



Diabetes Wellness

by Dr. Muni Adarsh

30-Day Guided Program with Prasuk Diet, Herbs, Kayashram, Kayaklesh, Kayotsarg
Free with your Wellness Kit Purchase



Sukhshata Bharat Pvt.LTD.



What is Diabetes?

Diabetes is a condition where the body cannot use sugar (glucose) from food properly. Normally, after eating, sugar from food enters the blood. The pancreas releases insulin — a hormone that acts like a key, helping sugar enter the body's cells to be used as energy.

In diabetes, this process doesn't work well:

- 🔑 Type 2 Diabetes (most common): The body makes insulin, but the cells don't respond to it properly (called insulin resistance).
- 🔑 Over time, this leads to high blood sugar in the blood, which can cause tiredness, slow healing, and health problems if not managed.

Understanding Diabetes & Your 30-30-30-Day



What is INSULIN?

- Insulin = Energy Key.
Imagine sugar as food locked outside your cells. Insulin is the key that opens the door, letting sugar in. In diabetes, the “lock” becomes rusty (cells don't respond), or the “key” isn't strong enough.



GOOD NEWS

With the right diet, exercise, herbs, and stress management, this lock-and-key system can work much better.



HOW THE DIABETES WELLNESS KIT HELPS YOU?

Your kit is a 30-day natural reset program with 3 herbal phases:

Detox (Days 1–10, Tulsi Mulethi): Cleans toxins from the body. Prepares digestion and metabolism. Helps your system reset.

Metabolism Boost (Days 11–20, Gurmar Methi): Reduces sugar cravings. Improves digestion and appetite balance. Boosts energy and fat metabolism.

Sugar Regulation (Days 21–30, Karela Jamun): Supports pancreas health. Improves insulin sensitivity. Helps regulate blood sugar naturally.

Together with daily Kayashram - exercises, Kaayklesh - asanas, and Kayotsarg - meditation, this kit creates a mind-body reset.



🌿 How to Manage Diabetes Naturally (Simple Daily Formula)

- 🥤 Morning Reset: Herbal shot + warm water.
- 🧘 Move Daily: 15 mins Kayashram & Asanas (activates pancreas, improves digestion).
- 🧘 Breathe & Relax: 10 mins Kayotsarg meditation (reduces stress hormones that raise sugar).
- 🥗 Eat Smart: Whole grains at lunch, light soups in evening, avoid refined sugar.
- ⌚ Time it Right: 14 hrs intermittent fasting (early dinner, late breakfast).
- 💧 Stay Hydrated: Corn silk water, coconut fibre water, white pumpkin soup.
- 😴 Sleep Well: 7–8 hrs of quality sleep balances hormones.

★ Why This Program Works

- ✅ Cleans the system first (Detox).
- ✅ Then boosts energy and digestion.
- ✅ Finally regulates sugar and strengthens the pancreas.
- ✅ Adds lifestyle, food, and stress tools for long-term success.
- ✅ Empowers you with habits you can follow even after 30 days.

🌟 Key Takeaway

Diabetes is not just about sugar,
it's about balance of food, movement, and mind.
The Diabetes Wellness Kit + 30-Day Program gives you a
simple daily path to balance your insulin, energy, and life.

♥ This is not just a medicine kit

ITS YOUR LIFESTYLE RESET.

Phase 1 – Detox & Cleanse: The Journey Begins



Welcome to the first 10 days of your Reset Journey!

In this phase, you will be cleansing your body with Tulsi Mulethi Herbal Shots and simple, gentle practices. Each day, mark your progress as you:

🌿 Take your morning Detox Shot (Tulsi Mulethi).

🧘 Do your Kayashram Warm-Up.

🧘 Practice your Kayklesh Asanas.

🧘 End with Kayotsarg Meditation.

🥗 Follow the Lifestyle Tip of the Day.

💡 This phase is about lightness, clarity, and preparing your body for deeper healing.

DAY	Date	Shots	Kay Shram	Kay klesh	Kay otsarg	Notes
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Phase 1 – Cleanse & Refresh: Detox Diet Plan

- Morning (Liquids – Post-Fast): 🌿 White Pumpkin Soup (light, peppery, soothing). 🌿 Corn Silk Infusion (gentle diuretic, refreshing). 🥥 Coconut Fibre Soaked Water (cooling, digestive).
- Lunch (Main Solid Meal): 🍛 Millet Pongal with curry leaves & black pepper. 🥬 Cabbage-methi leaf stir-fry with turmeric & sesame. 🍲 Thin moong-dal rasam with coriander. 🥗 Salad: cucumber + tomato + basil (no root veggies).
- Evening (Light Liquids) 🌿 Lemon-mint barley water. 🍲 Clear bottle-gourd soup with jeera. 🍵 Tulsi-ginger tea.

💡 This phase is fragrant, light, and surprisingly delicious.

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Phase 2 – Boost Your Fire: Activate Metabolism



Now your system is cleansed, it's time to ignite your inner fire with Gurmar Methi Herbal Shots and energizing routines. Each day, track your progress as you:

- 🌿 Take your Gurmar Methi shot in the morning.
- 💪 Do your Kayashram Dynamic Warm-Ups.
- 🧘 Practice metabolism-boosting Kayklesh Asanas.
- 🧘 Deepen into Kayotsarg Meditation (7+ mins).
- 🥗 Apply Lifestyle Tips for energy and digestion.

💡 This phase is about energy, appetite control, and building metabolic strength.

DAY	Date	Shots	Kay Shram	Kay klesh	Kay otsarg	Notes
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Phase 2 – Ignite & Energize: Spices, Flavors, & Power Foods

- Morning (Liquids – Post-Fast) : 🍵 White Pumpkin Soup. 🌿 Fennel & methi seed water infusion. 🥥 Coconut water with soaked chia seeds.
 - Lunch (Main Solid Meal): 🌾 Bajra or Jowar roti with spinach-methi curry. 🥘 Mixed veg curry (ridge gourd, beans, pumpkin, drumstick) with coconut milk base. 🍛 Spiced moong dal with ginger & curry leaves. 🥗 Fresh salad with sprouts, cucumber, tulsi leaves, lemon dressing.
 - Evening (Light Liquids): 🍋 Jeera-ajwain warm tonic (boosts digestion). 🌿 Corn silk-ginger infusion. 🍵 Cinnamon-cardamom herbal tea.
- 💡 Metabolism is kindled with the warmth of spices & creative satvik recipes.

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Phase 3 – Balance & Harmony: Regulate Sugar Naturally



Welcome to the first 10 days of your Reset Journey!

In this phase, you will be cleansing your body with Tulsi Mulethi Herbal Shots and simple, gentle practices. Each day, mark your progress as you:

-  Take your morning Detox Shot (Tulsi Mulethi).
-  Do your Kayashram Warm-Up.
-  Practice your Kayklesh Asanas.
-  End with Kayotsarg Meditation.
-  Follow the Lifestyle Tip of the Day.
-  This phase is about lightness, clarity, and preparing your body for deeper healing.

DAY	Date	Shots	Kay Shram	Kay klesh	Kay otsarg	Notes
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Phase 3 – Balance & Nourish: Sugar Regulation Plan

- Morning (Post-Fast, 9 AM – Liquids): Fresh green juice (karela + spinach + coriander + lemon). Herbal tea with cinnamon or fenugreek.
- Lunch (Main Solid Meal): Brown rice or barnyard millet. Moong or masoor dal with karela/jamun leaves if available. Light sabzi: snake gourd, ridge gourd, beans, cabbage, or pumpkin. Small cup of buttermilk with curry leaves.
- Evening (Light Liquids): Warm vegetable broth with turmeric. Light methi seed water infusion. Herbal tea (tulsi + cinnamon).

💡 This phase cultivates balance, pancreas nourishment, and stress-free sugar regulation.

DAY	WATER	BREAKFAST	LUNCH	DINNER
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