

ONE YEAR PERSONALITY DEVELOPMENT PROGRAMM.
DO's AND DON'Ts FOR PERFECT HEALTH IN 52 WEEKS

1. Drink about 5-6 glasses of water every morning. Water may be warm or cold. Lime juice should be added, with due care so that it should not taste sour. If required honey, jaggery, jaggery syrup (kakvi) can be added.
2. As far as possible, one should evacuate the bowels as many times as he eats i.e. two meals – two motions, three meals – three motions.
3. Include two vegetables, a raw salad, assorted sprouts and a seasonal fruit in every meal. Wherever possible, they should be with skin and seeds (Potato, cucumber, carrot, tomato, pumpkin, ash gourd, bottle gourd, sapota, apple, etc.). Out of two vegetables, one should necessarily be a green leafy vegetable. Human body is not designed for animal food, skip it totally.
4. Begin and end every meal with fruit and raw salad. Masticate every morsel thoroughly i.e. at least 32 times so as to promote proper digestion. Also don't drink water in the meals but between meals.
5. Use only fresh vegetables and fruits.
6. Wash vegetables and fruits thoroughly in clean water before chopping and eating.
7. Once a week spend the whole day on fruits alone.
8. Spend another day per week on fruit juices and raw vegetable soups only.
9. Eat only freshly cooked meals and not refrigerated leftovers.
10. Kick-out the old tea or coffee habit, they are hazardous to the digestive system and body. Have a glass of fresh fruit juice or any other herbal health drink.
11. Cut out all deep fried foods from the diet.
12. Cut out all readymade foods, fast foods, tinned foods and bakery products.
13. Beware of white common salt, white sago, white flour, white vegetable ghee and refined (demineralised, devitalised) white sugar; they are white poisons.
14. Cut-down on high sugar products like soft drinks, ice creams, candy, cookies, etc.
15. Use honey, dates, jaggery & jaggery syrup (kakvi) wherever possible and required in place of sugar.
16. Avoid beverages like soda, colas, etc.
17. Stop smoking as well as all tobacco products and alcohol immediately.
18. Wherever necessary use salt in moderation or replace it by rock salt (saindhav) and black salt (padeoan). Free use of cocoanut scrapings and coriander leaves will make the food palatable and reduce the use of salt
19. Include high fibre foods in plenty like fruits, vegetables and germinated grains and pulses while planning the diet.
20. Steam & boil the vegetables (rather than fry & saute). Use minimum water for cooking.
21. Do take a moment off to mentally list out the nutritional value of the food you are about to eat.

22. But, don't forget that it is not what you eat that is important, but what you can digest and assimilate is more important i.e. the digestive capacity of our digestive system is also equally important, which is normally neglected while forming the diet regimens.
23. Don't rush through your meals. Set aside enough time to appreciate, enjoy and digest your food i.e. set-out dishes attractively, masticate thoroughly to enjoy the taste and full flavour of your food. Every meal should be an enjoyable experience.
24. Shop for groceries yourself. Notice the look, feel and smell of the fresh fruits and vegetables and enjoy their intrinsic goodness.
25. Watch out for eating habits paired with emotional states. If at all one feels like eating in such a state, have health drinks or fruit juices and that too in moderation, just to suffice the so called craving.
26. Consume the food in proper combinations, wrong combination of food leads to ill-health in the long run.
27. Everyday you must fast a little.
28. Don't read newspaper, novel or review bills while eating.
29. Make it a point to have dinner with the entire family at the table and not in front of the TV.
30. Don't stuff yourself and eat a few morsels less.
31. Early to bed and early rise makes us healthy, wealthy and wise.
32. Count the sleep in terms of depth and coolness and not in hours.
33. Enrol today in an exercise programme.
34. Take a brisk 20-30 minutes invigorating walk every morning.
35. Spend 10 minutes every morning and evening, doing basic stretches.
36. End every exercise with abdominal exercises.
37. Don't use elevators when you can climb the stairs.
38. Enrol in a Transcendental Meditation programme or Vipassana or Siddha Samadhi Yoga Programme and spend 20-30 minutes a day in silent meditation, prayer and contemplation. This will develop positive attitude towards life, right from thinking up to act.
39. Focus on your breathing. Take a deep breath, then exhale slowly double the time of inhalation. Repeat a couple of times everyday i.e. while walking, climbing up and stepping down the stairs or running, concentrate more on exhalation.
40. Learn to relax (e.g. Shavasana). Spend at least 20-30 minutes consciously relaxing each muscle of your body.
41. Learn about the healing power of laughter. Watch crazy movies, recall a joke or read a funny book and laugh out loud. Join a laughter club.
42. Body speaks with you, try to interpret the language of the body.
43. Tap the power of your sub-conscious and project the 'Perfect You' on your mind screen.
44. Balance your lifestyle. Devote equal time each week to work and fun.

45. Join kids in a sports activity and rediscover the joys of childhood.
46. Do keep in touch with friends. Call-up or visit them and be at pace with the world.
47. Enrol in an activity (like dancing, swimming, roller skating, etc.) you never indulged in because you were afraid of 'What people might say?'
48. Forgive someone who you think has done you wrong and cleanse your spirit of rancour.
49. Do a nice turn to someone you don't know too well, but who could do with a friend.
50. Spend a quiet half an hour chatting with your family.
51. Listen to soothing music for at least 15 minutes each day.
52. Read a great book once a week.

N.B. Try one point per week and you will find that after 52 weeks (i.e. 1 year), you are a different person.

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