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l-con

Hi,

I just thought I must share my little experience about small changes in my diet which brought about big changes in my life.

I visited Dr. Khera for a psoriasis, but while I sat with him he grilled (literally) about the ideal way to eat & ideal things to eat.

Everything was OK with me except my coffee / Bournvita & GREEN TEA. I used to have 6-8 cups of green tea & 1-2 cups of coffee / Bournvita [Not beverage]. Doc asked me to quit them & I couldn't understand what's the big deal with green tea but I agreed ... and never regretted later!

You wouldn't believe I had a hard time avoiding 'that coloured hot water' & actually went through WITHDRAWAL symptoms. But 4 weeks later I could do beautifully throughout the day without tea / coffee / Bournvita.

I was also following the fruit on the menu, salads before meals, no sugar routine.

NOW THE ICING (BENEFIT OF THE CHANGES)

For years I used to do puja & during saying my mantras I used to try to bring the picture of God in front of my eyes. But 2 weeks down my sight-caking

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habits, now when I pray, my mind does not wander & when I shut my eyes, I automatically 'see' the 3D image of the Lord I am praying. I say 3D image here because earlier I used to try the bring the picture in the photo frame in ~~to~~ my mind & now ---

--- when I pray the actual form of God (not just the picture) ^{NOT JUST FLAT} is not flat as as if I am sitting in front of Lord Krishna / Shiva is formed in my mind.

For me this is a tremendous positive change with a small effort.

I am also following my temperament changes. [since I am quite a temperamental person]. I feel an improvement but I guess I'll be in a position to write about it 2 more weeks down the line.

In fact the 'good-diet' has worked wonders for my 7 yr old daughter's scoliosis - which she has fought for so many years.

If you haven't aren't convinced by all that Doc tells you, please try by putting yourself on the 'good eating style' for only 1 week. you'll know men.

Thanks Doc. May God Bless you!
I know I'll have more to add soon.
Bharati