

Clinically seen Sciatica pain and benign tumor managed and completely treated with diet and exercise.

Sanmita D. Kadam.

I. The visiting patient, age 46, from an Indian background clinically assessed for Sciatica pain in the right leg and benign tumor evident along with lowered immunity seen. Through a continuous effort to devise the perfect meal plan being robust enough to treat the life threatening disease. The dietary modifications included Vitamin C / ascorbate in the form of Amla juice/powdered formulation; orange, blueberries/Apple for the fibre content; Almonds and Walnuts for omega – 3 fatty acids required for cognitive development.

The normal meals included bajra, vegetables and salads. Green Tea as a beautiful source of antioxidant and the Purple cabbage about a bowl daily for a month worked wonders for treating tumor. Daliya/Quiona/broken wheat was the best complex carbohydrate included for improving stamina and strength.

Exercise like brisk walking / yoga helped a lot for 30 mins./5 days. Post one month of these lifestyle modifications the patient revived of Sciatica pain and improved her physical stamina and stress free to much extent.

Bibliography : Sanmita D. Kadam has completed her M.Sc. (CRRRA) at the age of 23 years from Ravi Hospital after which she later completed her PGDCN at the age of 26 years at Apollo Hospitals (India) where she even developed a skill of delivering a speech which was the most achieving of all.

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