

Navjot Singh Sidhu Shares Cancer Recovery Diet Plan That Helped His Wife Heal in 40 Days



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AT Health 25 November 2024 Updated 28 Apr 97758 views

Chandigarh: Former cricketer and politician Navjot Singh Sidhu has shared an inspiring story of his wife's recovery from cancer, attributing her remarkable progress to a strict diet plan inspired by ancient Indian Ayurveda, Nobel Prize-winning research on autophagy by Yoshinori Ohsumi, and guidance from medical experts. The plan, Sidhu revealed, helped his wife recover in just 40 days after undergoing surgeries, chemotherapy, and targeted therapies.

Speaking to the media, Sidhu expressed his gratitude for the holistic approach, which combined positivity, lifestyle changes, and a disciplined nutritional regimen. "Positivity, determination, and the right diet can create miracles," he said.

The diet plan included the following key elements:

1. **Alkaline Water:** Maintaining the ideal pH level of drinking water at 7 to support recovery.
2. **Herbal Concoctions:** Replacing tea with a mix of cardamom, holy basil, mint, ginger, and cinnamon.
3. **Intermittent Fasting:** Observing a 12-17 hour fasting window between dinner and breakfast to activate autophagy, an ancient cellular healing process.
4. **Morning Detox:** Starting the day with warm water, lemon juice, apple cider vinegar, raw garlic, and turmeric followed by neem leaves.
5. **Superfoods:** Consuming nutrient-rich items like blueberries, blackberries, pomegranate, flax seeds, and walnuts.
6. **Special Juices:** Including ash gourd, orange, pineapple, and soursop juice in the diet.
7. **Leafy Greens:** Eating 50-70 grams of greens like spinach, neem leaves, coriander, and beetroot leaves daily, referred to as "green blood."
8. **Clean Eating:** Eliminating refined sugars, oils, packaged foods, and milk products while relying on cold-pressed oils, quinoa, and almond milk.
9. **Exercise and Positivity:** Regular physical activity, yoga, and a positive mindset to support healing.

Sidhu also emphasized the importance of thorough washing of fruits and vegetables using baking soda and salt to remove pesticides. “We made every effort to remove toxins from her diet and focused on clean, natural foods,” he added.

He highlighted the psychological aspect of healing, saying, “Positive anything is better than negative nothing. My wife’s unwavering determination and support from loved ones played a huge role.”

Sidhu hopes that sharing his wife’s journey and the diet plan will inspire others facing similar battles to explore complementary approaches to recovery, alongside medical treatment. "It's not just about curing cancer; it’s about embracing life with a fresh, healthy perspective," he concluded.

The revelation has drawn attention from health experts and admirers, with many applauding Sidhu for sharing this holistic path to recovery.

My wife's cancer journey involved surgeries, chemotherapy, hormonal and targeted therapy, positivity & determination to fight cancer which was facilitated by a strict diet plan inspired by ancient Indian Ayurveda, the noble prize winning research of Yoshinori Ohsumi for "discoveries of the mechanisms for autophagy" and observations of eminent doctors worldwide.

The Diet Plan

Diet and Lifestyle Changes

- * The ideal PH Level of your drinking water should be 7 (Alkaline Water) to enhance your recovery
- * Consumption of concoction which comprises Cardamom, Holy Basil, Mint, Ginger, and Cinnamon consume this as a replacement of tea.
- * Following Intermittent Fasting by giving at least 12 to 17 hours of gap between dinner and breakfast, dinner taken before sunset , with the first meal of next day at 10:00 AM (An Ancient Practise in India)
- * Beginning Morning with Warm Water, Lemon Juice and a spoon of Apple Cider Vinegar with two pieces of raw garlic on alternate days followed by consuming an inch piece of Raw Turmeric/powdered turmeric and 9 to 10 Neem Leaves (you can also make a concoction and consume)
- * Consuming fruits (Blueberries, Blackberry, Strawberry or Pomegranate), along with carrot, beetroot and amla juice , one spoon of mixed seeds (pumpkin seeds, white sesame, sunflower seeds and flax seeds / chia seeds)
- * Consuming 3 pieces of walnuts, 2 pieces of Brazil Nuts or Almonds (All Nuts Must Be Soaked Overnight) with Makhana (Foxnuts sprinkled with pink salt) for snacking and Coconut Malai or Avocado as healthy fat.
- * In afternoon or whenever hungry juice of ash-gourd (White Petha) or Juice of Oranges, Haldi and Ginger / Cucumber and Pineapple with Ginger / Bottle Gourd (Ghiyal)
- * Consume concoction of either Soursop Leaves (Hanuman Phal) or Night Jasmine (Harsingar) once a day
- * Salad equivalent to 1 percent of body weight (for example 700 Gms for 70 Kg) containing tomato, spinach, mushroom, carrot, onion, radish, beetroot, cucumber, sweet potato, avocado, broccoli, green beans, red green yellow capsicum (raw combination of any 4 - 5, beetroot/sweet potato should be cooked)

* Limited consumption of cooked food - 2 cooked vegetables or 1 cooked vegetable and lentils (Dals) or Chana or Rajma - not more than 1 serving (ikatori) , if consumed they must be soaked over night before being cooked.

- * 2 spoons of psyllium husk (Isaggol) with luke warm water anytime in the day preferably after last meal is a must.
- * Total removal of cancer lifeline foods - strictly no consumption of any form of refined carbs, refined sugar, refined oils, milk products and any kind of packed food containing preservatives
- * The only oils to be used - Cold Pressed Coconut Oil / Cold Pressed Mustard Oil (Kachi Ghaani) / Cold Pressed Olive Oil - strictly no refined oil.
- * Chapatti/Roti should only be prepared with Quinoa Flour/ Almond Flour / Water-chestnut Flour (Singhara Atta). Boiled quinoa is the best replacement of rice - it is both anti cancer / inflammation
- * Replace milk products with homemade Almond Milk / Coconut Milk / Coconut Curd
- * Occasional consumption of juice of bitter gourd along with orange / grapefruit (Chakratra)
- * Important to regularly consume 50 to 70 grams of leaves - Spinach / Neem / Curry Leaves / Lettuce / Coriander / Mint Leaves / Radish Leaves / Beetroot Leaves / Any Salad Leaves known as green blood
- * Limited consumption of lentils (Dals) or Chana or Rajma - not more than 1 serving (ikatori) , if consumed they must be soaked over night before being cooked.
- * No consumption of aerated drinks and Replacement of white salt with pink salt
- * Exercise regularly in any form, walking/yoga or anything as this is the upliftment medication as body releases healing enzymes during exercise
- * Positive mindset with continued motivation and positivity from family and friends will be the impetus for unshakable will power - Positive anything is better than negative nothing
- * Make sure to wash all fruits and vegetables from baking soda and then with water with a pinch of salt before consumption (it will help in removal of pesticides)
- * For Sweet Tooth - Dates can be eaten occasionally but without any sugar coating as they have low glycemic index

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