



28TH SHARANA DIVAS

HEALTHY DIET, NUTRITION & PRACTICE

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ENTION

AN UMBRELLA OF PREVENTION

- PEOPLE TAKE LIMITED PREVENTATIVE MEASURES
- WE CAN GET WET WITH SEVERE WIND STORM AND GUSHING RAIN
- IF ONE FALLS OR SLEEPS, ONE CAN EASILY GET WET

RAINCOAT PREVENTION & PROTECTION



TYPES OF PEOPLE PRACTICING PREVENTION

1. DOES NOT CARE ABOUT RAIN OR INCLEMENT WEATHER
2. WILL CHECK WEATHER FORECAST AND TAKE UMBRELLA
3. WILL CHECK WEATHER FORECAST AND TAKE RAINCOAT
4. WILL CHECK WEATHER FORECAST AND TAKE WEATHERPROOF COAT & HOOD
5. WILL CHECK WEATHER FORECAST AND TAKE WEATHERPROOF COAT, HOOD & WEAR BOOTS

AN UMBRELLA OF PREVENTION



LIMITED PROTECTION & PREVENTION

RAINCOAT PREVENTION & PROTECTION



PERFECT PROTECTION & PREVENTION

PREVENTION

Easy
Easy to implement
Cheap
Affordable
Scope unlimited
Always helpful & Successful
Facilitates Life & its activities
Predictable Outcome
Quality of life is great
Anyone can do it
Can be done anywhere
Can be done anytime
Saves time & money
Prolongs life by preventing disease
Alters course of the disease for better
Helps to be self-sufficient & independent

DISEASE

Difficult
Diffult & complex to implement
Expensive
Unaffordable
Limited scope
Not always successful & never helpful
Interferes with life & its activities
Unpredictable Outcomes
Leads to disability & death
Limited to patient
Limited to the medical facilities
Limited to the availability of the service
Wastes time & money
Reduces longevity
Alters the course for disease for better or worse
Makes one dependent on others

10 MOST COMMON CAUSES OF DEATH IN THE US:

Suicide 10

Kidney Disease 9

Influenza & Pneumonia 8

Diabetes 7

Alzheimer's 6

Stroke 5

Accidents 4

Chronic Respiratory Diseases 3

Cancer 2

1 CAUSE OF DEATH:

Heart Disease

The background is a dark blue gradient with faint, stylized technical graphics. On the right side, there is a large circular gauge or dial with numerical markings from 0 to 200. Below it, there are concentric circles and arrows, suggesting a circular flow or process. In the bottom left corner, there are more faint circular lines and arrows. The overall aesthetic is futuristic and technological.

SUPERBOWL

SUPERCOMPUTER

SUPERFOODS

SUPERNATURAL

SUPERNAL

SUPERFINE

SUPERPREVENTION



Being The Superager

MEDICAL NOBEL PEACE PRIZE WINNERS (2009)

Elizabeth Blackburn

Carol Greider

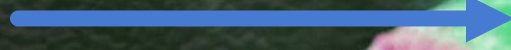
Jack Szostak

Discovered the role of telomeres and the enzyme telomerase.

TELOMERE: A KEY TO BE THE SUPERAGER

- A Region of Repetitive Nucleotide At The End of Each Chromosome (Caps)
- Protects the End of the Chromosome from Degeneration & Deterioration
- Prevents Its Fusion With Other Chromosomes.

TELOMERE



WHAT IS A TELOMERE?

- A Region of Repetitive Nucleotide At The End of Each Chromosome (**Caps**)
- Protects the End of the Chromosome from Degeneration & Deterioration
- Prevents Its Fusion With Other Chromosomes.

LONGER TELOMERE

Superager

Decrease Stress

Vegetarian/Vegan Diet

Healthy Diet/Superfoods

Better Physical Fitness

Medicines: KSM66,

TA65 & Astragalus

Plants

Meditation

SHORTER TELOMERE

Diseases & Disabled State

High Stress

Nonvegetarian Diet

Unhealthy Diet

Sedentary Lifestyle

Cancer

TELOMERASE

IS AN ENZYME THAT:

Repairs

And

Regenerates

Telomeres

FOODS CONTAINING TELOMERASE

- Folate-rich foods include: dark leafy green vegetables (spinach, broccoli, asparagus and Brussels sprouts), lentils and beans (pinto, black, navy and kidney); also found in fortified cereal and grain products, including enriched rice, breads, bagels and ready-to-eat cereals

POWER OF DIETARY DISCIPLINE



For Healthier Life

POWER OF DIETARY DISCIPLINE

For Better Health

1. Be sure to do the breathing / stomach exercises before meals.
2. Be free from bad habits and addictions keep less food available at home.
3. Choose only nutritious & healthy foods, preferably home cooked meals. Avoid high sodium and sugary foods and drinks. Always read the labels! Change the ingredients not the menu.
4. Observe one fast per week by observing Meatless Monday or Vegan's Wednesday or fruity Friday or eating one meal in 24 hours. May eat calorie free foods/drinks.
5. Have more free foods and negative foods at home.

POWER OF DIETARY DISCIPLINE

For Better Health

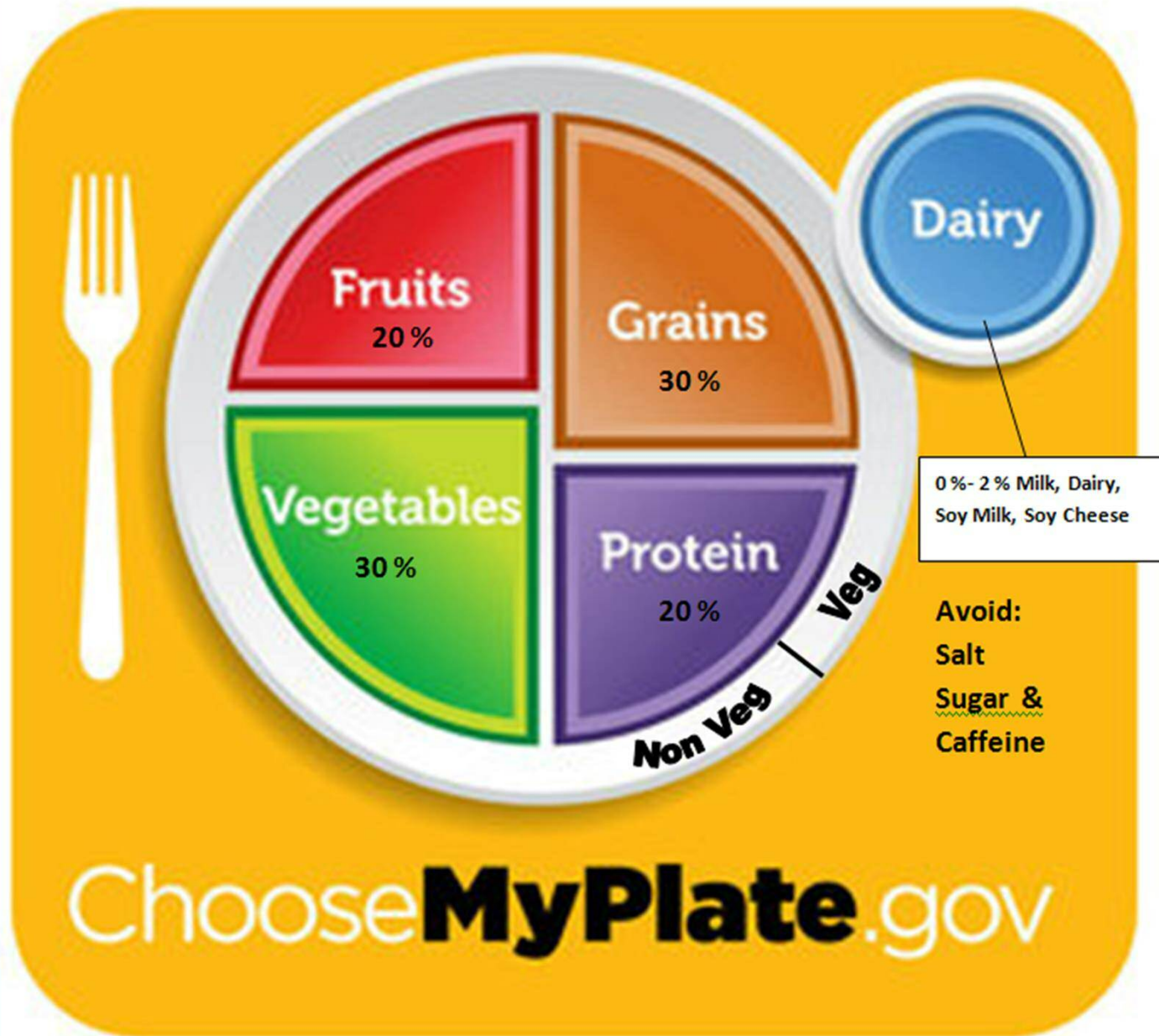
6. Include uncooked, raw food products in daily menu, such as vegetables, fruits, nuts, seeds, etc.
7. Do not eat anything in between meals. If one has to, then drink water (or juices, smoothies, eat fruits, vegetables.)
8. Eat one salad plate and one fruit plate every day. Instead of sweets, eat a fruit any time.
9. Drink one glass of fruit and vegetable juice every day. When making a smoothie, do not remove skin or seeds from the fruits and/or mixed vegetables.
10. Decrease the amount of processed foods.

POWER OF DIETARY DISCIPLINE

For Better Health

10. While eating, chew 60 times before swallowing and space out meals about six to eight hours. Drink solids and eat liquids.
11. Always leave some space in the stomach before getting up after the meal (remember there is always a next time to eat). ie: cut meal size to $\frac{2}{3}$ to $\frac{3}{4}$ size, such that there is no discomfort or uneasiness after a meal.
12. Allow ample time to eat the meal.
13. Avoid arguments and derogatory discussions during the meal. Make it a most pleasant event.

USDA RECOMMENDED DIET



VEGETARIAN CARDIAC DIABETIC DIET

1. **Mixed Nuts: One's Own Fistful Size Serving Daily. Rx**
2. **Soy Products: Green Soy Beans, Roasted Beans, Milk (Silk), Tofu, Ice Cream (Low Sugar), Chips, Cookies, Soy Cheese Etc. Rx**
3. **Drinks: Juice (All Natural), Milk, Silk, Fruitables, Vegetable Juice. Avoid: All Energy Drinks, Coke, Mountain Dew, Dr. Pepper, Red Bull, Monster, etc. See Caffeinated Foods List. Rx**
4. **Fruits- One Mixed Fruits Serving Daily. Vegetables- One Mixed Vegetables Serving Daily. Please Refer To Separate List. Rx**
5. **Cereal (Prefer Corn, Whole Wheat, Nuts, Oatmeal), Multigrain Bread Bars Are Okay As Long As Ingredients Are Right. Rx**
6. **Mixed Seeds: One Serving Daily. Rx**

VEGETARIAN CARDIAC DIABETIC DIET

7. Flax Seed= One Teaspoon Three Times A Day (Milled), May Add In Milk, Tea/Coffee, Top Of Ice cream & Use It As Spread Over The Bread With Fruit Jam. Rx

8. Protein: Beans Family, All Kathols

Black Eyed Peas, Chick Peas/ Chanaa, Green Beans, Lima Beans, Pigeon Peas, Mung, Muth, Toor, Adud(Urd), Etc. See Beans List. Veggie Burgers, Veggie Chicken, Veggie Hot Dog Etc. Rx

9. Dairy Products: Ice Cream: No Fat, No Sugar (Top With Mixed Nuts Or Flax Seed Powder)

10. Cake/Pie: Sugar Free, Soy Cheese

11. Mexican Foods: Only Beans, Soy Cheese, Fat Free Yogurt & Sauce As Preferred. Taco, Enchilada, Fajita, Tostada (Can Bewhole Wheat Tortilla)

VEGETARIAN CARDIAC Diabetic Diet

12. **Pizza: Avoid All Purpose Dough, Prefer Soy, 100 % Whole Grain Or Multigrain Dough, Soy Cheese, Mixed Vegetables & Fruits**
13. **Preferable Fats/Oils: Corn/Mazola, Smart Balance, I Cant Believe Its Butter, Canola, Sunflower, Olive, Peanut Etc.**
14. **Sweets: Avoid Saturated & Trans Fats Such As Ghee, Dalda, Dairy Creamer Etc. May Eat Anjeer & Dates Sweets With Fat Restrictions As Stated.**
15. **Read The Label Or Learn About All The Ingredients In Every Thing You Eat. Be Creative. Enjoy All The Foods As Long As They Are Healthy and fresh. Promise You Won't Die If You Don't Cater To Your Tongue.**
16. **Most Important Point To Remember: Avoid Carbohydrates By Reducing White Wheat And All Purpose Flour Products, Potato, Rice And Sugar.**

VEGETABLES WITH LOW CALORIES

(Free Foods)

Prefer to eat as part of weight loss diet. May eat raw or boiled.

ANISE

BELL PEPPERS (RED &
GREEN)

BITTER MELON

MUSHROOMS

BROCCOLI GREENS

BRUSSEL SPROUTS

CABBAGE

CAULIFLOWER

CELERY

CUCUMBERS

DILL WEED

EGGPLANT

ENDIVE

GREEN ONIONS

HORSERADISH

KALE

LEEK

LETTUCE

MUSHROOMS

MUSTARD GREENS

OKRA

ONIONS

RADDISH (RED & WHITE)

RHUBARB

RUTABAGA

SPINACH

TOMATILLO

TOMATOES

TURNIPS (RAW)

VEGETABLES WITH HIGHER CALORIES

ARTICHOKES

ASPARAGUS

BEANS

BEETS (COOKED)

BLACK EYED PEAS

CARROTS

CHICK PEAS

CORN

CHESTNUTS

GREEN BEANS

LIMA BEANS

OLIVES

PARSNIPS

PIGEON PEAS

PUMPKIN

SOY BEANS

SQUASH

SWEET POTATOES

TARO

WATER CHESTNUTS

WATERCRESS

WINTER SQUASH

YAMS

ZUCHINNI

FRUIT LIST

APPLE	DRAGONFRUIT
APRICOT	DURIAN
AVACADO	FIGS
BANANA	GRAPEFRUIT
BLACKBERRIES	GRAPES
BLUEBERRIES	GUAVA
BOYSENBERRIES	HONEYDEW
CANTALOUPE	JACKFRUIT
CHERIMOYA	KIWI
CHERRIES	LEMON
CRANBERRIES	LIME
COCONUT	DATES

LYCHEE	PERSIMMONS
MANDARIN ORANGES	PINEAPPLE
MANGO	PLUM
MULBERRY	POMEGRANATE
MUSCADINE GRAPE	PRUNES
NECTARINE	RAISINS
OLIVE	RASPBERRIES
ORANGE	STARFRUIT
PAPAYA	STRAWBERRIES
PASSION FRUIT	TAMARIND
PEACH	TANGERINE
PEAR	WATERMELON

MULTIGRAIN ALTERNATIVES FOR WHEAT, RICE AND CORN

Healthy Chips:

Terra brand original exotic vegetable chips (Walmart and other stores)

Terra brand original sweet potato chips (Walmart and other stores)

Popcorn Indiana brand Chipins popcorn chips (Walmart and other stores)

Kroger brand original sea salt multigrain chips (Krogers)

Archer Farms authentic style multigrain tortilla chips (Target)

Tostitos multigrain tortilla chips

Regenie's multigrain pita chips (Sam's club)

Crunchmaster multigrain crackers (Sam's club)

Breton multigrain crackers (Walmart)

MULTIGRAIN ALTERNATIVES

Cereals

Kellogg's Smart Start Cereal

General Mills Multigrain Cheerios

Hodgson Mill Multigrain Hot Cereal

Nature's Path Organic Multigrain

Oat Bran Flakes

Tortillas

Mission brand multigrain wraps

Mission brand multigrain flour tortillas

Flatout brand multigrain flatbread

MULTIGRAIN ALTERNATIVES

Bread

Pepperidge Farms Whole Grain 15 grain bread

Pepperidge Farms Light Style 7 grain bread

Pepperidge Farms Deli Flats 7 grain

Pepperidge Farms Ancient Grains multigrain bread

Earthgrains multigrain bread

Earthgrains 7 grain bread

Earthgrains multigrain thin buns

Sara Lee 100 % multigrain bread

Roman Meal multigrain bread, hotdog and burger buns

MULTIGRAIN ALTERNATIVES

Home made tortillas (rotis)

Mix a little whole wheat flour, corn, soy, gram (chickpea), urad (lentil), oat, spelt, barley, quinoa, flours with a little water and sunflower, grapeseed, corn, canola, or vegetable oil to make dough. May add chopped spinach, herbs, salt and spices for flavor. Roll out dough into tortillas and cook on stove top.

Available in Indian Grocery Stores: Sujata or Deep brand multigrain flour

Multigrain Pizza

LIST OF BEANS

SOURCE OF HIGH PROTEIN

ADZUKI BEANS

ANASAZI BEANS

BLACK BEANS

BLACK EYED-PEAS

BLACK TURTLE BEANS

BROAD BEANS (FAVA BEANS)

BUTTER BEANS

CALICO BEANS

CANNELLINI BEANS

CHICKPEAS (GARBANZO BEANS)

GREEN OR YELLOW PEAS (SPLIT OR WHOLE)

GREEN AND RED LENTILS

EDAMAME

GREAT NORTHERN BEANS

HARICOT BEANS

ITALIAN BEANS

KIDNEY BEANS

LENTILS

LIMA BEANS

MUNG BEANS

NAVY BEANS

PINTO BEANS

PINK BEANS

SMALL RED BEANS

SNAP PEAS

SOY BEANS

SPLIT PEAS

WHITE BEANS

ADAD

The beans category of foods should be a part of everyone's daily menu to improve protein intake. This approach would reduce carbohydrate intake, and is especially beneficial for diabetic patients.



SPICES/SEEDS AS SALT SUBSTITUTES

Ajwain Seeds (ajwain)

Asafoetida (hing)

Black Salt (kaala namak)

Cardamom (illaichi)

Cinnamon (taj)

Cloves (laving)

Coriander Seeds (dhana) and powder

Cumin (jeeru)

Curry Powder (limri powder)

Fenugreek Seeds (methi)

Fennel Seeds (variyali)

Garlic and Garlic Powder

Ginger Ginger Root (aadu) and Ginger Powder
(sooth)

Mace (javantri)

Mustard Seeds (rai)\

Nutmeg (jaiphul) and Nutmeg Seed

Onion and Onion Powder

Paprika (marchu)

Peppercorns - black pepper

Pomegranate Seeds (anardhana)

Poppy Seeds (khaskhas)

Saffron (kaesar)

Sesame Seeds (tal)

Star Anise (hagmo)

Tamarind (amli)

Tumeric (haldal)

Allspice- Jamaica pepper [tastes like a mixture of
mace, cloves, nutmeg, (javantri, laving,
jaiphul)]

Baking Powder (kharo, fatakali, makai lot,
calcium phosphate)

Caraway

Cayenne Pepper

Chipotle

Dill Seed

HERBS

AS SALT SUBSTITUTE

Indian Gooseberry (amlaa)

Basil

Bay Leaves (tej patta)

Chillis, Greens and Red (mirch)

Cilantro (dhana)

Curry Leaves (limri)

Dil (suva)

Holy Basi (tulsi)

Marjoram

Mint (foodi)

Oregano

Parsley

Peppermint

Rosemary

Savory

Thyme

Wintergreen

Watercress

Chives

Tumeric

Dill Herb

Horseradish

Liquoice

Lemon Grass

Sage

Spearmint



*Herbs and seasonings can be used as desired. To follow a low-sodium diet, be sure to read the labels and choose ones that do contain sodium or salt. Seasonings mixtures like Mrs. Dash may be used, if there is low salt content

Food Choices

Avoid	Watch	Eat
Smoking	Caffeine	Fruits/Vegetables Juices
Drinking	Salt	Detox Diet : Smoothies
Drug Abuse	Saturated and Trans Fats eg: ghee, coconut oil	Beans/Nuts/Seeds
Energy products	Carbs- Sugar, rice, potatoes and white wheat	Multi Grains
Appetite Suppressants	Meat	Low Fat Dairy
Fat Burners	Mega Vitamins	Yogurt/Probiotic
Hormones	Processed foods, MSG, GMO	Spices and herbs
		Negative/free foods
		Calcium + Vit. D3
		Multi Vitamins

DETOX DIET

- Toxins From outside & inside
- Diet that is free from toxins
- Diet that help clear the toxins in the body
e.g. Water, vegetables and fruits.
- Smoothies are a novel way to detoxify the system

AUTOPHAGY

- The Natural Biological Mechanism Where The Body Removes Toxins And Recycles Damaged Cell Components

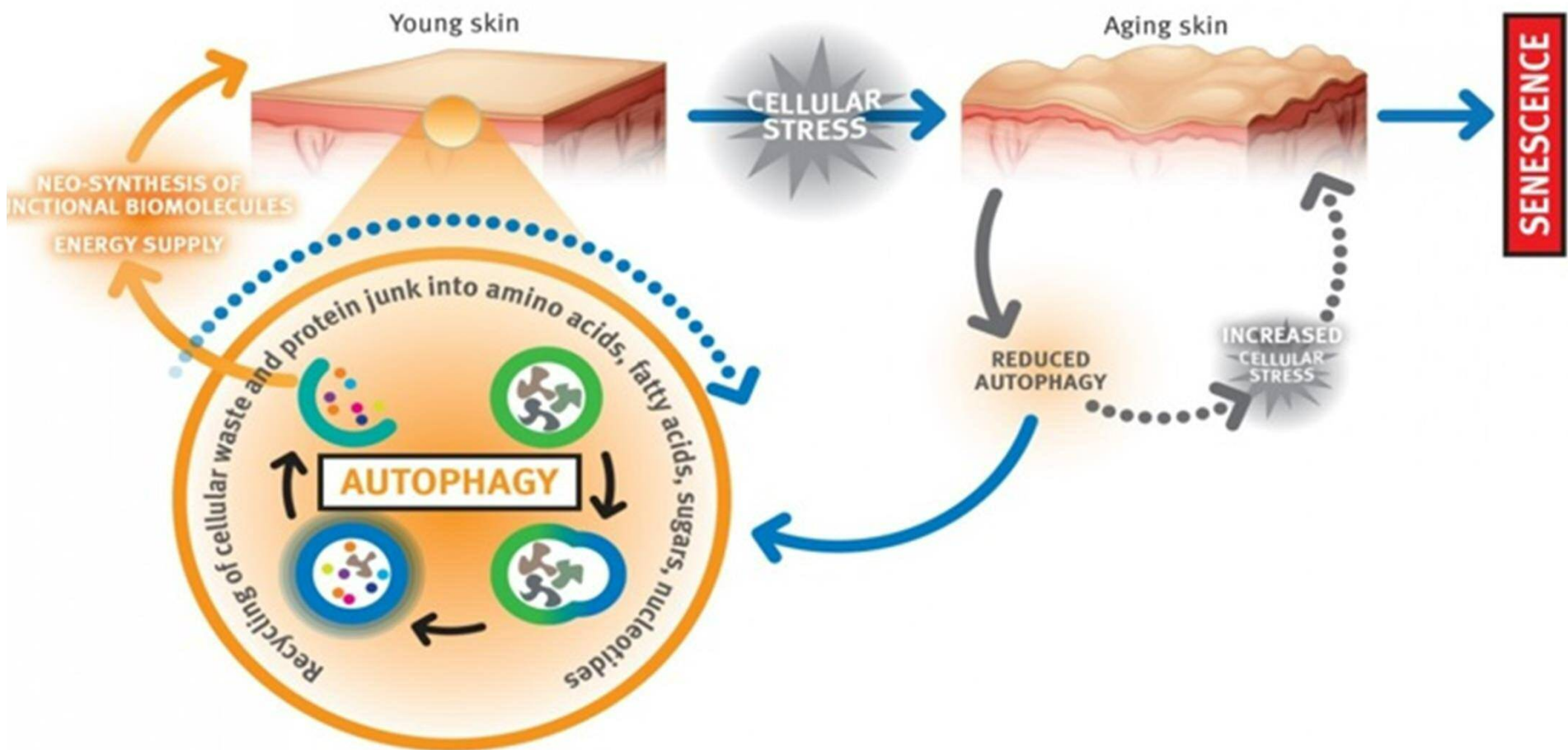
MEDICAL NOBEL PEACE PRIZE WINNERS (2016)

Yoshinori Ohsumi

Discovered the mechanisms of autophagy

AUTOPHAGY

Generic autophagy processes



HOW TO INDUCE AUTOPHAGY AND GAIN ITS BENEFITS:

- Fast Regularly: 12, 24 Or 36 Hour Fasts 2-5 Days A Week
- Exercise 20-45 Minutes Daily
- Reduce Carbohydrate Intake
- Get Enough Sleep And Maintain A Regular Sleep Schedule
- Try To Live Stress Free

BENEFITS OF AUTOPHAGY

- Helps To Improve Longevity
- Helps To Maintain Weight
- Helps Improve Cognitive Function
- Helps To Prevent Neurodegenerative Disease Like Alzheimers And Parkinsons
- Helps To Protect Against Heart Disease
- Boosts Immune System
- Helps Fight Cancer
- Helps Fight & Prevent Other Illnesses & Infections



ENJOYING THE BENEFITS OF SUPER FITNESS

Ability Counts



Not the disability

Achieve
Any Feat

By
Staying
Physically
Fit



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PEAK PERFORMANCE

WHAT DO WE MEAN BY KASARAT?

KASARAT

Ka	Ketli Vaar (Frequency)
Sa	Ketlo Samay (Time)
Ra	Ketla Rat (Engrossed)
T	Ketli Tivrata (Intensity)

FITNESS

F Frequent
I Intense
T Training
N Nurtures
E Endurance
S Strength & Stamina
S Spirituality

REWARDS & BENEFITS OF BEING PHYSICALLY FIT

- Weight loss
- Health improvement
- Improved efficiency in performance
- Able to participate in competitive sports
- Delayed aging
- Improved longevity

TYPES OF EXERCISERS

- Cardiopulmonary for Health Fitness
- Body Builders
- Rehabilitation after illness or surgery
- Competitive Sports like Olympians
- Professional Sports Athletes
- Recreational Players

TYPES OF ACTIVITIES

Without Equipment

- Walking, Jogging
- Swimming
- Dancing
- Tae-kwon-do
- Karate and Pilates
- Yoga/ Meditation
- Singing
- Sports

With Equipment

- Bicycle / Treadmill
- Elliptical
- Rowing Machine
- Weight Training
- Sports
- Gym Activities
- Vibration Fitness Machine

And Many More

HOW TO PLAN & PERFORM EXERCISES

Knowing basic data :

- Resting heart rate/ Blood Pressure
- Maximum Heart rate ($220 - \text{age}$)
- Prescribed maximum Heart Rate (HR)
- Peak HR/BP
- Recovery from peak to resting HR/BP
- BP response
- Breath Holding Time

HOW TO PLAN & PERFORM EXERCISES

Self Planning or Planning with Coach

- Getting doctors Rx
- Time of the day, total time
- Understanding & monitoring the program
- Make exercise program
- Checking basic data pre and post exercise
- Monitoring progress

COMMON EXCUSES

- Don't have time
- Don't have money
- Doing plenty of exercises at work
- Can't drive/Don't have transportation
- It's very hot and muggy
- It's raining all the time
- It's very cold winter and snowing
- Too long work hours
- Have to baby-sit kids

SOLUTIONS TO THE ALIBIS

- Do the exercise while sitting at work/home
- Do the exercise during travel in car/plane
- Do the exercise while sedentary
- Optimize exercise during devotional activity
- Exercise together with family/friends
- Develop a hobby in sports eg Tennis, Basket Ball, Volley Ball, Cricket, Swimming etc
- Find gyms with child care services

DISCIPLINE FOR PHYSICAL FITNESS PROGRAM

- Early to bed, early to rise.
- Develop a plan for daily exercises
- Play safe and avoid risks
- Know and monitor your vital data
- Know your limits
- Prefer to do it in a group or company
- Make it affordable
- Make it most enjoyable pursuit



TO LIVE YOUNGER

&

LONGER

LIVE RIGHT, BE FREE, BE ENERGETIC AND BE SMART
EAT HEALTHY FOR YOUR BODY, BRAIN AND HEART

