

DISEASE AND DIET

DIABETES

Caused due to insufficient production of the hormone insulin, secreted by the Islets of Langerhans of the pancreas.....

Recommended Recipes : Tomato Cocktail, Low-sugar Pop, Exotic Fruity Salad, Bitter-gourd with Lentils.

HYPERTENSION

Hypertension or high blood pressure is caused due to various factors viz. stress, narrowing of arteries, faster heart beat, overweight etc.

Recommended Recipes : Potassium Broth, Sweet Magnesium Smoothie, Orchards (with lemon honey dressing), Vegetables with a touch of lemon.

OBESITY

Obesity is a condition in which the individual is overweight due to deposition of excess fat in the adipose tissue.....

Recommended Recipes : Slimmer Salad, Carrot Juice, Cabbage Rice.

MEMORY LOSS

This disorder of the brain may be caused due to stress, food allergies, hypoglycemia, vitamin deficiency, mineral deficiency, hormone imbalance, heavy-metal toxicity (lead or mercury), glandular disorders.

Recommended Recipes : Peach Nectar, Green Surprise, Brain Booster.

ACKNOWLEDGEMENTS

"SPECIAL THANKS" FROM SANGITA DAS :

THIS DVD IS DEDICATED TO THOSE WHO ARE HEALTH CONSCIOUS OR SUFFERING FROM DISEASES. IT TEACHES YOU ALL ABOUT NUTRITIOUS FOOD AND HOW TO MAINTAIN A HEALTHY LIFE STYLE.....

With Life-long gratitude to my parents..... to my beloved husband..... and to my family that came before who so lovingly created my today..... Thank you for all your gratitude, love, affection and support and being with me always.....
Love, Sangita Das.

SPECIAL THANKS TO ALL STAFF AT VIDEO VIEW PRODUCTIONS :

Mr. & Mrs. S. Suresh..... for all the patience they contributed

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Videography : Mr. S. Suresh

Editing : Video View Staff

ADDITIONAL THANKS TO : All my patients, seniors, doctors, students. To all my customers..... worldwide..... my deepest gratitude for your concern, loyalty and endless support. With lots of gratefulness, thanks and love.

Sangita Das



This DVD is for the health conscious. It will teach you : how to prepare a nutritious & a balanced diet.

Eating a healthy diet is a better way to get rid of your body ailments. So, learn from foodie extraordinaire Sangita Das about the magic of healing diseases: Obesity, Hypertension, Diabetes and Memory Loss. Even though you are a patient, you need not be depressed. Her sense of Diet and Nutrition will teach you how to cope and live better with a specific ailment. Not only this, you also learn how best to enjoy and relish the subtle flavors of her nourishing diet.

The Recipes here focus on the use of natural food ingredients like fruits, vegetables and other items which definitely bear therapeutic properties. All her food preparations are based on Naturopathy. "Remedy through nature, is the best cure ever possible" according to Naturopathy. So let your body learn slowly how to synchronize with nature, in a most natural way. This will certainly get rid of the accumulated body toxins - the prime cause of various ailments.

The information here are in Powerpoint slides. To view this, you will need Microsoft Powerpoint. The recipe videos are in MPEG and can be played in Windows Media player. There are links in the slides to all the Videos.



www.naturedietcure.org / schawlia@yahoo.com

Price : Rs.275/-

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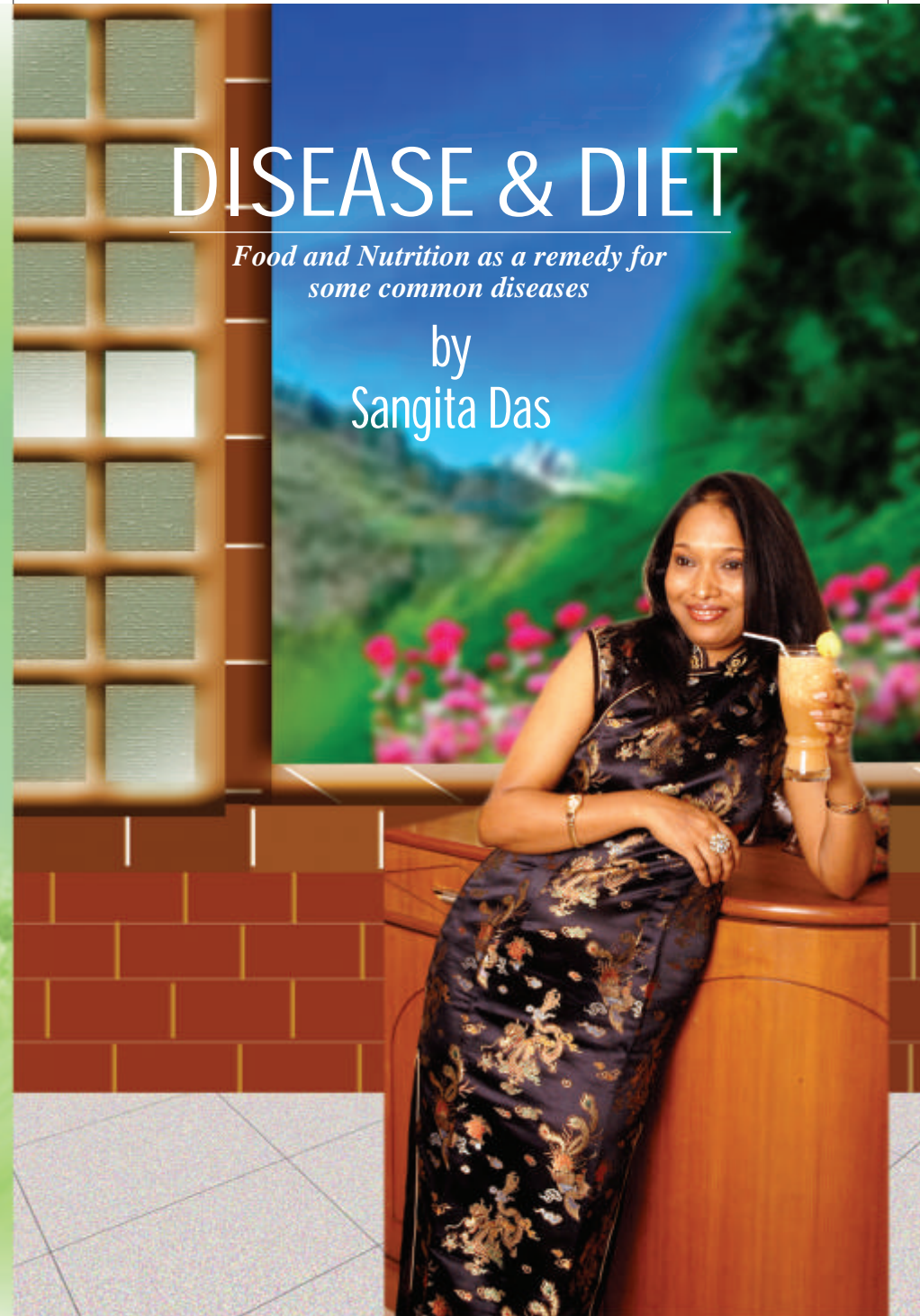
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Food and Nutrition as a remedy for some common diseases

by
Sangita Das

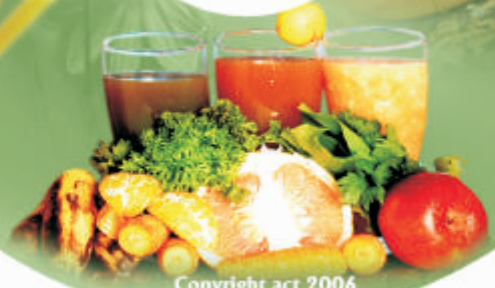


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remedy for some common diseases*

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