**Alternate dietary remedies for chronic ailments**

Follow these dietary recommendations to keep asthma, cancer, diabetes and cardiac problems under control.

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**Asthma**

- Honey is extremely beneficial for asthmatics. It gives the necessary warmth in the body and dissolves the phlegm in the respiratory tract.
- By drinking warm water mixed with pepper and honey one can delay the onset of an attack by half an hour, giving ample time to get help and medication. If done on a regular basis, it can also completely rid one of the ailment.
- Another tip to avoid spasms is to soak few tulsi leaves and pepper in honey for 3-4 hours and then chew on it.

It is best to avoid bananas, jackfruit, cooked beetroot (you can eat raw beetroot), country beans and dairy products. Also avoid coconut, as it forms mucus.

**Cancer**

Turmeric and neem apart from being good cleansers, have also been found to be effective in curing cancer. By consuming neem and turmeric every day, you can reduce the risk of getting cancer.

For this all one needs to do is

- Grind turmeric and neem separately and make a paste of each.
- Make a marble sized ball of each in the morning and swallow it with water.
- Avoid eating anything for 1 hour after consuming these. This ensures that it remains in the stomach and does not get diluted.
- Please note that you should not mix the paste of neem and turmeric.

**Diabetes**

- Diabetics should consume enough quantities of bitter gourd, which is very beneficial for them.
- Diabetics should also consume one ball of neem and turmeric each, every day.

**Cardiac patients**

People suffering from cardiac problems should avoid animal fat. 97% of people who suffer from this problem are non-vegetarians. Going-off this food will bring down their cholesterol to normal levels.

*Photo: Zsuzsanna Kilian*