

# HEALTH BASIC NOTES

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## GUIDELINE BY SANJAY G.M.

- 20 min sunlight is must (7-8am, 5-8pm)
- Don't drink Milk, eat cow Ghee 2 tea spoon before bath empty stomach, but not milk, since milk can be reason. For opposite food & can cause various illness unknowingly.
- Avoid Oily & hotel dishes. (avoid Maida items also) If you need outside foods, then you can take only Non-veg Tandoor dishes or veg sauté with wheat roti.
- 45 Minutes' walk every day.
- Do 15 minutes school exercise or basic exercise.
- After dinner don't sit immediately, walk 100 steps (शतपावली)
- Do Kapal bhati & Anulom Vilom or any breathing exercise every day.
- Use baby brush for teeth brushing. Minimum time minimum pressure & only vertically. Massage teeth muscle by 2 fingers vertically, repeat 2 times.
- Do full Body massage in a month or in 2 months. Dinner should be at least 2 hour before sleep.
- Use salt, sugar & oil least as possible.
- Eat Jawra bhakri at least 1 time day. Don't eat wheat more than 1 time since wheat having gluten which can reduce intestine capacity to absorb vitamin from food.
- Don't drink Cold water or freeze.
- Don't do or eat any item excess.
- Avoid eating any kind of ready to eat pack foods, any kind of Maida items, cake cookies & WHITE bread.
- Use non-refined natural oil (don't use refined oil)
- Do not eat stale rice because after some time the rice develops bacteria which cannot be gone even if you heat it .
- Don't eat dairy product with lunch or dinner since it obstructs to absorb iron from food.
- To make roti flour should be rough (Thick).

- Take small meal every 4 hours but keep breakfast heavy, every food should be chewed properly.
- Drink water sip by sip.
- Use Brown rice, unpolished rice, don't eat white rice.
- Take Lemon juice at least once a week.
- Sugarcane eat by yourself at least
- once in a month Natural rich in calcium & iron
- Sprouts pulses should eat with 1-2 days preparation.
- Don't eat sprouts of many days.
- Sleep on your left side
- Sunday 1/2 day fast, eat directly lunch.
- For bowl to get proper pressure use Indian commode or sit in Crouching position on English commode.
- Make vegetable in iron pot, make rice without cooker in pot.
- For sleep: - Wrap the towel on both eye & loose your body & try to see in your thoughts your favorite face or see on breathing & don't target "when sleep will come".
- Check every end of the day what you eat for emergency (like Special Military force) means what you eat except roti, sabji, Dal, Chawal.  
Like :- Raisins ( kishmish ), Sugarcane, Cashew Nut, Almonds, Walnuts, Pistachio, Date Palm ( Khajur), Peanuts, Sunflower Seeds, Pumpkin Seeds, Sesame Seeds, Carrot Juice, Jaggery, Sweet Potato, Corn, Flax seeds, Honey etc. Do not consider depreciation food like Wada, Panipuri, Samosa, Double Roti, Chinese Food, Junk Food etc.
- To reduce any tobacco / Gutka Habit with reduce of sugar you can hold kutki when desire appear.

Note:- All guidelines on my personal research or study from many author which convince me. Follow guideline under doctor's observation.