

Date: October 21, 2023

Dear Name

We hope you had a good counseling session with us. Based on our discussions, your medical reports, body terrain, needs of your body, and your preferences, we have curated a comprehensive Integrative Oncology Wellness Plan for you that we encourage you to follow to the core.

We understand that going through cancer may be overwhelming. At times, you may feel that certain situations are not in your favour. You may also find it a little difficult to adjust to a new lifestyle. However, we encourage you to please follow our Integrative Oncology Wellness Plan so that we can help you heal cancer in the most effective manner.

In case you ever feel that you need someone to talk to, someone to laugh with, someone to cry with, or someone to simply hear you, we are here for you and shall always be :)

If you feel that you are unable to follow our Integrative Oncology Wellness Plan or if it is too much for you, please do pick up the phone and call us on +91 99 3070 9000, or simply drop by. We would be happy to suggest you substitutes so that you can follow the Integrative Oncology Wellness Plan with pleasure and without any discomfort.

Let's heal together.

ZenOnco.io Integrative Oncology Wellness Plan:

Nourish Yourself

Anti-cancer food | Meal planner | Nutraceuticals | Herbs | Recipes

Rehab Care Pain Management | Physical therapy | Psychological support | Lifestyle changes Get Community Support Connect | Engage | Inspire | Learn | Experience | Heal

Stay Fit

Yoga | Exercise | Physio | Recovery | Strength training | Flexibility

Keep Calm

Mindfulness | Guided imagery | Relaxation | Emotional & Spiritual wellness

Create Healing Environment

Healthy kitchen | Ergonomics | Mindful library | EMF reduction

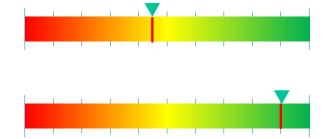
We encourage you to follow our personalized Integrative Oncology Wellness Plan that focuses on fix wellness pillars to heal you in a holistic manner.





Assessment of diet and nutrition levels

Previous diet plan before ZenOnco.io consultation



Unstructured diet plan.
Lacks anti-cancer and fiber-rich food.
Low water intake.

Current nutrition level

Protein levels in blood has increased. Please share latest reports for our detailed evaluation.

Positive features of previous diet plan:

• Only home-cooked food: Consistently avoided outside food since last 1 year.

Limitations in previous diet plan:

- Unstructured diet plan: Diet plan was not structured properly as multiple food varieties were mixed in one or two meals, instead of being properly spaced throughout the day.
- High gluten intake: We notice high gluten intake during lunch and dinner. Adopting a gluten-free diet helps in fighting against inflammation in body and also reduces chances of diarrhea, bloating and abdominal pain.
- High cow / buffalo milk intake: Milk fats increase abnormal blood coagulation; milk also contains sugar, which can trigger inflamation. Hence, cow / buffalo milk is specifically not recommended for cancer patients / survivors.
- Low appetite: Low appetite results in lack of a balanced diet, leaving out important nutrients, vitamins, minerals & fibers that are necessary for normal metabolism.
- Lack of healthy breakfast: Breakfast is completely missing currently. We recommend a well-balanced breakfast so that calories can be properly managed.
- Bed time snacks after dinner: Carefully planning a well-balanced dinner shall reduce the need for bed-time snacks, which are not considered to be healthy.
- Inappropriate mid-evening snacks: Mid-evening snacks are currently not planned properly. Carefully planning snacks during such hours along with a balance diet would improve health.
- Low consumption of fruits and vegetables: Ideal requirement is 2-3 servings of fruits and vegetables in a day. Previous diet lacked the ideal requirements.
- Low water intake: Water intake currently is only 1 to 1.5 liters every day. This should be increased to at least 2 to 3 liters every day to better flush out body toxins.



Important components for ZenOnco's recommendation:

- Properly planned meals: We have recommended a comprehensive diet plan with recommendations for every meal (including snacks). This ensures healthy and balanced meals throughout the day.
- Balanced diet: We have recommended a balanced diet that combines proteins, vitamins, nutrients, fibers, carbohydrates and healthy oils for overall wellness.
- Anti-cancer and fiber-rich food: We have recommended to include anti-cancer food (like seeds, berries, garlic and wheatgrass) and fiber-rich food in diet. We have also removed cancer-aggravating food from the earlier diet.
- Inclusion of fruits and vegetables: Fruits and vegetables are natural sources for vitamins and minerals, and are also good in fiber. We have included these in your diet plan.
- Hygiene maintenance: We have recommended key areas to focus on in the wellness pillar "Cancer-free your home" to maintain proper hygiene levels.
- Increase appetite: We have shared tips to increase appetite. We have also added calorie-dense foods in your diet plan (eg, seeds, nuts, dry fruits, berries), so that small amount of food can give large amount of energy.
- Increase haemoglobin levels: We have shared tips to increase haemoglobin levels. We have also added gardencress seeds, dates and beetroot in your diet plan that increases haemoglobin levels.
- We have also shared tips to overcome nausea, vomiting, and dizziness.
- Standardized serving sizes: 1 tsp = 5 ml; 1 tbsp = 15 ml; 1 cup = 100-150 ml/gm; 1 bowl = 200-250 ml/gm; 1 glass = 200-250 ml.

Access 1,000+ Anti-cancer recipes through the ZenOnco Cancer Care App: https://zenonco.io/download-app

Meal Planning Guide

At home

- Locate a health food store or health section in your supermarket. Be on the lookout for local farmers' market where you can
 purchase organic food.
- Stock your natural pantry with anti-cancer food and get rid of food that undermines your health.
- Use seasonings with anti-cancer herbs and spices.
- Enlist support of family members by explaining why you have chosen this diet as they might also have to face some changes in thier normal routine.
- If you are feeling ill, tell your close family members / caregivers to make appropriate meals or shop for you.

At restaurant

- Carry a copy of your Personalized Diet Plan so that it is easy for you to order healthy anti-cancer meals.
- Pick restaurants that have healthy eating choices.
- Order foods that have lots of healthy vegetables.
- Order foods that are made through healthy cooking methods.

At social gatherings

- If you are the host, plan a meal that resembles your diet with interesting dishes and taste.
- If you are not the host, always pick the best you can from the served dishes.

At work

• Bring meals from home.



Dietary Recommendations

- Drink herbal teas (made of lemon grass, mint leaves, basil leaves, kodo millet husk, coriander leaves etc).
- Palm jaggery to be used as a sweetener instead of sugar/jaggery/honey.
- Consume probiotics everyday (at least 10-15 billion CFU everyday) in the form of supplements, probiotic rice kanji, probiotic ambali, probiotic vegetable kanji pickle, coconut water kefir and other fermented foods. Fermented foods must be avoided when blood counts are low. For supplements, get a prescription from your oncologist or onco dietitian.
- Add coconut gratings or coconut milk to your diet. If you want to add them to a cooked item, add it at the end after the main
 dish has cooled off. Raw coconuts have the good cholesterol (HDL) but when heated, it turns into LDL. Avoid if you have high
 cholesterol levels.
- If you have to have ice cream, have it as a snack and not a dessert. An ice cream after a meal brings down the temperature in stomach by as much as 20 degrees for the next 30 minutes. So not only is it an improper combination, it also delays start of digestion by an hour in which time food sits and spoils in the stomach. Natural ice creams can be made by freezing fruit and pulping them with condiments like cardamom and thick coconut milk.
- Try consuming lemon and cinnamon water. Lemon helps cleanse the liver & cinnamon helps reduce inflammation; regulates blood sugar. This alkaline mixture washes off the morning acidity and promotes smooth bowels.
- Drink green juice in mid-morning or evening. 1 glass juice: 100 gms Carrot, Fistful blanched Spinach, 1tsp organic wheat grass powder) + 1 Seasonal Fresh Fruit (Apple/Orange/Sweetlime/Grapefruit/Guava/3-4 slices Papaya/ 2-3 slices Pineapple).
 Carrots are rich in carotenoids which help in liver detox & to boost immunity. Cholorophyll from wheat grass & spinach will help to improve energy & aid detox. Citrus fruits will help in boosting immunity.
- Use cold pressed coconut/Rice bran/sesame/sunflower/groundnut/Mustard Oil for Indian cooking, extra virgin olive oil to be added raw to salads.
- Don't keep more than 3-4 hours gap between each meal.
- Squeeze 1 lemon in 1L of water and drink it throughout the day. Also, squeeze few drops of lemon on meals. It is alkaline and helps with acidity. Avoid if raw foods are prohibited. Avoid if there are any mouth sores. Avoid if you are allergic to citrus foods.
- Include soaked dates, black raisins and figs in smoothies and shakes, as well as salads. If you have diabetes, these may raise your blood sugar levels if consumed in higher quantities. Check your sugar levels to know. If you are on a potassium-restricted diet, please avoid.
- Anti-oxidant rich and Vitamin C rich fruits should be included more in the diet.
- Use turmeric powder, garlic and ginger in every preparation possible.
- Use rock salt or pink salt instead of table salt.

Foods to Avoid

- Avoid whole-milk products (milk, butter, cheese). Instead, use A2 grass-fed cow milk and its products.
- Avoid fatty foods and fried food items.
- Avoid bakery products like biscuits, toast, pav, white bread, khari as these contain trans fat, saturated fat, baking soda that are not good for liver & heart.
- Avoid processed foods and refined sugar as it interferes with blood glucose level. Refined sugars trigger the release of inflammatory messengers that aggravate pain.
- Avoid too spicy & salty food like french fries, fried chips, spicy waffers, papads, pickles etc.
- Avoid acidic foods esp. starch that does not come with its own digesters. Like polished rice, white sugar, oil, processed foods, bleached flour (maida, semolina) and caffeine.



Tips to consider during Chemotherapy

- Stay Hydrated: Drink plenty of fluids, like soups, water, herbal teas, or coconut water to stay hydrated and flush out toxins.
- Whole Grains: Opt for whole grains like brown rice, quinoa, and oats for sustained energy without refined sugars.
- Plant-Based Proteins: Incorporate plant-based proteins such as beans, lentils, tofu, and nuts for muscle repair.
- A2 Milk or Vegan Milk: Use A2 milk or vegan milk alternatives like almond milk, peanut milk, soy milk for calcium and protein.
- Fresh Fruits and Vegetables: Consume a variety of fresh fruits and vegetables to boost antioxidants and essential nutrients.
- Fiber-Rich Foods: Choose high-fiber foods like whole grains, leafy greens, fruits, nuts dry fruits, flaxseed powder, and psyllium
- Small, Frequent Meals: Opt for small, frequent meals to improve nutrient intake and reduce nausea and maintain energy levels.
- Herbal Supplements: Consider ginger and turmeric supplements for their potential anti-inflammatory benefits.
- Limit Processed Foods: Avoid processed foods, sugary snacks, and artificial sweeteners to minimize inflammation.

Tips for Thyroid

- Goitrogens are compounds that may interfere with normal function of thyroid gland. Therefore, cruciferous vegetables (broccoli, cauliflower, cabbage etc) should always be eaten cooked, never raw. Soy-based foods must be in moderate amounts only, and never consume soy isolate supplements.
- Include sources of omega-3 fatty acids in your diet, such as flaxseeds, chia seeds, and walnuts. Ask your onco-dietitian to prescribe an Omega-3 supplement. Omega-3s have anti-inflammatory properties and may support thyroid health.
- Ensure adequate intake of calcium and vitamin D, as thyroid cancer treatments like surgery or radiation may affect calcium absorption and bone health.
- Incorporate fiber-rich foods like whole grains, legumes, fruits, and vegetables into your diet.
- Some individuals may experience changes in appetite and metabolism. Eating smaller, more frequent meals can help maintain energy levels and manage any digestive issues.

Tips to Overcome Nausea and Dizziness

- Have a warm cup of fresh ginger tea, or 1 tsp ginger juice with 1 tsp lemon juice.
- Boil fresh ginger in water with 1 tsp saunf (fennel seeds).
- Chew 3-4 fresh mint leaves or have 1 glass of water with mint leaves and 1 tsp lemon juice.
- Chew 2-3 cloves.
- Use spices like fennel seeds, cinnamon, or cumin seeds more often.
- Avoid spicy foods and large meals.
- Increase protein intake.
- Stay hydrated but avoid drinking water during meals.
- · Sit upright while and after eating.
- Take proper rest, relax your muscles, and focus on your breathing.
- Include vegetables like sweet potato, carrot, beetroot, broccoli, blanched spinach, cabbage, and cauliflower frequently.
- Focus on fruits like berries, grapes, oranges, and apricots.
- Squeeze 1-2 lemons in 1 litre of water and drink it throughout the day. Avoid if raw foods are prohibited. Avoid if there are any
- Use unrefined oil for cooking and add extra virgin olive oil to salads.
- Incorporate turmeric powder, garlic, and ginger into various preparations.
- Choose rock salt or pink salt over table salt.



Tips to Manage Loss of Appetite

- Opt for 5-6 small meals a day rather than 3 large ones. This can be less overwhelming and easier to manage.
- Sip on clear fluids throughout the day. Herbal teas, coconut water, or ginger tea can be soothing.
- Include a variety of colorful fruits and vegetables in your diet. They provide essential vitamins and minerals.
- Focus on nutrient-rich foods like avocados, nuts, seeds, and whole grains to maximize nutrition.
- Choose plant-based protein sources such as tofu, lentils, and beans to support muscle strength.
- If you consume milk, consider A2 milk or plant-based options like almond or soy milk.
- Nut butters like almond or peanut butter can be calorie-dense and easy to incorporate into meals.
- Big portions can be daunting. Stick to smaller servings and snacks.
- Incorporate herbs like basil and spices like turmeric to enhance flavor and stimulate appetite.

Tips to Increase Hemoglobin

- Include iron-rich plant-based foods like blanched spinach, kale, lentils, chickpeas, and fortified cereals in your diet.
- Consume foods rich in vitamin C like citrus fruits, strawberries, and bell peppers. Vitamin C enhances iron absorption.
- Snack on nuts and seeds like almonds, pumpkin seeds, and sunflower seeds, which are good sources of iron.
- Incorporate beans, lentils, and tofu into your meals. They provide both iron and protein.
- Regularly eat dark leafy greens such as broccoli, Swiss chard, and collard greens. They are rich in iron.
- Avoid the consumption of tea and coffee, especially around meal times, as they can inhibit iron absorption.
- Drink plenty of water to prevent dehydration, which can affect hemoglobin levels.
- If recommended by your healthcare provider, consider a vitamin B12 supplement or fortified foods like plant-based milk.
- Consume foods high in folate, such as beans (kidney beans, black-eyes peas, garbanzo), lentils, orange juice, peanuts, peas,
- turnip greens, asparagus, and Brussels sprouts.
- Add prickly pear juice to your diet, as it is known to increase hemoglobin levels as well as immunity.

Vegan Milk and Smoothie Recipes

- Make fresh coconut milk: Blend one coconut with 500 mL water, including its meat. Blend and filter.
- Sesame seed milk: Soak 100 gms of sesame seeds in 1 liter of water, grind to a fine paste (use the soaked water for grinding), and strain using a muslin cloth.
- Hemp seed milk: Soak 100 gms of hemp seeds overnight, blend in 1 liter of water, and filter. Note: You can alternatively replace coconut milk with hemp seed milk or sesame seed milk.
- Almond Milk: To make almond milk, soak 1 cup of almonds in water overnight, then blend them with 4 cups of water until smooth. Strain the mixture through a nut milk bag or fine strainer and store it in the refrigerator.
- Cashew Milk: For cashew milk, soak 1 cup of cashews in water for at least 2 hours, rinse them, blend with 4 cups of water until smooth, strain, and refrigerate.
- Oat Milk: To prepare oat milk, combine 1 cup of rolled oats with 4 cups of water, blend until smooth, strain through a fine strainer or cheesecloth, and store it in the refrigerator.
- Healthy Fat Smoothie: Take any of the above-mentioned milk (250 mL per person). Add ½ to 1 avocado, 1 spoon of flax seeds, sabja seeds, sunflower seeds, soaked almonds, walnuts, and 1 to 2 spoons of coconut oil. Blend the mixture.
- Healthy Green Smoothie: Take any of the above-mentioned milk (250 mL per person). Add 3 to 4 blanched spinach leaves, 3 to 4 leaves of pudina (mint), some dhania (coriander), 3 to 4 leaves of curry leaves, 2 betel leaves, a pinch of black pepper, a pinch of turmeric, a pinch of sendha namak (Himalayan salt), a pinch of cinnamon powder, some lime, and ½ avocado. Blend the mixture. Avoid the salt if you have hypertension.



Personalized diet plan

Period	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early	8:30 AM	1 glass of warm water +	1 glass of wheatgrass	1 glass of warm water +	1 glass of wheatgrass	1 glass of warm water +	1 glass of wheatgrass	1 glass of bottle gourd
morning (On		1 tsp of flaxseed powder	juice.	1 tsp of flaxseed powder	juice.	1 tsp of flaxseed powder	juice.	juice.
waking up)		(alsi) + lemon.	ĺ	(alsi) + lemon.	ĺ	(alsi) + lemon.		ĺ
3 17	8:30 AM	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.
Breakfast	9:00 AM	2 palm sized finger millet	1 bowl of vegetable ragi	2 palm sized veg jowar	1 bowl of vegetable	2 palm sized jowar,	2 palm sized veg jowar	1 bowl of vegetable
		(ragi) chilla + 1 tbsp of	vermicelli (sevaiya).	udad dal dosa + 1 tbsp of	quinoa.	bajra, besan thalipeeth	udad dal dosa + 1 tsp of	sprouts poha (brown
		mint (pudina) chutney.	\	coconut chutney + 1	'	with onion and coriander.	coconut chutney + 1	rice).
		" ,		bowl of sambhar with			bowl of sambhar with	'
				vegetables.			vegetables.	
Mid morning	11:00 AM	1 cup of 1 cup of green	1 cup of 1 cup of green	1 cup of 1 cup of green	1 cup of 1 cup of green	1 cup of 1 cup of green	1 cup of 1 cup of green	1 cup of 1 cup of green
		tea (ginger and lemon) +	tea (ginger and lemon) +	tea (ginger and lemon) +	tea (ginger and lemon) +	tea (ginger and lemon) +	tea (ginger and lemon) +	tea (ginger and lemon) +
		4 soaked almonds + 3	4 soaked almonds + 3	4 soaked almonds + 3	4 soaked almonds + 3	4 soaked almonds + 3	4 soaked almonds + 3	4 soaked almonds + 3
		soaked walnuts.	soaked walnuts.	soaked walnuts.	soaked walnuts.	soaked walnuts.	soaked walnuts.	soaked walnuts.
	11:00 AM	1 bowl of fruits.	1 bowl of fruits.	1 bowl of fruits.	1 bowl of fruits.	1 bowl of fruits.	1 bowl of fruits.	1 bowl of fruits.
Lunch	1:00 PM	1 bowl of beetroot, celery	1 bowl of beetroot and	1 bowl of sprouts, tomato	1 bowl of carrot and	1 bowl of mixed	1 bowl of quinoa and	1 bowl of cucumber,
		and avocado salad.	carrot salad.	and onion salad.	ginger salad.	vegetable salad (from list	spinach salad.	carrot and beetroot salad.
						later).		
	1:00 PM	1 bowl of rice-moong dal	2 palm sized ragi bhakri	2 palm sized herbed	2 palm sized roti made of	2 palm sized green pea	1 bowl of palak bajra	2 palm sized jowar
		vegetable khichadi.	+ 1 cup of dal + 1 cup of	onion capsicum roti + 1	jowar and onion + 1 cup	paratha + 1 tbsp of mint	khichdi + 1 bowl of	tomato chilla + 1 tbsp of
			cooked vegetable	cup of dal.	of dal + 1 cup of cooked	(pudina) chutney.	tomato kadhi.	mint (pudina) chutney.
			(preferably with onion		vegetable (preferably			
			and garlic).		with onion and garlic).			
Mid evening	4·00 PM	1 glass of ginger and	1 glass of cinnamon	1 glass of carrot,	1 glass of cucumber,	1 glass of carrot,	1 glass of bottle gourd	1 glass of cinnamon
iiii a o toiiiii g		mint juice.	drink.	beetroot & turmeric juice.	beetroot and ginger juice.	, ,	liuice.	drink.
		inint jaioo.		book out a tarmono jaioo.	book oot and ginger juice.	booti oot a tarmono jaioo.	julioo.	
	4:00 PM	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.	1 tsp of seeds.
	6:00 PM	1 cup of roasted channa	1 cup of makhana + 1	1 cup of roasted channa	1 cup of makhana + 1	1 cup of roasted channa	1 cup of makhana + 1	1 cup of roasted channa
		+ 1 piece of date and dry	piece of gud-chana	+ 1 piece of date and dry	piece of gud-chana		piece of gud-chana	+ 1 piece of date and dry
		fruit ball.	chikki.	fruit ball.	chikki.	fruit ball.	chikki.	fruit ball.
Dinner	7:00 PM	1 bowl of carrot and	1 bowl of pumpkin soup.	1 bowl of mushroom	1 bowl of mixed	1 bowl of bottle gourd	1 bowl of palak soup.	1 bowl of tomato and
		beetroot soup.		soup.	vegetable soup.	(dudhi) soup.		basil soup.
	7:00 PM	2 palm sized multigrain	2 piece of vegetable	1 bowl of vegetable dal	2 palm sized multigrain	1 bowl of steamed	2 palm sized muli	1 bowl of vegetable
		roti + 1 bowl of rajma.	multigrain bread club	khichdi.	roti + 1 cup of palak	vegetables (any	parantha + 1 bowl of dal	pulao.
			sandwich.		masoor dal + 1 cup of	vegetable from list	makhni.	
					cabbage sabji.	shared below).		
	7:00 PM	1 glass of luke warm	1 glass of luke warm	1 glass of luke warm	1 glass of luke warm	1 glass of luke warm	1 glass of luke warm	1 glass of luke warm
		water + 1 tsp of turmeric	water + 1 tsp of turmeric	water + 1 tsp of turmeric	water + 1 tsp of turmeric	water + 1 tsp of turmeric	water + 1 tsp of turmeric	water + 1 tsp of turmeric
		powder (haldi).	powder (haldi).	powder (haldi).	powder (haldi).	powder (haldi).	powder (haldi).	powder (haldi).



Food diary

Period	Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
morning (After waking up)	Breathing							
	Water / Juice							
	Seeds							
Breakfast	Main							
Mid Morning	Drink & dried fruits							
	Fruits / Smoothie							
Lunch	Salad							
	Main							
Mid evening	Juice							
	Seeds							
	Snacks & Sweets							
Dinner	Soup							
	Vegetables							
	Water							





Current assessment

Physical fitness



Very little physical activity currently.

Introduction

- We observe that you have lost 7 kgs of weight since September 2023. One of the reasons for this is consuming only fruits and juices.
- While we have recommended a well-balanced diet and nutrition plan for you to follow, we also urge you to focus on physical activities.
- It is important for you to exercise regularly. Regular moderate physical activity has following benefits:
 - · Reduces susceptibility to infections.
 - Minimizes protein loss that can harm your immune system.
 - Restores / maintains your muscle mass.
 - Improves quality of life.
- We shall focus on building muscle, reducing inflammation, and enhancing relaxation.
- For building muscle, you need resistance training through gentle workouts (eg, walking, isometric exercises using light weights).
- Rather than overemphasizing on continuous aerobic endurance training, we plan to focus on shorter sessions of 5 minutes each (or as you are able to).
- Include stretching before and after main workout sessions so that you do not experience excessive muscle tension / pain.
- Listen to your body; don't exercise if you're not feeling well.
- Exercise may not be advisable or be difficult in case of heart-damaging chemo drugs, infections or severe gastrointestinal
 reactions. Stop exercising during infection, fever, gastrointestinal problems or periods of excessive fatigue.

Exercise types suitable for you currently

- Start and end your workout regime with stretching. Few examples include (details given separately):
 - · Standing hamstring stretch
 - Triceps stretch
 - Butterfly stretch
 - Lunging hip flexor stretch
 - Knee to chest stretch

- Seated neck release stretch
- Sphinx post stretch
- Extended Puppy Pose
- Reclining Bound Angle Pose
- Standing Quad Stretch



- Focus on isometric strength exercises to build muscle. Few examples include (details given separately):
 - Plank hold
 - High plank
 - Isometric push-ups
 - Bent-over press against wall / Wall push-ups
 - Overhead hold
 - Shoulder raise

- Isometric Shoulder Flexion
- Wall sit
- Weighted calf raise
- Glute bridge
- Quadruped
- Chest squeeze





Current assessment

Emotional wellness



Signs of stress, but willing to work on it.

Cancer treatment often brings about changes in a person not only on the physical level, but also on the emotional front. It provides us an opportunity to revisit our old belief system and habits, so that we can incorporate new positive changes in life.

On the basis of this, we have recommended important lifestyle changes for you. It is important that you follow the same with complete willpower.

Remember, journey of a thousand miles begins with a single step, and let this be your first step.

Accordingly, please see few assignments and tips below for you to reduce stress and focus on your healing.

Deep Breathing

Introduction & tips

- Take a deep breath in. Then let it out. You may notice a difference in how you are feeling already.
- Your breath is a powerful tool to ease stress and make you feel less anxious.
- Some simple breathing exercises can make a big difference if you make them part of your regular routine.
- Many breathing exercises take only a few minutes. When you have more time, you can do them for 10-15 minutes or more to get even greater benefits. This can be done twice a day.
- Before you get started, keep these tips in mind:
 - Choose a place to do your breathing exercise. It could be in your bed, on your living room floor, or in a comfortable chair.
 - Don't force it. This can make you feel more stressed.
 - Try to do it at the same time at least thrice a day.

Methodology

- Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.
 - Step 1: Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
 - Step 2: Breathe in through your nose. Let your belly fill with air.
 - Step 3: Breathe out through your nose.
 - Step 4: Place one hand on your belly. Place the other hand on your chest.
 - Step 5: As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
 - Step 6: Take three fuller, deep breaths. Breathe fully into your belly as it rises and falls with your breath.



Assignment: Meditation

Introduction

- Meditation is a simple technique that, even if practiced for as few as 10 minutes each day, can help you reduce stress, decrease anxiety, improve cardiovascular health, and achieve a greater capacity for relaxation to maintain a healthy lifestyle.
- With practice, meditation becomes both more of an easy habit to maintain and more of an effective one as well, given that it builds resilience to stress over time.

Methodology

- Step 1: Get in a comfortable position:
 - Choose where and how you will sit. Many people like to sit in a comfortable chair while others prefer to sit cross-legged on the ground. You want to be able to completely relax while still staying awake.
 - Ensure that your posture is correct. It is easier to stay awake through long meditations if your back is straight.
 - If you feel your shoulders slump while meditating, simply straighten back up. A straight back will also prevent soreness during longer meditations.
 - If you choose to sit in a chair, sit toward the front of the seat and place your feet firmly on the floor. This will improve your posture and help you concentrate on your practice.
- Step 2: Close your eyes gently:
 - When you are in a comfortable position, look into the distance with a soft gaze, then slowly lower your lids. Keep
 your jaw slack and slightly open as well. You want to relax all of your facial muscles.
 - Do not squeeze your eyes tight. If you feel your face tighten, slowly open your eyes, refocus on that soft gaze and lower them again.
 - At this stage, your goal is to relax every part of your body. If you feel some tension in certain parts of your body, take a deep breath and allow yourself to relax.
- Step 3: Clear your mind:
 - This is the part of meditation that takes the most practice and it can cause the most frustration. Keeping your
 mind clear is the most important and most challenging aspect of the practice. Learning to do this during your
 meditation practice can help you to let things go in the rest of your life as well.
 - The idea is to stay unattached to any kind of thoughts. If the inner narrative voice in your mind speaks up, gently "shush" it and opt for internal silence. The goal is to recognize the thought then mentally tell it to go away (even if for just a second before the next one pops up).
 - Do not be discouraged if you cannot clear your thoughts completely. Our minds are constantly filled with
 thoughts and even the most experienced meditators must silence their inner voices. Recognize the thought then
 mentally tell it to go away (even if it is just for a second before the next one pops up).
- Step 4: Keep going:
 - That's it, really! Keep letting go of any thoughts that may pop into your mind. The quiet spaces between thoughts will become longer and more frequent the longer you practice.

Additional resources

- YouTube Link 1: https://www.youtube.com/watch?v=YjMed9F2Ng4
- YouTube Link 2: https://www.youtube.com/watch?v=mAtSluTSx90



Guided imagery

- This stress-reducing technique combines deep breathing and meditation.
- As you practice deep breathing, imagine a peaceful scene or setting, perhaps from a memory.
- Once you are relaxed, you can create a "wakeful dream" in which, for example, you envision pain being washed away or your body becoming stronger.
- Many people practice guided imagery exercises while listening to recordings of ambient sounds. These are usually music or sounds from nature, such as waterfalls or ocean waves. Sometimes just listening to ambient sounds is enough to relax your mind and briefly transport you emotionally to a place in which you feel more safe and secure.

Self-healing Affirmations

Introduction

- Our body has immense self-healing capacity. By reciting the below self-healing affirmation, you can tap into the same to heal
 yourself.
- However, you should not only read the affirmation, but you should also feel the words, talk to yourself and your organs.
- Start the healing with a smile, gratitude and prayer.
- Feel and understand parts of your body, and befriend them so that they benefit from your healing journey.
- Invite divine cosmic energy in the form of white bright light from your crown chakra (ie, top of your head). Imagine this is flowing into your body, touching and healing every cell, flowing from head to toes and blessing the mother Earth.
- Recite the below self-healing affirmation with consciousness to invite the purity and release all forms of impurities leading to a complete life transformation.

Self-healing affirmation

To the Supreme Being, flood me with your healing and purifying light.

I forgive all those who have caused me injury or pain;

I release all the hurts.

I am at peace and filled with love, my whole being is becoming healthier and healthier every day, in every way, I am getting better and better.

> God is merciful. God is almighty.

He is healing me of all my ailments, in full faith and in deep gratitude.

So be it.

- Master Choa Kok Sui



Music therapy

- It is scientifically proven that music has strong healing capacity. Music therapy decreases pain perception, reduces the amount
- We recommend you to play a soothing music of your choice to cleanse the environment at home. You could play music as Music link: https://www.youtube.com/watch?v=5QygwOCNITg

Tips to sleep well

- Inhaling frankincense oil before sleep helps induce sleep better.
- Don't consume caffeine late in the day.
- Reduce irregular or long daytime naps to 30 mins only.
- Try to sleep and wake at consistent times.
- Optimize your bedroom environment adjust your favorable temperature, light, noise, etc.
- Relax and clear your mind in the evening by playing your favourite song or simply writing down whatever is going on in the mind.
- Take a relaxing bath or shower by just applying salt over body for 10 mins and then having shower with warm water.
- · Get a comfortable bed, mattress and pillow.
- Don't drink any liquids before 2 hrs to your sleeping time as you might have to get up for washroom which will disturb you.
- Acupuncture, Qi Gong and massage helps in sleeping better.
- An hour before bed, boil some water, pour it into a large bowl, add 5-10 drops of pure eucalyptus oil or 1 drop peppermint oil, cover your head with a towel and inhale steam for 5 mins. Gentle, inhale deeply and exhale slowly.
- A cup of chamomile tea an hour before bedtime helps sleep better.

Tips to manage stress

- Avoid scheduling back-to-back meetings / calls. Use a day planner, your phone, or an online calendar to keep track of appointments and activities.
- Be aware of your limits. If you do not have the time, energy, or interest when people ask you to take on tasks, it is okay to
 politely refuse. Do not feel guilty over saying no.
- Prioritize your tasks, and focus on urgent as well as important things.
- Focus on the things that matter most. At work, do not volunteer for projects that would make your workload unmanageable.
- Break down large tasks into smaller steps. This process can make seemingly overwhelming problems easier to handle.
- Take out time for things that makes you happy (for eg, playing games).
- Meditate and do yoga at least 5 times in a week. If yoga is not preferred, please do stretching exercises.
- Take aroma oil / lotion massage at least once a week.
- Simply talking to a friend or a psychologist reduces stress and anxiety.
- Listen to your favorite music to relieve stress.





Spend more time with nature

- Add a 30-mins stop for walking in a park / other natural area when heading out for regular chores like shopping.
- Do regular activities like eating, reading, playing, exercising in nature.
- Join or create a group who can participate in regular outdoor activity together.
- If required, learn about the trees, animals, flowers, birds, etc in your area so that you are more engaged and less fearful.
- Bring some plants and pets (eg, fish & birds) in your house.

Expose yourself to proper lighting

- Exposure to bright light should be increased in morning, and reduced in evening.
- Avoid using electronic devices at least 30 mins before bed time.
- If you use a night light, prefer red or amber colors over white.
- Use "blue light filter" on your phone in evenings / nights.
- Prefer LED bulbs over compact fluorescent bulbs.

Breathe in clean air

- Reduce use of products that pollute air for eg, air fresheners, insect repellants, plastic items, cleaning products containing chlorine, ammonia or solvents, etc.
- Limit indoor smoke and particulates:
 - · Limit burning of candles and aggarbattis.
 - · Use ventilator or exhaust fan when cooking.
 - Print in a ventilated area, and move away from printer while printing.
 - Use an air filter, if required.
- Remove dust in house with a wet cloth.
- · Reduce off-gassing from products:
 - Reduce use of plastic items.
 - Avoid using furniture and mattresses with polyurethane foam.
 - Prefer wool rugs and hard floor over carpets.
 - Don't keep cleaning products in living spaces.
 - Use non-toxic paint.
- Periodically clean air conditioners, heaters and fans.
- Reduce excess moisture in home. Fix leaks and ventilate damp areas such as bathrooms, kitchens and laundry areas. Arrange for professional inspection of walls and ceilings for any fungus (mold).
- Ventilate your surroundings. Keep windows open for some time everyday.
- Check for cracks and gaps that allow seepage into your home.
- Plants like aloe vera, spider plant and snake plant act as good natural air purifiers.
- Avoid traveling in high-traffic to reduce exposure to outdoor air pollution.
- · Remove shoes before entering home.



Drink clean water

- Use a water purifier (Reverse Osmosis with Remineralizer) for drinking water.
- Use shower filters for water for bathing, brushing teeth and washing hands.
- For plants grown at home for consumption (eg, wheatgrass), use filtered water.

Cookware, tableware and food storage

- Use cookware made from cast iron or high quality stainless steel. Avoid non-stick cookware and low quality stainless steel cookware.
- Cook on low heat. Avoid burning, barbecuing and boiling your food. Avoid cooking at high heat.
- · Avoid colored glass; use clear glass instead.
- Use ceramic or clear glass tableware and stainless steel cutlery. Avoid plastic tableware.
- Use glass or metal food containers to store food and water. Avoid plastic storage containers.

Reduce plastic, BPA and other chemical compounds

- Avoid food and beverages packed in containers containing BPA, including plastic bottles and steel cans.
- Use glass or metal containers (instead of plastic) to store water and food.
- Find alternatives for all plastic items at home and office especially those that contain food or are heated.
- Alternatives to plastic include:
 - Cookware and storage: Ceramic, glass, wood or metal dishes.
 - Curtains and doors: Fabric shower curtains or glass shower doors.
 - Clothing and fabric: Wool, cotton, bamboo and hemp clothing and fabrics instead of polyester or nylon.
- Reduce amount of needless plastic, such as plastic grocery bags and superfluous packaging.
- Avoid heating plastic in microwave oven. Washing plastic in hot water also degrades plastic.
- Avoid cleaning products and cosmetics that contain chemicals, including solvents. Solvents usually end with -ol, -one, -ene or ane. For eg, acetone, benzene, hexane, methanol, turpentine.
- If you are using solvent-based cleaners, open a window or use an exhaust fan when using it and store in tightly-closed containers away from living space.

Be careful while choosing personal care products

- Use soap, shampoo and conditioner sparingly.
- Use natural lotions, moisturizers, and lip balm.
- Use organic products for female hygiene.
- Avoid anti-bacterial hand soap, since common ingredient triclosan interferes with regulation of hormones.
- · Avoid using anti-perspirant.
- Replace body spray, perfume and cologne with essential oils.
- Look for cosmetics and personal care products that do not contain solvents.



Limit exposure to radiation

- Protect your skin from excess sunshine and limit exposure from 10 am to 3 pm.
- Keep distance from microwave ovens when they are heating.
- Keep distance from printers when printing.
- Turn off lights and electrical devices when not in use.
- Keep phone away from you while you sleep.
- If possible, carry your phone a few inches away from your body (eg, in a bag).
- If possible, use a wired headset or keep phone on speaker when using it.
- Avoid calls in moving vehicles or in places with poor network (eg, elevators).
- Keep phone in airplane mode when not in use.
- If you are situated near cell towers, use EMF window shielding and shielding paint.
- If possible, switch off WiFi, and use ethernet cables instead.





Connect with other patients, survivors, caregivers, doctors and healers

Support groups bring together people who are going through or have gone through similar experiences. It provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments.

For many people, a health-related support group fills a gap between medical treatment and the need for emotional support. A person's relationship with a doctor or other medical personnel may not provide adequate emotional support, and a person's family and friends may not understand the impact of a disease or treatment. A support group among people with shared experiences may function as a bridge between medical and emotional needs. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another better.

We shall be happy to connect you with patients, survivors and caregivers who have gone through the same healing journey as you are currently going through. Such connections shall also be helpful in providing information that may be relevant to you. We want to build a social support network around you and want you to benefit from healing journey of our other friends.

We want you to know that you are not alone, and the world is with you on your healing journey. Never give up.

Let's heal together:)





Home remedies to manage Nausea & vomiting

- Ginger Tea or Chewing Ginger: Boil a piece of ginger in water for 10-15 minutes to make tea, or chew on a small piece of fresh ginger. Known for its antiemetic and anti-inflammatory properties.
- Peppermint Oil or Tea: Inhale peppermint essential oil from a cloth, or sip on peppermint tea. Peppermint is known for its ability to relax stomach muscles and improve the flow of bile.
- Deep Breathing: Take deep breaths, inhaling through the nose for a count of three, holding for a count of three, and exhaling through the mouth for a count of three. Deep breathing is known to activate the parasympathetic nervous system and reduce nausea.
- Lemon Water or Inhalation: Add a slice of lemon to a glass of water and sip slowly, or inhale the aroma of lemon essential oil. Lemon is known for its refreshing scent and antiemetic properties.
- Acupressure or Wrist Bands: Apply pressure to the inner wrist, about two and a half finger widths down from the wrist crease, or wear acupressure wrist bands. This technique is known to interfere with nerve signals that induce nausea.
- Cold Compress: Place a cold compress or ice pack wrapped in a cloth at the back of your neck for a few minutes. This is known for its soothing and temperature-regulating effects that may alleviate nausea.
- Chamomile Tea: Steep a chamomile tea bag in hot water for 5 minutes and sip slowly. Chamomile has anti-inflammatory, antioxidant, and astringent properties.
- Rice Water: Boil 1 cup of rice in 2 cups of water, strain, and drink the remaining water. Rice water is a bland fluid that may ease stomach irritation.
- Sports Drinks: Sip on a sports drink rich in electrolytes. This is beneficial for rehydration, especially if you've been vomiting.
- BRAT Diet: Consume a diet of Bananas, Rice, Applesauce, and Toast. These foods are bland and easy on the stomach.
- Cinnamon Tea: Boil a cinnamon stick in water for 10 minutes and sip slowly. Cinnamon has antiemetic and carminative properties.
- Coconut Water: Drink coconut water to rehydrate. It is rich in electrolytes and is gentle on the stomach.
- Fennel Seeds: Chew a teaspoon of fennel seeds or boil them in water to make tea. Fennel aids in digestion and may relieve nausea.
- Apple Cider Vinegar: Mix 1 tablespoon of apple cider vinegar in a glass of water and sip slowly. It may help in settling the stomach.
- Cloves: Chew on a couple of cloves or add clove oil to a glass of warm water and sip. Cloves have antiseptic and anesthetic properties.
- Lavender Oil Inhalation: Inhale lavender essential oil by adding a few drops to a cloth or bowl of hot water. Lavender is known for its calming and soothing properties.
- Vitamin B6 Supplements: Take Vitamin B6 supplements as directed on the package. Vitamin B6 has been studied for its potential to relieve nausea, especially in pregnancy.
- Saltine Crackers: Eat some saltine crackers, which are bland and may help absorb stomach acids.
- Stay Upright: Sit up and avoid lying down as much as possible. An upright position aids in digestion and can reduce the backflow of acid that might cause nausea.
- Fresh Air: Step outside or open a window to get some fresh air. Fresh air and good ventilation can sometimes help relieve nausea.



Home remedies to manage Constipation

- Water: Drink at least 8 cups of water daily. Proper hydration can help soften stool and stimulate bowel movements.
- Fiber-Rich Foods: Incorporate fiber-rich foods like fruits, vegetables, and whole grains into your diet. Fiber helps add bulk to stool, making it easier to pass.
- Prunes: Eat 4-5 prunes or drink a glass of prune juice. Prunes contain both fiber and a natural laxative called sorbitol.
- Exercise: Engage in at least 30 minutes of moderate exercise daily. Physical activity can stimulate bowel movements.
- Probiotics: Take probiotic supplements or eat probiotic-rich foods like yogurt. Probiotics can help balance gut bacteria, aiding digestion.
- Flaxseeds: Add a tablespoon of ground flaxseeds to a glass of water and drink. Flaxseeds are high in fiber and can aid in digestion.
- Olive Oil: Take 1 tablespoon of olive oil on an empty stomach in the morning. Olive oil acts as a natural lubricant for the digestive system.
- Lemon Water: Mix the juice of one lemon into a glass of warm water and drink it on an empty stomach. Lemon water can stimulate the digestive system.
- Caffeinated Coffee: Drink a cup of caffeinated coffee. Caffeine can stimulate the muscles in the digestive system.
- Herbal Teas: Drink herbal teas like peppermint or chamomile. These can help relax gastrointestinal muscles, aiding digestion.
- Epsom Salt: Dissolve 1-2 teaspoons of Epsom salt in a glass of water and drink. Epsom salt can soften the stool and make it easier to pass.
- Ginger or Turmeric Tea: Brew a tea using ginger or turmeric. Both of these roots can help stimulate digestion and relieve constipation.
- Abdominal Massage: Use your hands to gently massage your abdomen in a circular motion. This can help stimulate bowel
 movements.
- Fennel Seeds: Chew on a teaspoon of fennel seeds after meals or make fennel tea. Fennel can act as a natural laxative.
- Aloe Vera Juice: Drink a cup of aloe vera juice. Aloe has natural laxative properties.
- Baking Soda: Mix 1 teaspoon of baking soda in a quarter cup of warm water and drink quickly. Baking soda can act as an antacid and help in moving the stool.
- Apple Cider Vinegar: Mix 2 tablespoons of apple cider vinegar into a large glass of water and drink. Vinegar can help to stimulate the digestive system.
- Castor Oil: Take 1-2 tablespoons of castor oil on an empty stomach. Castor oil acts as a stimulant laxative.
- Oranges: Eat an orange or drink fresh orange juice. Oranges are high in fiber and vitamin C, which can aid in digestion.
- Warm Milk: Drink a glass of warm milk before bed. For some, warm milk can help stimulate bowel movements.



Home remedies to manage Mouth Sores

- Salt Water Rinse: Dissolve 1 teaspoon of salt in 1 cup of warm water. Swish the solution in your mouth for 30 seconds and spit it out. Known for its anti-inflammatory and bacteria-killing properties.
- Cold Compress: Wrap some ice cubes in a cloth and gently press against the sore for a few minutes. Effective in reducing swelling and numbing the area.
- Baking Soda Paste: Make a paste using 1 teaspoon of baking soda and a few drops of water. Apply the paste directly to the sore for a few minutes before rinsing it off. Has antibacterial properties and can neutralize acids.
- Honey: Apply a small amount of pure honey directly onto the sore. Leave it on for a few minutes before rinsing. Antibacterial and can soothe the sore.
- Coconut Oil: Use a cotton swab or your finger to apply a small amount of virgin coconut oil directly to the sore. Known for its anti-inflammatory and antimicrobial properties.
- Aloe Vera Gel: Apply a small amount of Aloe Vera gel directly to the sore and let it sit for a few minutes before rinsing. Has antiinflammatory properties and promotes healing.
- Chamomile Tea Bag: Steep 1 chamomile tea bag in hot water, let it cool a bit, and then place the bag on the sore for a few minutes. Has anti-inflammatory, antioxidant, and astringent properties.
- Milk of Magnesia: Dab a small amount of Milk of Magnesia onto the sore using a cotton swab and allow it to sit for a few minutes before rinsing. Known to reduce pain and promote healing.
- Clove Oil: Mix a few drops of clove oil with a carrier oil (like olive oil). Apply the mixture to the sore using a cotton swab. Natural painkiller and contains eugenol.
- Apple Cider Vinegar: Dilute 1 tablespoon of apple cider vinegar in 1 cup of water. Use the solution as a mouth rinse, swishing it around for 30 seconds before spitting it out. Has antibacterial properties and is acidic.
- Tea Tree Oil: Mix a few drops of tea tree oil with water and use a cotton swab to apply to the sore. Known for its antiseptic and antibacterial properties.
- Echinacea: Make Echinacea tea by steeping leaves in hot water and use as a mouth rinse. Known for its immune-boosting and anti-inflammatory properties.
- Zinc Lozenges: Suck on a zinc lozenge as directed by its packaging. Zinc is known for its immune-boosting properties.
- Witch Hazel: Apply witch hazel to the sore with a cotton swab. Known for its astringent and healing properties.
- Lysine Supplements: Take lysine supplements as directed on the package. Lysine is known to inhibit the growth of viruses that cause sores.
- Oregano Oil: Dilute a few drops of oregano oil in a carrier oil and apply to the sore with a cotton swab. Known for its antiviral and antibacterial properties.
- Goldenseal Mouthwash: Prepare a mouthwash with goldenseal extract and water, and rinse your mouth with it. Known for its antiseptic and healing properties.
- Licorice Root: Chew on a piece of licorice root or apply licorice root extract to the sore. Known for its anti-inflammatory and soothing properties.
- Turmeric Paste: Make a paste of turmeric and water and apply to the sore. Known for its anti-inflammatory and antibacterial properties.
- Black Tea Bag: Steep a black tea bag in hot water, let it cool, and apply to the sore for a few minutes. Contains tannins that are known to help tighten tissues and relieve soreness.



Home remedies to manage Anemia (low red blood cell counts)

- Iron-rich Foods: Iron is crucial for hemoglobin production. Consume iron-rich foods like spinach, lentils, prickly pear fruit and more green vegetables.
- Vitamin C: Eat foods high in vitamin C, like oranges and strawberries, to enhance iron absorption.
- Folate-rich Foods: Include foods like avocados, bananas, and legumes that are high in folate. Folate is vital for red blood cell formation.
- Beetroot Juice: Drink a glass of beetroot juice daily. Beetroot is high in iron and folic acid, which can help improve RBC count.
- Blackstrap Molasses: Add a tablespoon of blackstrap molasses to a glass of warm water and drink it. High in iron, vitamin B6, and magnesium.
- Pomegranate Juice: Consume a glass of pomegranate juice daily. It's rich in iron and other minerals like copper and potassium.
- Nettle Tea: Brew nettle tea by steeping 1-2 teaspoons of dried nettle leaves in hot water for 10 minutes. High in iron.
- Fermented Foods: Include fermented foods like yogurt and kefir. They contain beneficial bacteria that can aid in nutrient absorption.
- Copper Water: Store water in a copper vessel overnight and drink it the next morning. Copper is essential for the body to absorb iron.
- Exercise: Engage in regular, moderate exercise to stimulate the production of red blood cells.
- Iron Supplements: Take iron supplements as directed by your healthcare provider. Make sure to consult a healthcare provider for the right dosage.
- Pumpkin Seeds: Consume a handful of pumpkin seeds daily. They are rich in iron.
- Sesame Seeds: Make a paste of sesame seeds and honey and consume it. Sesame seeds are another good source of iron.
- Dates and Raisins: Eat a combination of dates and raisins. Both are good sources of iron and other essential nutrients.
- Leafy Greens: Include a variety of leafy greens like kale and collard greens in your diet. These are high in both iron and folate.
- Whole Grains: Eat whole grains like whole-wheat bread and brown rice. These foods contain iron and other essential nutrients.
- Legumes and Lentils: Incorporate various legumes and lentils into your meals. These are excellent non-heme iron sources and also provide essential proteins and fibers.



Home remedies to manage Neuropathy (nerve pain)

- Alpha-Lipoic Acid: Take 600-800mg of alpha-lipoic acid supplements daily, unless otherwise directed by your healthcare
 provider. Known for its antioxidant properties, it may relieve neuropathy symptoms by protecting nerves.
- Capsaicin Cream: Apply a capsaicin 0.075% cream to the affected area 3-4 times a day. It can provide temporary relief from nerve pain by desensitizing nerve endings. May cause initial burning sensation.
- Vitamin B-12: Take a daily supplement of at least 2.4mcg of Vitamin B-12, or eat foods rich in B-12 like fish and dairy. B-12 is crucial for nerve function and can alleviate some neuropathic symptoms.
- Acupuncture: Book sessions with certified acupuncture practitioners. Acupuncture may stimulate the body's natural painkillers
 and improve blood flow, potentially relieving nerve pain.
- Magnesium: Take 300-400mg of magnesium supplements per day, as directed. Magnesium is essential for nerve and muscle function and may relieve muscle spasms often associated with neuropathy.
- Warm Bath: Soak in a warm bath with 2 cups of Epsom salt for about 15-20 minutes. The warm water improves circulation and the Epsom salt, rich in magnesium, may relieve muscle tension.
- Turmeric: Incorporate 1-2 teaspoons of turmeric powder in your daily meals or take 500mg curcumin supplements. Turmeric's anti-inflammatory properties may help relieve nerve pain.
- Fish Oil: Take 1,000-1,200mg fish oil supplements daily. Omega-3 fatty acids can reduce inflammation, which is often linked to nerve pain.
- Essential Oils: Use 5-10 drops of lavender or peppermint essential oil diluted in 1 oz of carrier oil for massaging affected areas. These oils have anti-inflammatory and analgesic properties.
- CBD Oil: Apply CBD oil topically or consume as per manufacturer's recommendation. CBD has been known to offer pain relief and reduce inflammation.
- Physical Exercise: Engage in 20-30 minutes of low-impact exercise like walking or swimming, at least 3 times a week. Exercise can improve blood flow and oxygen to nerves, potentially relieving pain.
- Massage: Receive massages from a qualified therapist using gentle strokes to improve blood circulation. Increased blood flow may help manage neuropathic pain.
- Mindfulness Meditation: Practice 10-20 minutes of mindfulness meditation daily. Mindfulness may alter pain perception and improve mood, potentially aiding in pain management.
- Skullcap Herb: Take 1-2g of skullcap herb supplements daily. Skullcap is traditionally used to calm the nervous system, which may help relieve nerve pain.
- Feverfew: Take 50-150mg of feverfew supplements daily. It has anti-inflammatory properties and may act as a natural painkiller.
- Oat Straw: Consume oat straw as a tea or take 300-500mg in supplement form. Oat straw is rich in calcium and other nutrients that may support nerve health.
- St. John's Wort: Take 300-500mg of St. John's Wort supplements daily. Known for its potential anti-inflammatory and nerve-calming properties.



Home remedies to manage Emotional changes (anxiety, depression)

- Chamomile Tea: Brew and steep a chamomile tea bag in hot water for 5-10 minutes. Chamomile contains antioxidants that
- Lavender Essential Oil: Add 2-3 drops in a diffuser or sprinkle a few drops on your pillow. Lavender is believed to promote relaxation and better sleep.
- Warm Baths: Fill a tub with warm water. Add Epsom salts or a few drops of essential oil (like lavender) for added relaxation.
- Journaling: Write about daily experiences, feelings, or thoughts. Journaling allows for emotional release and self-reflection.
- Sunlight: Aim for at least 20-30 minutes of direct sunlight exposure daily. Sunlight helps increase serotonin levels in the brain.
- Herbal Teas: Consider teas like Lemon balm, passionflower, or peppermint. These teas have calming and mood-enhancing properties.
- Deep Breathing Exercises: Inhale deeply through the nose for a count of 4, hold for 4, exhale through the mouth for a count of 4. This activates the parasympathetic nervous system.
- Physical Activity: Engage in activities like walking, jogging, or yoga for at least 30 minutes daily. Exercise releases endorphins, neurotransmitters that produce feelings of well-being.
- Meditation: Start with just 5 minutes daily, focusing on your breath. Meditation reduces stress and promotes emotional health.
- Listening to Music: Choose calming tunes or personal favorites. Music has the potential to elevate mood and reduce anxiety.
- Gardening: Engage in simple gardening tasks. The therapeutic act of gardening allows for a connection to nature.
- Crafting/Art: Engage in activities like drawing, painting, or knitting. Art offers a means of expression and distraction from negative feelings.
- Reading: Dive into uplifting literature or fiction. Reading offers escapism and triggers the imagination.
- Grounding Techniques: Use the 5-4-3-2-1 method: Identify 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, and 1 you can taste. This diverts attention from anxiety.
- Positive Affirmations: Repeating positive and uplifting statements to oneself can shift negative thought patterns.
- Aromatherapy: Use scents like rose, bergamot, or sandalwood. These can be diffused or inhaled directly to promote a sense of well-being.
- Social Connection: Talk to a loved one or friend, even if it's just a brief chat. Social connections can be a powerful way to combat feelings of isolation.
- Sleep: Ensure you're getting a proper night's sleep. Establishing a routine and ensuring 7-9 hours of sleep can significantly impact emotional well-being.
- Limit Caffeine and Sugar: Reduce intake, as both can cause mood swings or increase anxiety in some people. Switch to herbal teas or water and eat more whole foods.



Home remedies to manage Loss of appetite

- Ginger: Stimulates hunger and digestion. Sip on 1 cup of ginger tea or chew a 1-inch piece before meals.
- Lemon Water: Activates saliva and stomach acids. Drink 1 glass (8 oz) with half a squeezed lemon before meals.
- Peppermint Tea: Peppermint tea soothes the stomach. Drink 1 cup between meals.
- Fenugreek: Stimulates appetite. Consume 1 tsp of seeds soaked in water overnight or sprouted.
- Dandelion Root: Boosts appetite and digestion. Brew 1 cup of tea using 1-2 tsp of dandelion root.
- Small, Frequent Meals: Prevents over-fullness. Eat 5-6 smaller meals, spaced 2-3 hours apart.
- Appetite-Boosting Spices: Enhance appetite. Incorporate a pinch to ½ tsp of spices like black pepper, cardamom, fennel, and cumin in meals.
- Bitter Greens: Stimulate digestion. Consume a small salad with greens like arugula or endive before meals.
- Zinc-Rich Foods: Essential for taste. Add 1-2 tbsp of pumpkin seeds or a ½ cup of lentils to your diet daily.
- Tamarind: Stimulates gastric juices. Consume 1 tsp of pulp.
- Stay Hydrated: Avoid premature fullness. Drink 8-10 glasses (8 oz each) of water daily but not right before meals.
- Gentle Exercise: Increases hunger. Engage in 20-30 minutes of light walking daily.
- Coriander: Stimulates appetite. Use 1 tsp of seeds in cooking or brew as tea.
- Aromatherapy: Some scents boost appetite. Diffuse 5-10 drops of essential oils like orange or lavender in your living space.
- Avoid Sugar and sweet foods: Sugar suppresses appetite. Avoid sugary foods and opt for whole grain foods like oats, quinoa,
- Relaxation Techniques: Reduces stress. Engage in 10-15 minutes of deep breathing techniques like Anloum viloum or meditation daily.
- Set a Routine: Create a regular eating pattern. Try to eat every 3-4 hours and maintain consistent meal times daily.
- Eat in a Pleasant Environment: Enhances positive food association. Choose a quiet spot with good lighting, perhaps with calming music or pleasant decor.
- Engage in Social Meals: Makes meals more enjoyable. Plan at least 1-2 meals a week with friends or family.
- Try New Recipes: Adds variety to meals. Experiment with 1 new recipe or cuisine each week to keep meals exciting and appealing.

Home remedies to manage Weight loss

- Protein-Rich Smoothies: Blend nutrient-rich ingredients like Greek yogurt (1 cup), almond butter (1 tbsp), bananas, and honey. Essential for muscle maintenance post-treatments.
- Mashed Avocado: Avocado is a dense nutrient source. Mash and spread on toast or mix in smoothies. Consume half an avocado a few times a week.
- Cook with Olive Oil: Incorporate olive oil for its calories and health benefits. Drizzle on salads or use 1-2 tbsp in cooking.
- Nut Butters: Nut butters are calorie-dense. Spread 1-2 tbsp on toast, fruits, or consume directly.
- Oat Porridge: Prepare oats with whole milk. Add toppings like fruits, nuts, or honey. Consume 1-2 bowls daily for energy and stomach comfort.
- Dairy Products: Dairy products provide essential nutrients. Consume 1-2 servings daily, choosing products like A2 yogurt, A2 cheese, or A2 milk.
- Hummus: A protein and healthy fat source. Use 2-3 tbsp as a dip or spread daily.
- Liquid Meals: For those struggling with solid foods, liquid meals can be a solution. Include protein shakes, soups, or broths in your daily meals.
- Ginger Tea: Ginger tea can alleviate chemotherapy-related nausea. Aim for 1-2 cups daily, especially before meals to improve food intake.



Home remedies to manage Shortness of breath

- Deep Breathing: Practice deep breathing exercises. Inhale deeply through the nose, hold for a moment, then exhale slowly through the mouth. Repeat as needed.
- Pursed-lip Breathing: Inhale through the nose for two counts, then exhale through pursed lips for four counts. This can enhance oxygen reaching the lungs.
- Stay Calm: Anxiety can intensify breathlessness. It's beneficial to remain calm, sit, and practice deep or pursed-lip breathing.
- Elevate the Head: Elevating the head during sleep might assist some in breathing more comfortably. Use extra pillows or a
 wedge pillow for this purpose.
- Eucalyptus Oil: Inhaling vapor from hot water combined with a few eucalyptus oil drops can open up the nasal passages and lungs. Eucalyptus oil should not be ingested.
- Ginger: Owing to its anti-inflammatory traits, ginger might boost respiratory function. It can be consumed in food or as tea.
- Peppermint: Peppermint and its essential oil contain menthol, which can help open airways. Either drink peppermint tea or inhale peppermint essential oil's aroma.
- Avoid Pollutants: Evade tobacco smoke, chemical fumes, dust, and other pollutants. Using air purifiers at home can also be beneficial.
- Stay Hydrated: Adequate water consumption throughout the day can thin mucus in the airways, making breathing easier.
- Diaphragmatic Breathing: This entails using the diaphragm during breathing. Lying down, place one hand on the chest and another on the stomach. Ensure the stomach rises more than the chest while deeply inhaling through the nose and exhaling slowly through the mouth. Repeat.
- Honey: Some people might benefit from honey due to its anti-inflammatory qualities. Consider a teaspoon of honey in warm water daily. Please avoid honey, if diabetic.
- Anulom Vilom (Alternate Nostril Breathing): A yoga breathing technique: deeply inhale through one nostril while blocking the other, then exhale through the unblocked nostril. Alternate and repeat.
- Avoid Tight Clothing: Opting for loose attire can prevent constriction around the chest and abdomen, potentially making breathing smoother.
- Steam Inhalation: Inhaling steam from hot water can open airways. For enhanced benefits, consider adding essential oils like eucalyptus or peppermint.
- Maintain a Healthy Weight: Excess weight can exert extra pressure on the respiratory system. Keeping a healthy weight through balanced diet and regular exercise can foster improved respiratory function.
- Fennel: Fennel might assist in clearing chest congestion. Boil fennel seeds in water, strain the mixture, and consume the resulting beverage.
- Omega-3 Fatty Acids: Omega-3s possess anti-inflammatory traits and could enhance respiratory health. Intake foods abundant in omega-3s such as fish, walnuts, and flaxseeds.
- Quit Smoking: If you smoke, consider quitting. Smoking harms the lungs and can worsen breathing difficulties.
- Avoid Allergens: In case of allergies, aim to pinpoint and evade allergens that might prompt symptoms, including pollen, pet dander, mold, and certain foods.



Home remedies to manage Hypertension (high blood pressure)

- Reduce Sodium Intake: Limit daily salt intake. Aim for no more than 2,300 mg per day, with a target of ideally 1,500 mg per day for most adults. Cook more at home to control sodium levels in your meals.
- Potassium-Rich Foods: Include potassium-rich foods daily like bananas, oranges, potatoes, and spinach. They counteract sodium's effects and help maintain a balanced blood pressure.
- Dark Chocolate: Consume 1-2 squares (or an equivalent serving) of dark chocolate that's at least 70% cocoa several times a week. This offers heart-friendly flavonoids.
- Meditation: Dedicate 10-20 minutes daily for meditation to manage stress. Apps or guided sessions can be beneficial for beginners.
- Weight Management: Strive for a healthy BMI. Even losing 5-10 pounds can significantly impact blood pressure. Monitor weight regularly and consult with a nutritionist if needed.
- Limit Alcohol: If consuming alcohol, aim for no more than one drink a day for women, and two for men. Always drink responsibly and avoid binge drinking.
- Hibiscus Tea: Sip on 1-2 cups of hibiscus tea daily. Opt for freshly brewed versions over store-bought for best benefits.
- Omega-3 Fatty Acids: Include omega-3 rich foods in meals 2-3 times a week. Salmon, mackerel, flaxseeds, and walnuts are good sources. Consider supplements after consulting with a doctor.
- Exercise Regularly: Engage in physical activity most days. A mix of cardiovascular exercises like walking or cycling, combined with strength training, is ideal.
- Beetroot Juice: Drink a glass (around 250 ml) of beetroot juice a few times a week. It's rich in nitrates, aiding blood vessel dilation.
- Berries: Add a handful of mixed berries to your daily diet. Use them as snacks or add to salads, yogurts, or smoothies.
- Reduce Caffeine: Monitor your response to caffeine. If sensitive, aim to limit coffee to 1-2 cups a day and avoid other high-caffeine beverages.
- Lavender Essential Oil: Use a few drops of lavender essential oil in a diffuser nightly or during stressful moments. Combine with deep breathing exercises for enhanced relaxation.
- Whole Grains: Swap refined grains for whole ones. Aim for at least half of your grains to be whole grains daily. Incorporate foods like brown rice, oats, and guinoa.
- Limit Added Sugars: Monitor added sugars in processed foods. Aim for less than 25g (6 teaspoons) of added sugars daily for women and 36g (9 teaspoons) for men.
- Pomegranate Juice: Enjoy a glass (around 250 ml) of pomegranate juice a few times a week. Opt for unsweetened, pure juice versions.
- Garlic: Incorporate 1-2 cloves of fresh garlic into meals daily. Crush or chop and let it sit for a few minutes before consuming or cooking to activate its beneficial compounds.
- Leafy Greens: Include a serving of leafy green vegetables in at least one meal daily. Rotate between varieties like spinach, kale, and Swiss chard.
- Reduce Stress: Find personal ways to de-stress daily, be it through hobbies, relaxation techniques, or spending time with loved ones.
- Olive Oil: Use olive oil for cooking and dressings. A daily intake of 1-2 tablespoons can be beneficial. Opt for extra virgin olive
 oil for maximum health benefits.



Home remedies to manage Lymphedema (swelling due to lymph fluid accumulation)

- Elevation: Elevate the affected limb for 20-30 minutes, several times a day. Using pillows can help maintain a comfortable position.
- Gentle Exercise: Start with low-impact exercises like walking or swimming. Always begin under the guidance of a trained physical therapist. Aim for at least 30 minutes a day, based on comfort and ability.
- Compression Garments: Wear compression garments daily, especially during activities. It's crucial to replace these every 4-6 months or as per specialist advice, as they lose elasticity over time.
- Skin Care: Clean daily with mild soap and water, moisturizing afterward with a fragrance-free lotion. Regularly inspect for any cuts, scratches, or signs of infection.
- Massage: Schedule manual lymph drainage sessions weekly or bi-weekly with a certified practitioner, especially during flare-ups.
- Bromelain: If approved by a doctor, consider a bromelain supplement of 250-500 mg daily, preferably taken between meals.
- Horse Chestnut: Only under healthcare guidance, a typical dose can be 300 mg of horse chestnut extract (standardized to 50 mg aescin) twice daily.
- Aloe Vera: Apply aloe vera gel to the affected area 1-2 times daily, especially if the skin feels dry or tight. Avoid formulations
 with added colors or fragrances.
- Stay Hydrated: Aim for at least 8-10 glasses (2-2.5 liters) of water daily, unless otherwise advised by a doctor. Water can help improve lymph circulation.
- Avoiding Tight Clothing: Ensure that clothing, shoes, and accessories are non-constrictive. Regularly assess comfort levels, especially with jewelry.
- Flavonoids: Incorporate foods like blueberries, oranges, and dark chocolate into your diet. Aim for at least 2-3 servings of flavonoid-rich foods daily.
- Turmeric: Add 1-2 tsp of turmeric to daily meals. If opting for supplements, usually 500-1000 mg daily is recommended, but always consult a doctor first.
- Gotu Kola: If approved, the typical dosage can be 60-180 mg of standardized gotu kola extract daily. Again, consultation is
 essential.
- Witch Hazel: Apply witch hazel using a clean cloth to the affected area once daily. Always do a patch test to check for allergic reactions.
- Green Tea: Drink 2-3 cups of green tea daily. Opt for organic versions with no added sugars or flavors.
- Avoiding Salt: Limit salt intake to no more than 1500-2000 mg daily. Use herbs and spices for flavoring meals instead.
- Epsom Salt Baths: Add 1-2 cups of Epsom salts to a warm bath and soak for 15-20 minutes. Do this 2-3 times a week, ensuring no open cuts or wounds.
- Dandelion: Dandelion tea can be drunk once daily. If choosing supplements, consult with a doctor regarding the appropriate dose.
- Red Root: If choosing to use, steep 1-2 tsp of dried red root in a cup of boiling water for tea. Always start with a lower dose and consult a healthcare provider.
- Grapeseed Extract: When taken as a supplement, common dosages range from 150-300 mg daily. However, always start at a lower dose and work your way up under healthcare supervision.



Home remedies to manage Lymphedema (Fertility issues)

- Balanced Diet: Prioritize whole foods and aim for 5-7 servings of fruits and vegetables daily. Incorporate lean proteins like legumes, and opt for whole grains over refined ones.
- Maca Root: If considering supplementation, start with a lower dose, around 1,500-3,000 mg daily. If using in powdered form, add 1-2 teaspoons to daily smoothies. Always consult a healthcare provider before starting.
- Maintain Healthy Weight: Aim for a BMI between 18.5-24.9 for optimal fertility. Regular check-ins with a nutritionist or healthcare provider can help maintain or achieve this range.
- Antioxidants: Include at least 2-3 servings of antioxidant-rich foods daily. For vitamin C, consider citrus fruits; for vitamin E, nuts and seeds; for beta-carotene, carrots and sweet potatoes; and for selenium, Brazil nuts and sunflower seeds.
- Zinc: Incorporate zinc-rich foods into your daily diet. Aim for a serving of beans, or nuts several times a week.
- Chasteberry (Vitex): If choosing supplementation, the typical dose ranges from 20-40 mg daily. For teas, steep 1-2 teaspoons of dried chasteberry in hot water once daily. Consultation is essential.
- L-arginine: For those considering supplementation, the typical dosage is between 500-1000 mg daily.
- Avoid Alcohol and Tobacco: Limit alcohol to no more than 1 drink a day for women and 2 for men. Avoid smoking entirely, as even minimal tobacco use can impact fertility.
- Manage Stress: Dedicate at least 10-20 minutes daily for relaxation techniques. Joining group sessions or classes can help establish a routine.
- Evening Primrose Oil: If taking as a supplement, the recommended dose is typically around 500-1,500 mg daily from menstruation onset to ovulation. Always consult with a healthcare provider before starting.
- Coenzyme Q10: For men considering supplementation, the typical dosage ranges from 200-600 mg daily. Always start with a lower dose and increase gradually under medical supervision.
- Red Raspberry Leaf: Drink 1-2 cups of red raspberry leaf tea daily, preferably starting after menstruation and stopping during ovulation.
- Fenugreek: If choosing to supplement, the common dosage is around 500-600 mg daily. Always start with a lower dose and consult a healthcare provider.
- Pycnogenol: Dosages in studies often range from 60-200 mg daily. Always consult a healthcare provider before supplementing.
- Keep Cool: For men, reduce exposure to sources of direct heat. If working in high heat conditions, take frequent breaks.
 Switch from tight briefs to looser-fitting boxers.
- Royal Jelly: If supplementing, a common dosage is around 1,000-2,000 mg daily. Always start with a lower dose and consult a healthcare provider.
- Exercise Moderately: Engage in moderate aerobic exercise like walking or swimming for at least 150 minutes a week, combined with two days of strength training. Avoid excessive high-intensity workouts.
- Dong Quai: If considering supplementation, the typical dosage is between 500-1,000 mg daily. Consult with a healthcare
 provider before use.
- Stay Hydrated: Drink at least 8-10 glasses (2-2.5 liters) of water daily to maintain hydration for optimal reproductive function.
- Avoid Endocrine Disruptors: Choose glass or stainless steel containers over plastic. If using plastic, avoid those marked with recycle codes 3 or 7, as they may contain BPA. Avoid microwaving food in plastic containers.



Home remedies to manage Blood clots or thrombosis

- Ginger: Ginger contains salicylate, which may have blood-thinning properties. Incorporate 1-2 grams of fresh ginger daily in teas or dishes, but avoid excessive amounts.
- Garlic: Consume 1-2 cloves of raw garlic daily due to its sulfur-containing compounds that can act as a natural blood thinner.
 Consider garlic supplements after consulting a doctor.
- Turmeric: The curcumin in turmeric may have anticoagulant properties. Add a pinch (about 1/2 tsp) to your dishes or consider curcumin supplements. Consult a healthcare provider before use.
- Ginkgo Biloba: Ginkgo may improve blood circulation. Consider a standardized supplement of 120-240mg daily, but always consult a healthcare provider due to potential drug interactions.
- Cinnamon: Contains compounds that might have blood-thinning properties. Add a sprinkle (about 1/2 tsp) to foods and teas daily. Use in moderation.
- Omega-3 Fatty Acids: Found in fish oils and flaxseeds. Consider a daily supplement of 250-500mg or eat fatty fish like salmon or mackerel twice a week. Consult a doctor if on anticoagulant meds.
- Vitamin E: Contains mild anticoagulant properties. Get from foods like almonds or green veggies. Consider supplements of 100-400 IU, but caution if on prescribed blood thinners.
- Feverfew: Might help prevent blood clots. Consider supplements of 50-150mg daily. Always consult a healthcare professional for guidance.
- Grape Seed Extract: Believed to enhance blood circulation. Consider a daily supplement of 100-300mg, but always consult a doctor, especially if on other medications.
- Tomatoes: Rich in lycopene. Incorporate a serving (about 1 cup) of tomatoes in your diet regularly to help prevent blood clotting.
- Willow Bark: Contains salicin. Use as directed, often around 240mg daily for extracts. Consult with a healthcare provider due to potential drug interactions.
- Pineapple: Contains bromelain. Consume a slice or two of fresh pineapple daily or consider bromelain supplements after consulting with a doctor.
- Cayenne Pepper: Capsaicin might improve blood circulation. Incorporate a pinch (about 1/8 tsp) into foods daily. Use in moderation.
- Red Clover: Has blood-thinning properties. Take as directed, often 40-160mg of isoflavones daily in supplements. Consult a
 healthcare provider before starting.
- Green Tea: Contains anticoagulant compounds. Drink 2-3 cups daily, but consult a doctor if on prescribed blood thinners.
- Evening Primrose Oil: Might reduce inflammation. Consider a daily supplement of 500-1000mg. Always consult a doctor, especially if on other medications.
- Dark Chocolate: Contains compounds that improve circulation. Consume in moderation, about 1-2 squares (30-60g) with high cocoa content daily.
- Rosemary: Contains blood-thinning compounds. Incorporate a pinch or two (about 1/2 tsp) into your dishes daily. Use in moderation.
- Olive Oil: Contains compounds reducing clot risks. Incorporate 1-2 tablespoons into your diet daily, but use in moderation due to its calorie content.
- Berries: Blueberries, strawberries, raspberries can improve blood flow. Include a serving (about 1 cup) of mixed berries regularly in your diet.



Home remedies to manage Difficulty swallowing (dysphagia)

- Slippery Elm: Mix the inner bark with water to form a gel. Take as lozenge or tea. Follow product instructions or consult a healthcare provider.
- Honey: Consume 1 teaspoon directly or mix with a warm beverage. Do not exceed 3-4 teaspoons daily.
- Aloe Vera Juice: Drink 1-2 ounces of the edible variety daily. Ensure it's free from aloin. Consult product label or doctor's advice.
- Chamomile Tea: Drink 1-2 cups daily to relax throat muscles. Can be consumed warm or at room temperature.
- Marshmallow Root: Consume as a tea or lozenge. 1-2 cups daily as tea. Consult a healthcare provider for dosing.
- Licorice Root: 1 cup daily if taken as tea. For direct chewing, a small piece no more than once daily. Monitor and limit prolonged use.
- Thicker Liquids: Adjust consistency of beverages using thickening agents. Refer to product instructions and desired consistency.
- Upright Position: Keep head elevated during meals and for at least 30 minutes afterward. Helps in reducing reflux.
- Swallowing Exercises: Consult a therapist for exercises. Regular practice, preferably daily, can improve swallowing mechanism.
- Soft or Pureed Foods: Incorporate soft foods like yogurt, puddings, etc. Ensure smooth textures that can be easily swallowed.
- Hydration: Aim for 8 cups (64 ounces) daily. Adjust based on individual needs and activity levels.
- Apple Cider Vinegar: Mix 1 tablespoon in a glass of water. Drink before meals. Limit to once daily and monitor for reactions.
- Warm Salt Gargle: Gargle with a salt solution (1/2 tsp in 8 oz. warm water) for 30 sec. Repeat 2-3 times daily.
- Avoid Irritants: Identify irritants and avoid them. Maintain a food diary if unsure about triggers.
- Ginger Tea: Drink 1-2 cups daily. Ginger's anti-inflammatory properties can soothe the throat.
- Baking Soda: For acid reflux, mix 1/2 tsp in 8 oz. water. Not for frequent use. Consult a doctor if taken more than a few days in a row.
- Coconut Oil: Consume 1 tsp directly or with foods. Virgin coconut oil is preferred. Limit to 2-3 teaspoons daily.
- Small, Frequent Meals: Opt for 5-6 smaller meals. Helps in reducing reflux and aids in easier digestion.
- Chin Tuck Technique: Tuck chin to chest while swallowing. Practice under therapist guidance to ensure the technique is correctly employed.
- Herbal Teas: Drink teas like fennel or anise after meals. 1-2 cups post-meal. Helps in digestion and reduces the feeling of fullness.



Home remedies to manage Changes in blood sugar levels

- Cinnamon: ½ to 2 teaspoons daily can be added to hot beverages, oatmeals, or desserts. Regular intake can aid insulin function. Regular liver tests are advised if taken in large quantities or as a supplement.
- Berberine: Derived from herbs like goldenseal, and often in capsule form. Start with a lower dose and increase gradually. May interact with medications, so seek advice from a healthcare provider.
- Fenugreek Seeds: Apart from soaking, seeds can be sprouted or powdered and added to bread or curry. Fenugreek leaves are also edible and beneficial.
- Bitter Melon: Can be stir-fried, stuffed, or used in soups. Juice should be taken in moderation. Monitor blood sugar levels to prevent sudden drops.
- Alpha-Lipoic Acid: Besides food sources, available in capsules or tablets. Known to also support nerve health, which is crucial for diabetics. Check for potential drug interactions if on medication.
- Apple Cider Vinegar: Ensure you use organic, unfiltered versions with the "mother". Besides water, it can be added to salads or used in cooking.
- Chromium: While food sources are ideal, chromium picolinate supplements are common. Consultation is essential to ensure it doesn't interfere with any medication.
- Magnesium: Magnesium citrate or magnesium glycinate are popular supplement forms. Too much can cause digestive issues, so start with a low dose.
- Gymnema Sylvestre: The supplement can alter taste buds to reduce sugar cravings. It can increase the secretion of insulin.
 Start with a standard dosage and adjust as needed. The typical dosage for Gymnema Sylvestre supplements ranges from 200mg to 400mg daily, taken in divided doses.
- Green Tea: Besides beverage form, available as extracts or capsules. Packed with antioxidants beneficial for overall health. Regular consumption of green tea might be linked to a reduced risk of developing type 2 diabetes. The typical recommendation for green tea as a beverage is 1-2 cups daily.
- Stevia: Available in liquid drops, powder, or granulated form. It's much sweeter than sugar, so use sparingly. Check for purity to avoid added ingredients.
- Black Seed (Nigella sativa): Besides blood sugar control, it offers numerous health benefits including improving cholesterol
 levels. Available in oil, capsule, or raw seed form. The typical dosage ranges from 1/2 to 2 teaspoons daily. For capsules,
 dosage can vary based on the concentration but generally ranges from 500mg to 1000mg taken 1-2 times daily.
- Aloe Vera: Besides supplements, aloe vera can be applied topically for skin benefits. Ensure any ingested form is purified and free from harmful compounds.
- Ginger: Besides direct consumption, can be added to smoothies, teas, or meals. Beneficial for digestion and inflammation. Use about 1-2 inches (2.5-5 cm) of fresh ginger root per cup of water.
- Guar Gum: Guar gum can slow the absorption of sugar in the intestine, potentially aiding reducing blood sugar levels. For supplement take 5g to 10g typically daily, split into doses before meals. Due to its water-absorbing properties, drink plenty of water when consuming.
- Cloves: Take 2-5 cloves, can be infused in teas, added to baked goods, or used in cooking for flavor and health benefits.
- Beans: From chickpeas to lentils, they can be added to soups, salads, or main dishes. High in fiber, they offer prolonged energy without spiking blood sugar.
- Zinc: Pumpkin seeds, cashews, almonds seeds are good sources of zinc. If taking a supplement, ensure it doesn't exceed recommended daily intake.