GContains the Game of the Game:

The GOL* is based on the scientifically validated DIP Diet* treatment protocol (see research paper in https://biswaroop.com/research-papers/) proven to reverse more than 60 medical conditions, based on the feedback given by more than 20,000 patients, who adopted the DIP Diet protocol. To recover from a particular medical condition, go through the following 2 stages:

Stage I: Design your personalized DIP dietin accordance to the Orange box.

Stage II: Find your health condition on the GOL-Board. To reverse the illness, adopt the protocol given under your medical condition, along with following the DIP diet for estimated number of

WEEKS After the given number of WEEKS, continue with the DIP Diet (you may discontinue the other protocol as given on the GOL-Board) for rest of your life for life-long prevention of a life-style illness. To choose the suitable protocol among A to R refer to the GOL – Board.

STEPS TO DESIGN YOUR PERSONALIZED DIP DIET:

STEP-I

Till 12 noon, eat only fruits of 3 to 4 types including mango, banana, grapes, etc.

Minimum amount to be consumed = Your body weight in kg × 10 =gms

For example, a 70kg person should consume at least 700gms of 4 types of fruits before 12 noon.

STEP-II

Plate -1

4 types of raw

vegetables

Weight in Kg x5= gm

Always eat your lunch/dinner in 2 plates. Plate 1 and Plate 2

Plate 1 should consist of 4 types of vegetables like carrot, tomato, radish and cucumber etc. which you can eat in raw

Minimum amount in Plate 1 = Your body weight in kg × 5 = gms

For example, a 70 kg person should eat at least 350gm of 4 types of raw vegetables.

Plate 2 consists of home cooked vegetarian food with negligible salt and oil

First finish eating plate 1 in accordance with the above calculation, then take plate 2 as much as you want to eat. The rules for lunch and dinner are same; however, you must remember to try finishing dinner by 7pm.

STEP-III

To Avoid

- 1. Packed food 2. Refined food
- 3. Dairy food/Animal foods 4. Nutritional supplements
- 5. Avoid drinking tea/coffee specially before lunch
- 6. Never eat after 8pm
- 7. NSAID's

Snacking

- 1. Soaked nuts: Your wt(kg) =.....gm
- (For 70kgs person about 70gms of nuts in a day)

Lunch/Dinner

Plate -2

Home Cooked

Vegetarian

Food

- 2. **Fruits:** Plenty
- 3. Coconut water: As you like
- 4. **Hunza Tea**: As you like
- 5. Sprouts: Your Wt(kg)=.....gm
- 6. Coconut: As you like
- 7. Sunshine: 45min
- *To know more about GOL, go to youtube Dr. Biswaroop Roy Chowdhury and watch the video 'Game of
- To know the history and origin of DIP Diet, read the book 'Last Days of Diabetes' or watch the video 'Advanced Training on Medical Nutrition Part – 1'.



For each of the 60 medical conditions. follow the GOL protocol for specified weeks

& Adopt H

KIDNEY FAILURE

DIALYSIS PATIENTS

Taper the blood

pressure medicines in

sponse to the

duction of bloo

frequency (

ressure: reduce

response to the

& Adopt B

along with the DIP diet.

PILES Adopt A & apply fresh

Aloe-vera gel, extracted

from plant leaf on anus

at night before going to

OBESITY

Adopt D

INSOMNIA

RABIES

Wash the wound

immediately with water; apply the

pasté of garlic

FATTY LIVER

Avoid taking

allopathic

Adopt H

HEPATITIS

Adopt B & G

BRAIN DISORDER/PARKINSON /ALZHEIMER/DEMENTIA Adopt B & C

ANGINA/HEART DISEASE

Drink one glass of

fresh coconut

water every day,

Adopt E & M

DIABETES

Fasting BS + BS before sleep

Adopt F

WEEK 14 WEEK 15

IMPOTENCY /INFERTILITY

Try to get rid of all kinds

medicine for B.P, sugai

and cholesterol,

Adopt E & N

WEEK 39

f medication including

Take average blood sugar (BS); Check your blood

Game for DISEASE FREE

uice every 2 hours if temperature reaches 101°F & decide to taper the diabetes

Check TSH level

and taper down the

thyroid medication

accordingly

Adopt B & H

WEAK IMMUNITY

Maintain the same

sleep routine: sleep

for at least 6 hrs

JAUNDICE

Adopt B & F

pressure and if the

systolic + diastolic

decide to taper the

blood pressure drugs.

WEEK 1

< 200mmHg, then

each day.

VARICOSE VEINS Take a short break daily to elevate legs above the level of heart e.g. - lie down with your legs resting on 3 or 4 pillows along with 15 mins of leg massage.

Adopt E & F

cholesterol

lowering

LOW BODY WEIGHT

eat 300 to 500 gms of steamed/boiled

breakfast.

WEEK 16

SINUSITIS/ASTHMA/BRONCHITIS

/RESPIRATORY PROBLEMS/COPD

Adopt B & include 30% citrus

fruits in your DIP fruit

breakfast

WEEK 40

ncrease the quantity of DIP diet by

EPILEPSY Avoid grains & consume 1 spoon of

raw honey.





TYPHOID

Adopt B & H

Stop eating for Drink 100

even DIP diet and drink (slowly) a glass of fresh

Amla juice first thing in the morning.

coconut water every 2 hours.

URINARY TRACT



EYE PROBLEM

/CATARACT

/GLAUCOMA

DEPRESSION

Adopt O

empty; eat before you eel hungry & lie iusic and rela or ½ an hour the onset of nigraine-it's the

AIDS

Adopt B

MIGRAINE

Do not keep

your stomach

best way to get

Adopt R

PRE-MENSTRUAL SYNDROME PAINFUL PERIODS /PERIODS WITH EXCESSIVE

Adopt E & G

BACK PAIN JOINT PAIN /SCIATICA /SPONDYLOSIS Adopt J

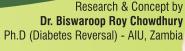
CZEMA/PSORIASIS

DIABETES TYPE II Adopt B & S











G♦L − **Protocol**

- A. Stop Plate 2. **B.** Stop Plate 2 in Lunch. Diabetes 72 C. Sit under sunlight for 45 min. **D.** Deep Breathing (Pranayam) for 40 min. twice daily. going to bed. first thing in the morning. thing in the morning.
 - E. Include green/red vegetables (such as tomato, beetroot and spinach) juice in Consume a mixture of 4 crushed tulsi leaves, 1gm of ginger and 2 spoons of honey with hot water, preferably on empty stomach. **G.** Mix 2 spoons of freshly extracted Aloe-vera juice with 2 spoons of honey and consume it as the first thing in the morning. H. Consume 2 spoons of lemon juice mixed with 2 spoons of honey on an empty Add ½ kg of crushed neem leaves in 1 liter of water; boil it till the water is reduced to ½ liter. Add the water to one full bucket of water. Use it to take bath. Add 6 crushed garlic cloves to 50 ml til (sesame) oil and boil it for 15 mins. Apply this oil (while it is warm) on the affected area. Gently massage for 10-15 mins Consume about 5 to 10 gms of raw turmeric along with 2 spoons of honey before Consume 100 ml fresh amla juice mixed with 2 spoons of honey early in the M. Boil 1 spoon fenugreek seeds in 2 cups of water, till the water is reduced to half. Strain the water and add 2 spoons of honey. Consume it preferably on an empty
 - N. Consume 4 crushed garlic cloves with 2 spoons of honey before going to bed.
 - **O.** Sip a cup of hot water mixed with a spoon of honey and 0.1gm of saffron as the
 - Eat within the bracket of 10 hours (for e.g. if you start your first meal in the morning at 8 am, then finish your dinner by 6 pm). Fast once a week on just
 - Q. Take 6-7 leaves of tulsi and 2gms of fresh ginger and chew it together as a first
 - Do shoulder, neck and eye rotation exercise every day & watch 'Better eye-sight without glasses' video on You-tube channel - Dr. Biswaroop Roy Chowdhury for proper exercise training and procedure.
 - Include 3 to 4 types of green leaves in lunch/dinner in accordance to the given calculation: Your weight (kg) = gm (For 70 kg person about 70gm of 3 to 4 types of leaves)