

**To remain immune from the diseases and to fight any chronic or acute diseases one shall give up the following items permanently as suggested in Naturopathy i.e. Treatment without medicines:**

- All Non-Vegetarian Foods including Eggs and Alcohol, Wine, Rum, Beer, Vodka, Tobacco in all forms, Pan Masala, All types of Aashav, etc.
- Milk and milk products like butter milk, butter, paneer, cheez, etc.
- White sugar and its products like Soft-drinks, Cold-drinks, chocolates, chocobars, lemonades, energy drinks, yoghurt, puddings packed with white sugar, Pedas, Barfis, Goolabjambu, Rasmalai, Jalebi, Rasgulla, Kalakand, Chandrakala, Malpoa, Chamcham, Malai chips, Sutarpheni, Balushahi, Other sweets containing white sugar, Jams, Jellies, Sugared goodies, Biscuits, Toffees, Sharbats, Colas, Peps, Soda-fonts, Cakes, Icing, Ice Creams, Horlics, Proteinex, Complian, Khadi Sugar, Patasa, Brown Sugar, Sugar Free, All artificial sweeteners, Readymade sausages, Custard powders, Gola, Ice-Candy, etc.
- Use Organic Gud (Jiggery) Only. Do not use refined Salt (Tata Namak, etc.), but use rock salt/sea salt.
- Vegetable Ghee=Hydrogenated Oil and its products like Pastries, Breads, Toasts, Kharis, Buns, Nankhatai, Kurkure, Fingers, Icing, Ice Creams, chocolates, chocobars, Pedas, Barfis, Goolabjambu, Rasmalai, Jalebi, Rasgulla, Kalakand, Chandrakala, Malpoa, Chamcham, Malai chips, Sutarpheni, Balushahi, Other sweets containing hydrogenated oil, etc.
- Refined Oil and its products like All farsan like Khakhara, Chivdas, Ganthia, Samosa, Kachori, Wafers, Chips, French fries, Vada, Bhajia, All fried snacks and farsan. Sabudana and all its preparations.
- Use Filtered or Double Filtered Oil Only. Tal, Coconut and Sarso are always filtered only.
- Tea, Coffee, Green/Black Tea, etc.
- Inno, Soda-by-Carb=Khavana Soda=Sodium bicarbonate, Aajino Moto=MSG-Mono Sodium Glutamate, Artificial colours/essences, Pickles, Papad, Preservatives, etc.