G**⊗**L - 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 dietin accordance to the Orange box.

Stage II: Find your health condition on the GOL-Board. To reverse the illness, adopt the GOL-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:

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

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

Lunch/Dinner

Plate -1 4 types of raw vegetables

Weight in Kg x5= gm

Plate -2

Home Cooked

Vegetarian

Food

Minimum amount in Plate $1 = Your body weight in kg \times 5 = \dots gms$

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 www.biswaroop.com/cureme and watch the video 'Game of Life for a

*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'

GOL-Board



For each of the 60 medical conditions, follow the GOL protocol for specified weeks along with the DIP diet.

Adopt A & apply fresh

Aloe-vera gel, extracted

from plant leaf on anus

at night before going to

COLD/FEVER

coconut

Add 0.1 gms of

of hot water, s

Wash the wound

water; apply the

ice mixed with

freshly extracted

Aloe-vera gel

FATTY LIVER

Avoid taking

allopathic medicines &

HEPATITIS

Adopt B & G

the wound &

pasté of garlic

LIVER

CIRRHOSIS

woid taking

allopathic

medicines

& Adopt F

KIDNEY FAILURE /DIALYSIS PATIENTS

Taper the blood

sponse to the

oressure: reduce

the frequency of

dialysis in

response to the

& Adopt B

Research & Concept by

Dr. Biswaroop Rov Chowdhury

Ph.D (Diabetes Reversal) - AIU, Zambia

duction of blood

Adopt B & C

WEEK 6

ANGINA/HEART DISEASE

Drink one glass of

fresh coconut

water every day.

Adopt E & M

Fasting BS + BS before sleep

& Adopt Q

Adopt F

WEEK 14 WEEK 15

IMPOTENCY /INFERTILITY

Try to get rid of all kinds

medicine for B.P, sugar

and cholesterol.

Adopt E & N

DIP diet under the strict supervision of Dr. Biswaroop Roy Chowdhury and his expert medical team.

uice every 2 hours if it is < 200mg/dl ther

THYROID

Check TSH level

and taper down the

thyroid medication

accordingly.

Adopt B & H

Game for DISEASE FREE WORLD

Take average blood sugar (BS); Check your blood

WEEK 23

Adopt E & F

cholesterol

lowering

BRAIN DISORDER/PARKINSON /ALZHEIMER/DEMENTIA

WEEK 24

WEAK IMMUNITY

Maintain the same

leep routine; sleep

for at least 6 hrs

Adopt B & F

pressure and if the

systolic + diastolic

< 200mmHg, then

decide to taper the

WEEK 1

lood pressure drugs.

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.

EPILEPSY

Avoid grains & consume 1 spoon of

DEPRESSION Adopt O

Diabetes 72

Adopt B

MIGRAINE

Do not keep

vour stomach

empty;

feel hungry & lie

down. closé vou

eyes, listen to

núsić and relax

the onset of

nigraine-it's the

JOINT PAIN

/SCIATICA

/SPONDYLOSIS

Adopt J

CZEMA/PSORIASIS

Adopt I

best way to get rid of headache.

Adopt B & F

KIDNEY STONE

DIABETES TYPE I

Adopt A &S

Stop eating for 24 hours, not ml of fresh

(slowly) a glass of fresh coconut water every 2 hours.

24 hours, not even DIP diet Amla juice first thing

Adopt B & H

URINARY TRACT

PRE-MENSTRUA SYNDROME PAINFUL PERIODS

WITH EXCESSIVE Adopt E & G

/CATARACT

/GLAUCOMA

Adopt R

DIABETES TYPE II INSULIN DEPENDEN Adopt B & S







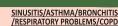
LOW BODY WEIGHT

Increase the quantity of DIP diet by

potatoes in the form of snacks &

lude more sweet fruits in your DIP

20% of the recommended amount; eat 300 to 500 gms of steamed/boiled



Adopt B & include 30% citrus fruits in your DIP fruit breakfast.









G♦L − 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 Consume a mixture of 4 crushed tulsi leaves, 1gm of ginger and 2 spoons of honey with hot water, preferably on empty stomach. 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 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 twice daily. Consume about 5 to 10 gms of raw turmeric along with 2 spoons of honey before going to bed. 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. **0.** 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. Take 6-7 leaves of tulsi and 2gms of fresh ginger and chew it together as a first thing in the morning. Do shoulder, neck and eye rotation exercise every day & watch 'Better eye-sight
- 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)

proper exercise training and procedure.

without glasses' video on You-tube channel - Dr. Biswaroop Roy Chowdhury for