

GOL - The Rules 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 diet in 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 atleast 700gms of 4 types of fruits before 12 noon.

STEP-II

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 form.

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)
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 Life for a Disease Free World'.

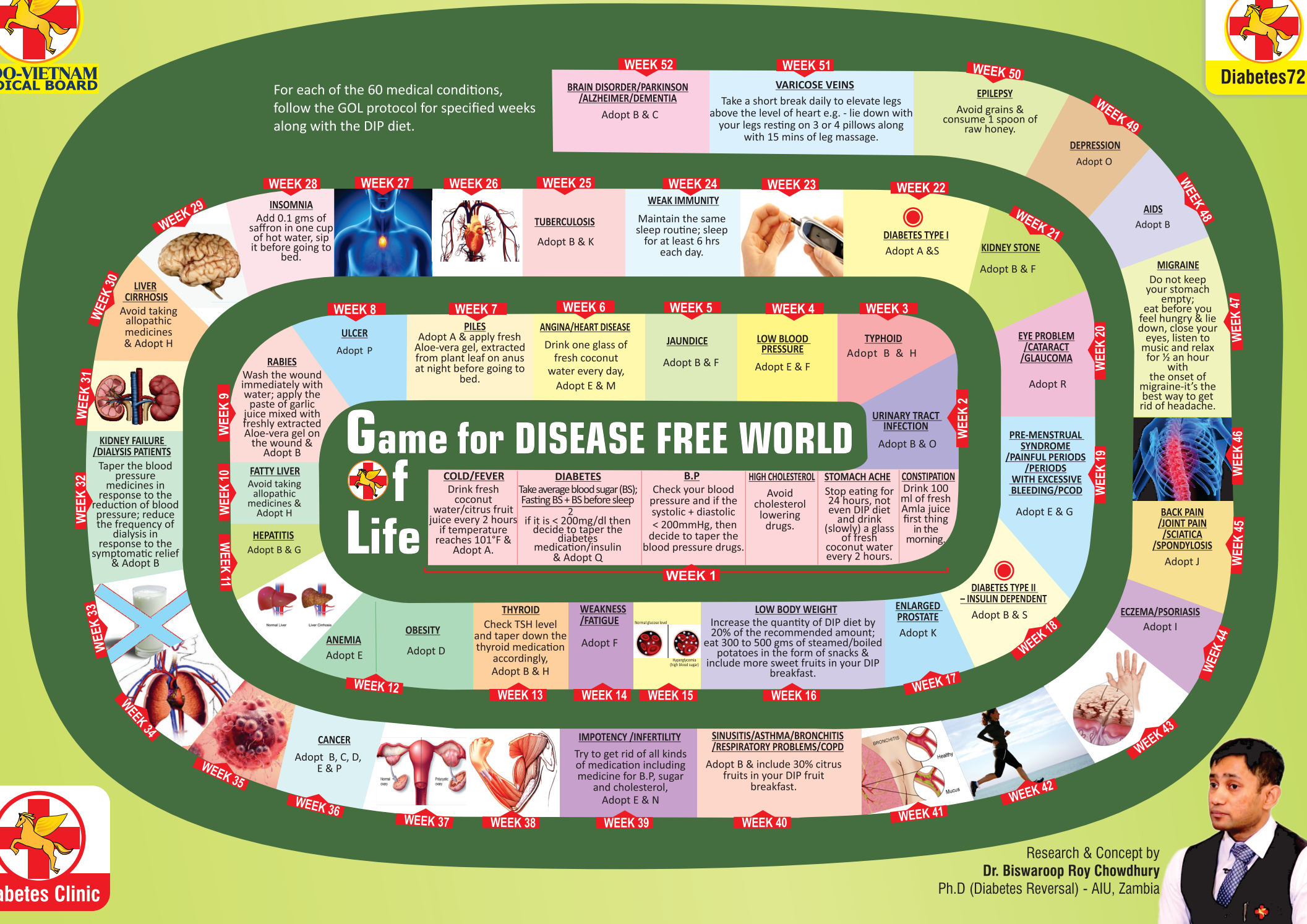
*To know the history and origin of DIP Diet, read the book 'Last Days of Diabetes' or watch the video 'Advanced Training on Medical Nutrition Part - 1'.



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GOL – Protocol

A.	Stop Plate 2.
B.	Stop Plate 2 in Lunch.
C.	Sit under sunlight for 45 min.
D.	Deep Breathing (Pranayam) for 40 min.
E.	Include green/red vegetables (such as tomato, beetroot and spinach) juice in your diet.
F.	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 stomach.
I.	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.
J.	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 twice daily.
K.	Consume about 5 to 10 gms of raw turmeric along with 2 spoons of honey before going to bed.
L.	Consume 100 ml fresh amla juice mixed with 2 spoons of honey early in the morning.
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 stomach.
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 first thing in the morning.
P.	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 coconut water.
Q.	Take 6-7 leaves of tulsi and 2gms of fresh ginger and chew it together as a first thing in the morning.
R.	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.
S.	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)

Research & Concept by
Dr. Biswaroop Roy Chowdhury
Ph.D (Diabetes Reversal) - AIU, Zambia

