet root and turmeric
- Don't strain the smoothie.



2.Grounded flax seeds (flax seeds powder)

- 10gmi.e 2 tea spoons twice daily.
- Grind it in a blender and store it in refrigerator. Use it in a week's time after grinding.

3.Fruits

- At least 3 to 4 daily; For diabetics-apple, pear, guava, plums, strawberry, cherry and dragon fruit.
- For non-diabetics any fruit is fine



4. Salad

At least ½ to 1 kg of salad everyday. Its easier to achieve the target of ½ to 1kg salad everyday if you start each meal with salads.

Most important constituent is green cruciferous vegetables such as cabbage, cauliflower, lettuce, broccoli and kale. Other vegetables such as carrots, onions, cucumber and tomatoes should also be used.

Always add sesame seeds, grounded flax seeds or 4-5 soaked almonds or walnuts to the salad





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5. Legumes (Dal)

- 4 to 5 bowls daily. Any legume/lentil is fine.
Even sprouts in salads will be considered as legume intake.
If making a dal, follow no ghee and minimum oil policy.

6. Water

- Drinking water is utmost essential for the health to be optimal. Target should be at least 3 litres, best is to reach a gallon (3.75 litres)
- For patients with renal failure/ dysfunction, heart failure or any other ailment in which fluid restriction is recommended, they should consult their respective physician



BASIC MEAL PLAN

1. Start your day with green smoothie. Then can have a salad.
Breakfast should have a major dal component (pulses) Eg sprouts salad/chaat, chila, moong dal idli
2. Lunch and dinner-Always start with bowl of salad (With Green leafy vegetables/cucumber/carrot/ Muli/Tomato/ beetroot).
Followed by a bowl of dal and sabzi. Then take Roti or brown rice.
Try avoiding wheat for 6 weeks.
3. For evening snacks try soaked nuts and some salads accompanied by green smoothie.
4. Certain other guidelines to follow Best is to have 50% quantity of raw food and 50% cooked food in a meal
 - Prefer whole grain. Replace white rice with brown rice.
 - Rotate your grains instead of having multigrain
 - Plan early dinner (Before 7pm is ideal.)

Best to Avoid

1. All types of bakery, farsan and namkeen etc. along with Junk and fast food (no processed food is good for health)
2. Dairy: Animal milk and milk products (dahi, chaas, paneer, cheese, ghee, butter)
3. Can instead use soya/almond/rice milk and their products
4. Non vegetarian: any kind of meat eg. Pork, beef, mutton, chicken, fish and eggs



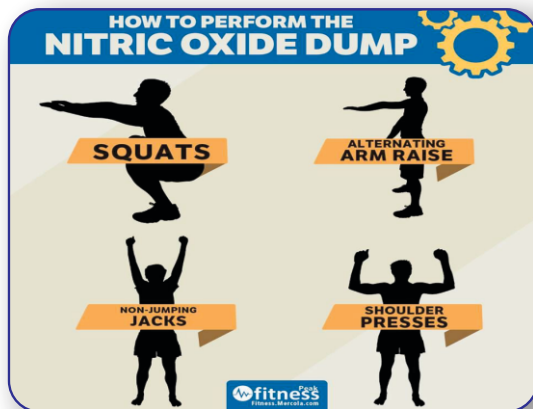


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Caution:

- For Diabetics the blood sugars can fall dramatically on this diet. For hypertensives blood pressure can fall dramatically. Hence any symptoms of hypoglycaemia and hypotension should be reported to the physician. For patients with history of kidney stones/ renal dysfunction- (avoid spinach, chad, beets, excess nuts like almonds, excess salt).
- The above suggestions are for a healthy life. We recommend Vitamin b12 and Vitamin D3 supplementation under supervision of a physician

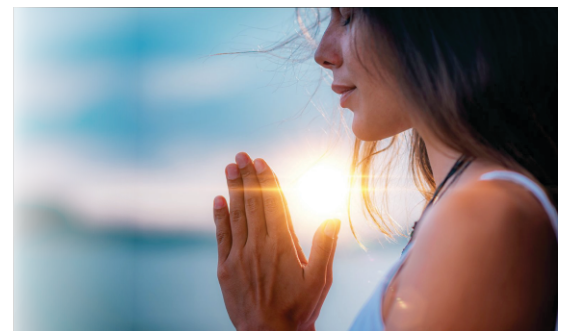


Exercise

1. To be done thrice daily one and half hours after meals. It consists of 4 movements and 10 repetitions are to be done.
2. It helps to reduce blood pressure and blood sugars Nitric Oxide Dump exercise demonstrations videos are available on YouTube.

MIND RELAXATION TECHNIQUES

I would like to thank Mr. Manojji Lekhi for the above techniques. His Design your life series have immensely benefitted me. I am sharing two of the techniques which I have learnt from him.



Gratitude Therapy

It's divided into 2 aspects

A. Prepaid Gratitude

In this we thank the almighty, Guru or universe in advance. We imagine/visualise and create our day in the way whatever we want to be, do or have. We do the prepaid gratitude first thing in the morning when we get up. We visualise an ideal and perfect day in positive present tense as if the event has just occurred.

Eg 1. We tell ourselves and visualise the presentation in the office went well. It is being well received by all.

I am getting lot of appreciation for it.

2. The business deal is being signed; I and my client both are getting benefitted by it.
3. I made delicious and healthy food for my family and everyone is enjoying it.



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B.Postpaid Gratitude

In this we thank the almighty, Guru or universe at the end of the day before we go to sleep. We thank them for at least 10 wow moments which happened during the day. We can even thank for the moments which didn't go the way we wanted. Those unpleasant moments taught us patience, life lessons and gave us a chance to improve professionally as well as personally.

Eg. 1.Thank you, thank you thank you Guruji for a wonderful day.

2.Thank you my team (take the name of the person) for supporting my work in terms of patient care, client care, office work or work at home etc

3. I thank my wife/ husband for being with me and creating amazing memories.

4.I thank my parents/ siblings/children/ friends for their unconditional love.

5. I thank my company for giving me work and abundance (money)

Forgiveness Therapy (4mantras)

To enhance quality of your life in terms of Health, Wealth & relationships use following 4 mantras. Use the four mantras with context as described below and use it with feelings I love you, thank you, I am sorry and please forgive me are the four mantras. The above concept believes **I am responsible** for everything that is happening in my life. When we forgive we can break the negative energy. Health, wealth, relationship and time are 4 important aspects of our life. Use the above 4 mantras when we complain about any of the above aspects of life. For eg.

Health: If we have pain in the back, we can say I am sorry my back that I didn't take care of you. I love you as you have taken care of me for so long. Please forgive me and I truly love you.

Wealth: Money I love you as because of you I have got so much comfort. Please forgive me I haven't valued you. I have always complained about lack of you. Henceforth, I will value what I already have. Thank you for everything.

Relationship: If we have a disconnect with a person, it means there was a connect. I can love that person or I can hate him. We can say I love you because you showed me that I had anger inside me, I love you for teaching me patience. Thank you. I am sorry for judging you. Please forgive me for taking you for granted.

Time: I love you time because you have given me opportunity to do so many things. Thank you for being in abundance. I am sorry as I have complained about lack of you and please forgive me.

The above document has been compiled by Dr.Rohit Modi It has been inspired by the work of Dr.Michael Greger, Dr.Neal Barnard, Dr.Brooke Goldner, Dr. Pramod Tripathi, SHARAN, Dr.Zach Bush and Mr.Manojji Lekhi

Resources : Documentaries: 1.Forks over Knives; 2.What the Health; 3.Game Changers

Websites: Nutritionfacts.org; PCRM.org

