

CRP (C - Reactive Protein)

Pathya Ahara

Fruits	Vegetables	Grains	Nuts	Legumes
Cherries Pineapple Orange Draksha Pomegranate Guava	Celery Broccoli Turmeric Garlic Carrots Drumstick Ginger Squash Tomatos	Oatmeal Millets Rice Corn Sprouted - grains	Chir seeds Flax seeds Celery seeds Walnuts Almonds	horse gram
Meat		Dairy		Fish
Skinless chicken Turkey Mutton Pork		Soy milk		Mackerel Trout Salmon Tuna
Beverages / juices		Others		
Green Tea/Black Tea Lemon juice Orange Juice		Dark Chocolate Olive Oil		
Apathya Ahara				
Fruits		Vegetables		
Apricots Papaya Melons		Yam Cabbage Cauliflower White potatoes Bell peppers		
Dairy products		Meat		Beverages
Whole fat diary product Curd Milk		Red Meat		Alcohol Cool drinks Beer Soda
Grains		Others		
Navara Rice Masha (Black Gram) Wheat Barley		All fried items All processed foods and meat Intake of omega 6 oils.		

Pathya Vihara	Apathya Vihara
<p>Normal Physical Activity Should follow proper diet and good sleep. Clear bowel. Intake of light , hot and fresh foods. Avoid exposure to cold breeze Overcome stress and emotional disturbance Avoid sleeping during day time.</p>	<p>wakening up at night Excessive Swimming Excessive exercise Suppression of natural urges Day sleep Fasting habits.</p>