

PRIMITIVA

CULTURE OF ORIGINS

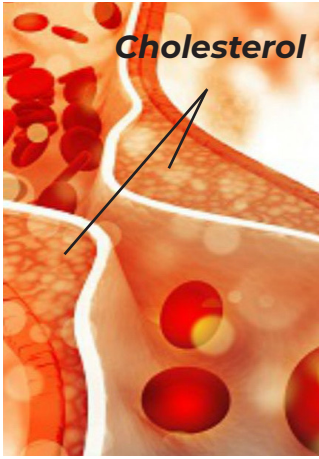
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Consult our nutritionist's advices or order on www.primitiva.bio



*Compounds derived from plants can also reduce the proliferation of cancer cells or induce the death of malignant cells: this is called apoptosis.
Or block the development of vessels supposed to supply the tumor with the nutrients necessary for its growth: this is angiogenesis.*



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CHOLESTEROL

- **Turmeric:** The active compound curcumin in turmeric has been shown to have cholesterol-lowering effects by reducing the levels of LDL (bad) cholesterol and triglycerides, and increasing HDL (good) cholesterol.
- **Ginger** has been found to have cholesterol-lowering effects by reducing LDL cholesterol levels and improving lipid profiles.
- **Moringa leaf** contains antioxidants which can help reduce the oxidation of LDL cholesterol and thus reduce its accumulation in the arteries.
- **Amla** contains polyphenols which have hypocholesterolemic properties.
- **Neem** has traditionally been used in Ayurvedic medicine for various purposes. Some studies have suggested that neem extracts may have hypolipidemic effects, meaning they could help reduce cholesterol levels.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Cholesterol	Turmeric	Routine	2	2	2
	Ginger	Routine	2	2	2
	Moringa Leaf	1 month	4	4	
	Amla	1 month	2	2	2
	Neem	1 month	2	2	2

Recommended Food Ingredients

White rice, brown rice, pasta, macaroni, high-fiber breads, cereals, sweet potatoes, potatoes, corn flakes, fish, skinless chicken, lean lean meats, egg whites, skim milk, low fat yogurt, low fat cheeses, low fat milk, tempeh, tofu, lentils, peas, kava beans, soybeans, all kinds of vegetables in fresh form, boiled, steamed, prepared, all kinds of fruit fresh or in juice form, honey, corn oil, oil from nuts, such as sunflower seed oil, sesame oil.

How to cook: boiled, steamed, set up, steamed, sauteed with a little oil, burned.

- Exercise regularly.
- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed

Restricted Food Ingredients

Seafood such as crab, squid, shellfish, etc.

NOT Recommended Food Ingredients

Finished food products, pies, croissants, pastries, muffins, biscuits, potato chips, cream pasta, fatty cakes, fat meats, goose meat, duck meat, fried fish, mutton, pork, offal, sardines, corned beef, bacon, sausage, egg yolk (2-4 eggs/week), whole milk, sweetened condensed milk, cream, high-fat yogurt, cheese, ice cream, milkshakes, creamer, butter-cooked vegetables, coconut oil, palm oil, thick coconut milk, sugar preserved fruits, canned fruit, dried fruit, jelly, jam, soft drink, milk chocolate.

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DIABETES



- **Neem** (*Azadirachta indica*) has been traditionally used in Ayurvedic medicine for its various health benefits. It may help regulate blood sugar levels and improve insulin sensitivity. Certain compounds in neem, such as flavonoids and glycosides, may have anti-diabetic properties.
- **Moringa leaves** (*Moringa oleifera*) are rich in nutrients and bioactive compounds. Some studies suggest that moringa leaf extract may help lower blood glucose levels and improve insulin secretion and sensitivity.
- **Ginger** (*Zingiber officinale*) has been used in traditional medicine for its potential health benefits. It may help regulate blood sugar levels by improving insulin sensitivity and reducing insulin resistance. Ginger also possesses anti-inflammatory properties.
- **Turmeric** (*Curcuma longa*) contains a compound called curcumin, which has been studied for its potential anti-diabetic effects. Curcumin may help improve insulin sensitivity, reduce inflammation, and regulate blood glucose levels.
- **Amla**, also known as Indian gooseberry (*Emblica officinalis*), is rich in antioxidants and vitamin C. While research on its direct effects on diabetes is limited, amla may help manage blood sugar levels due to its antioxidant properties and potential ability to improve beta-cell function in the pancreas.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Diabetes Type 2	Neem	1 month	2	2	2
	Amla	Routine	2	2	2
	Moringa Leaf	Routine	4	4	
Diabetes Type 1	Turmeric	1 month	2	2	2
	Ginger	Routine	2	2	2
	Moringa Leaf	Routine	4	4	

Recommended Food Ingredients

Brown rice (3 scoops of rice), potatoes, sweet potatoes, taro (tubers), fish, skinless chicken, tofu, tempeh, moringa leaves, spinach, carrots, cauliflower, string beans, (high fiber vegetables), honey (1-2 tsp), apples, bananas, oranges, grapes etc.

How to cook: boiling, steaming, grilling, roasting, and stir-frying.

- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed

NOT Recommended Food Ingredients

Reduced white rice, instant noodles, offal, chicken with skin, coconut milk, sugar, syrup, lunkhead, sweets, sweetened condensed milk, ice cream, full cream milk, sweet pastries, cakes, prepared foods, soft drinks, fried foods, MSG, table salt (reduced), salted eggs, salted fish, preserved food products.



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HYPERTENSION

- **Rosella** (*Hibiscus sabdariffa*) is known for its potential hypotensive properties. Studies suggest that consuming rosella tea or extract may help lower blood pressure due to its ability to act as a natural diuretic and relax blood vessels.
- **Moringa leaf** (*Moringa oleifera*) are rich in nutrients and bioactive compounds. Some studies suggest that moringa leaf extract may help lower blood pressure due to its antioxidant and anti-inflammatory properties. The high potassium content in moringa leaves may also contribute to its potential blood pressure-lowering effects.
- **Ginger** (*Zingiber officinale*) has been traditionally used for its potential health benefits, including its ability to lower blood pressure. Ginger may help relax blood vessels and improve blood circulation, which can contribute to lower blood pressure levels.
- **Turmeric** (*Curcuma longa*) contains a compound called curcumin, which has been studied for its potential cardiovascular benefits. Curcumin may have vasodilatory effects, promoting the relaxation and widening of blood vessels, which can help lower blood pressure.
- **Amla** (*Emblca officinalis*) is rich in antioxidants, including vitamin C, which may help protect blood vessels and promote their health. It has also been suggested that amla may help improve endothelial function, which is important for blood vessel health and blood pressure regulation. Additionally, amla may have anti-inflammatory properties that could be beneficial for cardiovascular health.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Hypertension	Rosella	Routine	3	3	
	Moringa Leaf	Routine	4	4	
	Ginger or Turmeric	1 month	2	2	2
	Amla	Routine	3	3	

Recommended Food Ingredients

Wheat, whole, oats, rice, potatoes, cassava, fish, meat, skinless chicken, max. 1 egg/day, fresh beans, all kinds of fresh vegetables such as moringa, carrots, cauliflower, broccoli, etc.

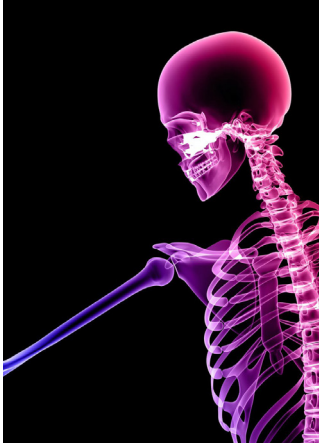
All kinds fresh fruits, fresh fruit juices (no added sugar), low fat milk.

How to cook: boiling, steaming, stir-frying.

- Drink at least 2 liters of water a day
 Drink a glass of water when you wake up and before going to bed
- Exercise regularly.

NOT Recommended Food Ingredients

Pastries, processed rice such as nasi uduk, red meat with fat, canned fish, corned beef, sausage, smoked fish, liver, gizzard, offal, nuts preserved with salt, preserved vegetables such as pickles, pickled fruit and vegetables, margarine, butter, mayonnaise, packaged drinks with added sweeteners and preservatives, vetsin, soy sauce, sauce, instant seasoning, salt.



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OSTEOPOROSIS

- **Moringa leaf** contains essential nutrients for bone health such as calcium, magnesium and vitamin K. It can help strengthen bones and prevent bone loss.
- **Amla**, also known as Indian gooseberry, is rich in vitamin C, which is important for bone health. Studies have shown that consuming amla can help improve bone mineral density in postmenopausal women.
- **Turmeric** contains compounds called curcuminoids that may help prevent bone loss. Studies have shown that curcuminoids can stimulate bone formation and inhibit bone resorption.
- **Ginger** contains compounds called gingerols and shogaols that may help prevent bone loss by stimulating bone formation and inhibiting bone resorption.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Osteoporosis	Morina Leaf	Routine	4	4	
	Ginger	Routine	2	2	2
	Turmeric	Routine	2	2	2

Recommended Food Ingredients

Rice, potato, sweet potato, cassava, bread, pasta, broccoli, mustard greens, bok choy, milk, yogurt, cheese, lean meat, fish, egg, kiwi, papaya, orange, strawberry, guava, mango, avocado, banana.

- Drink at least 2 liters of water a day
 Drink a glass of water when you wake up and before going to bed
- Exercise regularly.

Restricted Food Ingredients

Red beans, soybeans, tofu, tempeh, soy milk, spinach (contains oxalate which can interfere with calcium absorption).

NOT Recommended Food Ingredients

Salted fish, salt preserved foods, fast food, canned food, alcohol, coffee, tea, chocolate soft drink.



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RHEUMATISM ARTHRITIS

- **Ginger** (*Zingiber officinale*) has been traditionally used for its potential anti-inflammatory properties. It contains compounds that may help reduce inflammation and alleviate symptoms associated with rheumatism and arthritis. Ginger may also have analgesic effects, which can help relieve pain.
- **Turmeric** (*Curcuma longa*) contains a compound called curcumin, which has been extensively studied for its potential anti-inflammatory properties. Curcumin may help reduce inflammation and provide relief from the symptoms of rheumatism and arthritis. Some research suggests that curcumin may even have a comparable effect to non-steroidal anti-inflammatory drugs (NSAIDs).
- **Moringa leaves** (*Moringa oleifera*) are rich in nutrients and bioactive compounds. They possess potential anti-inflammatory and antioxidant properties, which may help reduce inflammation and oxidative stress associated with rheumatism and arthritis. However, more research is needed to establish its effectiveness specifically for these conditions.
- **Amla**, also known as Indian gooseberry (*Emblica officinalis*), contains antioxidants that may have anti-inflammatory effects. While research specifically focused on rheumatism and arthritis is limited, amla's potential anti-inflammatory properties may contribute to the management of these conditions.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Rheumatism	Moringa Root	Routine	2	2	2
	Turmeric	Routine	2	2	2
	Ginger	Routine	2	2	2

if you have a rheumatic crisis take 4 or 5 moringa root pills.

Recommended Food Ingredients

Oats, wheat, brown rice, fish, kidney beans, peas, soybeans, tofu, tempeh, olive oil, blueberries, strawberries, oranges, mango, avocado, spinach, broccoli, cabbage, moringa, eggplant, tomatoes, pineapple, lemon, watermelon, carrot, banana, green tea.

- Avoid smoking
- Healthy lifestyle
- Regular exercise and physical activity.
- Drink at least 2 liters of water a day (it is recommended when you wake up and before going to bed drink a glass of water).

NOT Recommended Food Ingredients

Bread, pasta, meat with fat, sausage, corned beef, soft drinks, packaged juices, cakes, alcoholic beverages, butter, margarine, foods preserved with sugar and salt.

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ANTI AGING FACIAL SKIN CARE

- **Moringa leaves** (*Moringa oleifera*) are rich in antioxidants, including vitamin C, beta-carotene, and various polyphenols. These antioxidants can help combat oxidative stress, which is believed to contribute to the aging process. Additionally, moringa leaves contain nutrients that support overall skin health, such as vitamins A and E.
- **Amla**, also known as Indian gooseberry (*Emblica officinalis*), is a potent source of antioxidants, particularly vitamin C. Antioxidants help neutralize harmful free radicals and reduce oxidative stress, which can contribute to aging. Amla also has collagen-stimulating properties, which may promote skin elasticity and reduce the appearance of wrinkles.
- **Turmeric** (*Curcuma longa*) contains curcumin, a compound with potent antioxidant and anti-inflammatory properties. Curcumin's ability to reduce inflammation and neutralize free radicals may have potential benefits for overall skin health and anti-aging effects.
- **Ginger** (*Zingiber officinale*) possesses antioxidant and anti-inflammatory properties. These properties may help protect against oxidative stress and inflammation, which are associated with the aging process. Ginger may also promote collagen synthesis, contributing to skin elasticity and a youthful appearance.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Anti aging	Moringa Leaf	Routine	4	4	
	Turmeric	Routine	2	2	2
	Amla	Routine	2	2	2

Recommended Food Ingredients

Sweet potato, corn, rice, tomato, fish, skinless chicken, egg white, green tea, all kinds of fresh vegetables and fruits such as avocado, broccoli, strawberry, blue berry, papaya, soybean, tofu, tempeh, peas, lentils, red peppers, pumpkin, spinach, moringa, carrots, apples, bananas, low fat milk.

- Avoid smoking
- Healthy lifestyle
- Regular exercise and physical activity.
- Drink at least 2 liters of water a day (it is recommended when you wake up and before going to bed drink a glass of water)

NOT Recommended Food Ingredients

Cakes, pies, packaged drinks, fast food, fried foods, soft drinks, butter, margarine, sugar-preserved foods, alcoholic beverages.



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ASTHMA

- **Moringa Leaf** contains anti-inflammatory properties that can help relieve asthma symptoms. It can also reduce airway obstruction and improve lung function.
- **Amla**, or Indian gooseberry, contains vitamin C and anti-inflammatory properties that can help relieve asthma symptoms. It can also reduce the frequency and severity of asthma attacks.
- **Ginger** contains anti-inflammatory and antioxidant properties that can help relieve asthma symptoms. It can also reduce airway inflammation and improve lung function.
- **Neem** contains anti-inflammatory properties that can help reduce airway inflammation and improve lung function. It can also relieve asthma symptoms.
- **Turmeric** contains anti-inflammatory and antioxidant properties that can help relieve asthma symptoms. It can also reduce airway inflammation and improve lung function.
- **Rosella** contains anti-inflammatory and antioxidant properties that can help reduce airway inflammation and improve lung function. It can also relieve asthma symptoms.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Asthma	Moringa Leaf	Routine	4	4	
	Amla	Routine	2	2	2
	Ginger	Routine	2	2	2

Recommended Food Ingredients

Rice, pasta, brown rice, fish, lean meats, apples, carrots, spinach, broccoli, chickpeas, moringa, bananas, ginger, chia seeds, walnuts, olive oil.

- Drink at least 2 liters of water a day
 Drink a glass of water when you wake up and before going to bed

NOT Recommended Food Ingredients

Preserved foods, dried fruits such as raisins, packaged lemon juice, bottled grape juice, molasses, soft drinks, packaged drinks, chewing gum, fried foods, cabbage, peas, garlic, fast food, food allergy triggers (milk, seafood, wheat, eggs, nuts) for those who have allergies.

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ACNE



- **Moringa leaves** contain many nutrients and antioxidants that can help reduce skin inflammation and improve the appearance of acne.
- **Amla** is rich in vitamin C, an antioxidant that helps reduce skin inflammation and promote healing of acne.
- **Neem** contains antibacterial and anti-inflammatory properties that can help reduce inflammation and kill acne-causing bacteria.
- **Turmeric** has anti-inflammatory properties that can help reduce skin inflammation and improve the appearance of acne.
- **Ginger** is also known for its anti-inflammatory and antibacterial properties which can help reduce skin inflammation and eliminate bacteria that cause acne.

- **Siam Weed:** Also known as “coffee pot” or “bitter grass,” this plant is rich in antioxidants and has antibacterial properties that can help reduce skin inflammation and eliminate acne-causing bacteria.
- **Butterfly Pea** is rich in antioxidants that can help reduce skin inflammation and improve the appearance of acne.
- **Rosella** flowers contain alpha hydroxy acids that can help exfoliate the skin and improve the appearance of acne.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Acne	Neem	Routine	2	2	2
	Turmeric	Routine	2	2	2
	Siam Weed	Routine	2	2	2

Recommended Food Ingredients

Brown rice, Whole grains, legumes, fresh fruits and vegetables, pumpkin seeds, cashews, beef, turkey, oysters, crab, guava, papaya, kiwi, strawberry, orange, carrot, apricot, sweet potato, spinach, Moringa, broccoli, collards, tomatoes, blueberries, salmon, mackerel.

- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed
- Exercise regularly.

NOT Recommended Food Ingredients

Pasta, white rice, white bread, sugar, foods that contain high sugar such as soft drinks, fast food, fruit preserved with sugar, and high salt.



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FUNGUS

- **Neem** leaves, flowers, and bark of the neem tree have antifungal and antibacterial properties that can help fight against fungi, especially skin infections such as athlete's foot and yeast infections.
- **Turmeric**: Curcumin, the active compound in turmeric, has antifungal and antioxidant properties that can help fight against fungi and reduce inflammation in the body.
- **Ginger**: Ginger contains bioactive compounds such as gingerol and shogaol that have antifungal and antibacterial properties. It can help fight against fungal infections of the skin and nails.
- **Siam weed**: The leaves of Chromolaena Odorata have antifungal properties that can help fight against fungi, especially skin fungal infections.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Fungus	Neem	Routine	2	2	2
	Siam Weed	Routine	2	2	2
	Turmeric	Routine	2	2	2

You can apply a mixture of Neem powder with water and apply directly to the affected area.

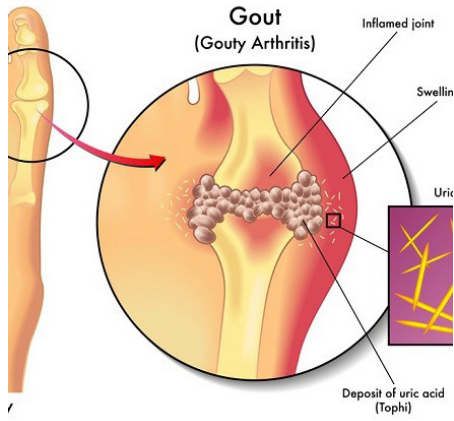
Recommended Food Ingredients

Brown rice, oatmeal, lean meat, eggs, kiwi, lemon, yogurt, oncom, spinach, broccoli, moringa, mustard leaves.

- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed

NOT Recommended Food Ingredients

Sugar and sweet fruits, alcoholic drinks, soft drinks, cheese, bread, baked goods, mushrooms.



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URIC ACID

- **Ginger** - contains active compounds such as gingerols and shogaols that have been shown to possess uric acid-lowering properties.
- **Turmeric** - the active ingredient curcumin has been found to have uric acid-lowering effects in various animal studies.
- **Moringa leaf** - contains quercetin, a flavonoid that has been shown to have uric acid-lowering effects in some studies.
- **Amla** - also known as Indian gooseberry, contains high levels of vitamin C which has been found to reduce uric acid levels in some studies.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Uric Acid	Ginger	Routine	2	2	2
	Turmeric	Routine	2	2	2
	Moringa Leaf	Routine	4	4	

Can be applied to wounds (strongly pinch the pill between your fingers to obtain the powder)

Recommended Food Ingredients

Rice, cassava, sweet potatoes, bread, potatoes, low fat milk, eggs, sugar, carrots, long beans, peas, cauliflower, katuk leaves, pumpkin, lettuce.

- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed

Restricted Food Ingredients

Fish, chicken, dry grains (peanuts, soybeans, etc.), meat, mushrooms, shrimp, tofu, tempeh, spinach, kale, cabbage leaves and melinjo seeds (Gnetum gnemon) and their preparations.

NOT Recommended Food Ingredients

Offal, thick broth, duck, sardines, mackerel, clams.



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DIARRHEA

- **Ginger** contains gingerols and shogaols, which have anti-inflammatory and antimicrobial properties that can help to reduce inflammation and fight against the bacteria that can cause diarrhea.
- **Turmeric** contains curcumin, which has anti-inflammatory and antimicrobial properties that can help to reduce inflammation and fight against the bacteria that can cause diarrhea.
- **Neem** leaves contain nimbin and nimbidin, which have antibacterial and anti-inflammatory properties that can help to reduce inflammation and fight against the bacteria that can cause diarrhea.
- **Siam Weed:** The leaves of Chromolaena Odorata have antibacterial and antifungal properties that can help to fight against the bacteria and fungi that can cause diarrhea.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Diarrhea	Neem	1 month	2	2	2
	Ginger	1 month	2	2	2
	Turmeric	1 month	2	2	2

Recommended Food Ingredients

Strained porridge, bread, mashed potatoes, flour that is processed into porridge, tender meat, liver, chicken, finely ground fish, boiled eggs, fried eggs, eggs in the team, boiled tofu in the team, juiced vegetables, fruit juice, sugar, salt.

How to cook: boiling and steaming or in steams.

- Drink at least 2 liters of water a day
 Drink a glass of water when you wake up and before going to bed

NOT Recommended Food Ingredients

Mashed rice, glutinous rice, corn, sweet potatoes, cassava, taro, cake, lunthead, processed sweet cakes, coarse fibrous meat, fried preserved fish chicken, fried eggs, shrimp, other seafood shellfish, milk and dairy products, peanuts, red beans, peas, tolo beans, green beans, soybeans, tempeh, oncom, whole fresh vegetables, whole fruit, strong coffee tea, alcoholic beverages, coke, onions, chilies, ginger, pepper, coriander, vinegar, sharp spices.



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STRESS

ANXIETY - DEPRESSION

- **Butterfly pea:** This plant contains flavonoids and alkaloids that have been shown to have anxiolytic and antidepressant effects.
- **Amla:** Amla, also known as Indian gooseberry, is rich in antioxidants and has been shown to have antidepressant effects.
- **Ginger:** Some studies suggest that ginger may have anxiolytic (anxiety-reducing) and antidepressant effects due to its ability to modulate serotonin and dopamine levels in the brain.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Stress Anxiety Depression	Butterfly Pea	Routine	2		2
	Amla	Routine	2	2	2
	Ginger	Routine	2	2	2

You can also use: Curcuma 1 month.

Recommended Food Ingredients

Whole grains, rice, salmon, mackerel, sardines, beans, yogurt, spinach, radishes, collards, broccoli, beets, lentils, strawberries, blue berries, kimchi, pickles, tofu, tempeh.

- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed
- Exercise regularly.

NOT Recommended Food Ingredients

All kinds of fruit juices, soft drinks, toasted bread, coffee, alcoholic beverages, fast food, cakes with frosting, and all kinds of high-sugar foods, fried foods, salt-preserved foods.



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STOMACH DISORDER

FOR A BETTER DIGESTION

- Butterfly pe

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Stomach Disorder	Neem	1 month	2	2	2
	Turmeric	1 month	2	2	2
	Siam Weed	Routine	2	2	2

You can also use Stomach dososder : Amla, Ginger.

Recommended Food Ingredients

Rice, or porridge, mashed potatoes, flours that are processed into porridge,

All fruit juices, avocados, bananas, grapes, oranges, apples, ripe mangos (all fruits must be ripe), meat, fish, chicken, eggs, sugar, honey, topat, carrots, chickpeas, green beans, mushrooms, moringa, spinach, salt, milk.

How to cook: boiling, steaming,

not recommended for frying, burning, roasting.

- Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

NOT Recommended Food Ingredients

Processed food ingredients with spicy flavors, nuts, raw fruits, dried fruits, durian,

salak, processed meat, chicken, canned and fried fish, jam, candy, raw vegetables, pepper, pickles.

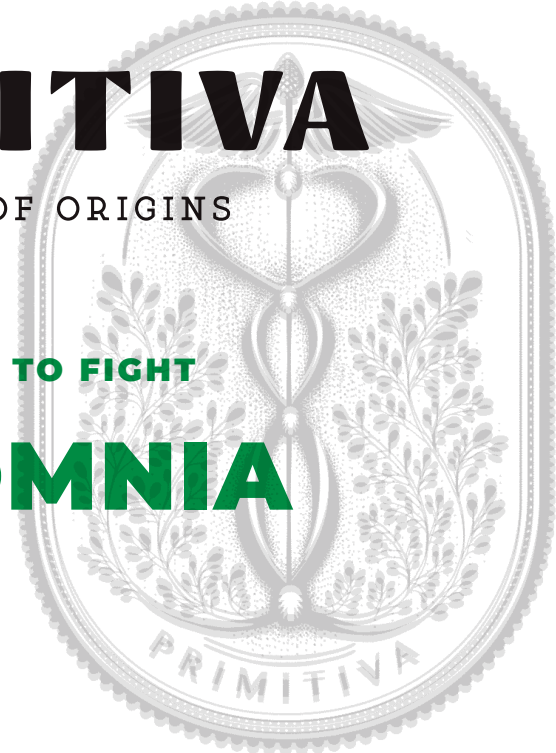


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HOW TO EAT TO FIGHT

INSOMNIA



Recommended Food Ingredients

Rice, oat meal, chicken meat, fish, almonds, walnuts, soybeans, cashews, kiwi, pineapple, oranges, bananas, pumpkin, all kinds of vegetables, milk, yogurt, cheese, chamomile tea (*chamaemelum nobile*), valerian tea (*valeriana officinalis*), honey.

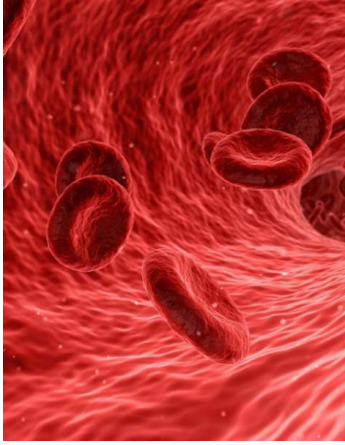
- Drink at least 2 liters of water a day
 Drink a glass of water when you wake up and before going to bed
- Exercise regularly.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Insomnia	Butterfly Pea	Routine	0	0	4
	Amla	Routine	2	2	2

You can also use Insomnia : Moringa leaf in routine.

NOT Recommended Food Ingredients

Coffee, alcoholic beverages, soft drinks, dark chocolate, fatty and spicy foods.

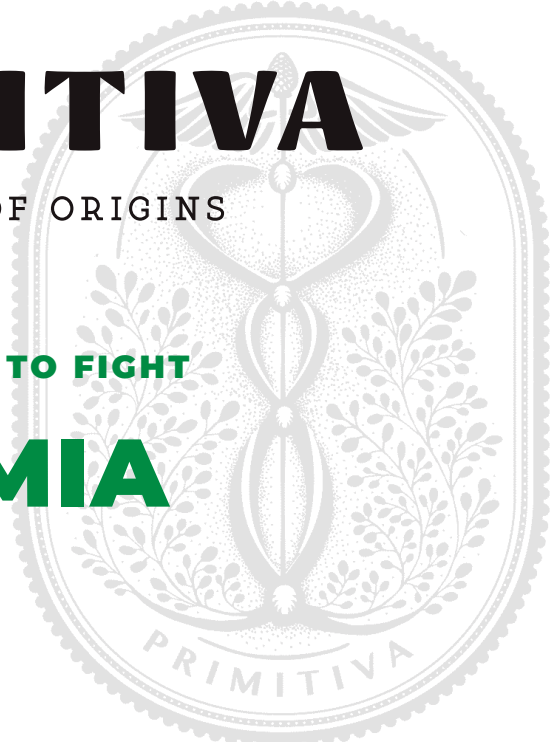


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HOW TO EAT TO FIGHT

ANEMIA



Recommended Food Ingredients

Rice, sweet potatoes, green vegetables, spinach, kale, cabbage, mustard greens, moringa, carrots, tomatoes, oranges, beans, red peppers, strawberries, avocado, eggs, beef, mutton, liver, beef tongue, clams, oysters, crabs, shrimp, tuna, salmon, sardines, (not eaten with foods high in calcium such as milk, yogurt, cheese, kefir, tofu), vegetable oils.

- Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Anemia	Neem	Routine	2	2	2
	Turmeric	Routine	2	2	2
	Moringa Leaf	Routine	4	4	0

NOT Recommended Food Ingredients

Sorghum, corn, green and black tea, coffee, grapes, almonds, sunflower seeds.



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HOW TO EAT TO FIGHT

FEVER



Recommended Food Ingredients

Steam porridge/rice, toast, boiled potatoes, biscuits, tender meat, liver, chicken, boiled fish, boiled eggs, tofu, tempeh, soy milk, long beans, chickpeas, chayote, spinach, tomatoes, carrots, papaya, bananas, oranges, avocados, light tea.

How to cook: all food is processed by boiling, steaming, in steams, until it becomes soft,

- Give small and frequent portions
- Vitamins and minerals according to Nutritional Adequacy Rate
- Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

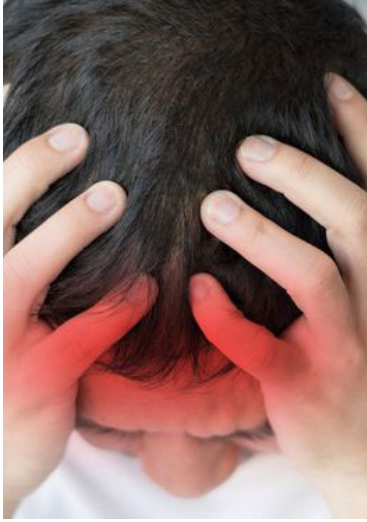
Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Fever for Adult	Neem	Routine	2	2	2
	Ginger	Routine	2	2	2

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Fever for Child	Neem	Routine	1	1	
	Ginger	Routine	1	1	

You can also use Fever : Siam Weed 1 month

NOT Recommended Food Ingredients

Coarse fibrous meat, high fat foods, too sweet, too sour, sharply seasoned.



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HOW TO EAT TO FIGHT

HEADACHE



Recommended Food Ingredients

Sweet potatoes, Baked potatoes, whole wheat bread, pasta, Fish such as salmon, mackerel, almonds, spinach, broccoli, sesame seeds.

- Avoid smoking
- Healthy lifestyle
- Regular exercise and physical activity.
- Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Headache	Moringa Root	1 time	4		
	Ginger	1 time	6		
	Butterfly Pea	1 time			4



PRIMITIVA

CULTURE OF ORIGINS

HOW TO EAT TO FIGHT

FLU - COLD



Recommended Food Ingredients

Oatmeal, rice porridge, chicken soup, egg milk, low fat meat, carrot, orange, lemon, yogurt, ginger, honey, garlic, strawberry, tomato, spinach, broccoli, moringa, banana.

- Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Flu - Cold	Neem	Routine	2	2	2
	Ginger	Routine	2	2	2
	Rosella	Routine	2	2	2

You can also use Flu : Amla 1 month.

NOT Recommended Food Ingredients

Foods that are high in fat (fried), high in sugar content such as fruit preserved with sugar (raisins etc.), foods high in salt (salted fish etc.), coffee, soft drinks.



PRIMITIVA

CULTURE OF ORIGINS

OBSESITY



- **Moringa leaves** contain isothiocyanates and flavonoids, which have anti-inflammatory properties, stimulate metabolism and increase the feeling of satiety, thus helping in weight management.
- **Turmeric:** Curcumin, an active compound in turmeric, can inhibit fat cell growth and regulate lipid metabolism, contributing to the reduction of obesity.
- **Ginger** contains gingerols and shogaols, which boost metabolism, reduce inflammation and increase feelings of fullness, helping with weight management.

- **Butterfly Pea** contains flavonoids and anthocyanins, which have been linked to regulating lipid metabolism and suppressing appetite, helping to reduce obesity.
- **Rosella** contains diuretic and laxative properties, as well as fiber, helping to eliminate toxins and waste from the body, reduce excess fluid and salt in the body, and promote the feeling of satiety, thus contributing to loss weight.

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Obesity	Moringa Leaf	Routine	4	4	
	Butterfly Pea	Routine	2	2	2
	Turmeric	Routine	2	2	2

Recommended Food Ingredients

Wheat, oats, brown rice, tofu, tempeh, egg white, fish, lean chicken, all kinds of fresh vegetables, such as moringa, carrots, spinach, mustard greens, broccoli, cauliflower, beans, long beans, etc. All kinds of fruits fresh, such as apples, bananas, mangoes, dragon fruit, oranges, watermelon, low fat milk, low fat cheese.

How to cook: boiled, steamed, in teams, avoid processing food by frying.

- For obese people, it is necessary to calculate special needs, namely the ideal body weight according to height
- Regular exercise and physical activity
- Suggested meal timings
- Healthy lifestyle
- Drink at least 2 liters of water a day
Drink a glass of water when you wake up and before going to bed

Food ingredients that are limited and reduced

Rice, meat with fat, chicken with skin, sugar, cake, honey, chocolate, candy, jam, preserved food such as canned food, fast food, soft drink, food preserved with sugar and salt, such as sweets, salted fish, raisins, pickled fruit, coconut milk foods, fried foods, margarine, butter.

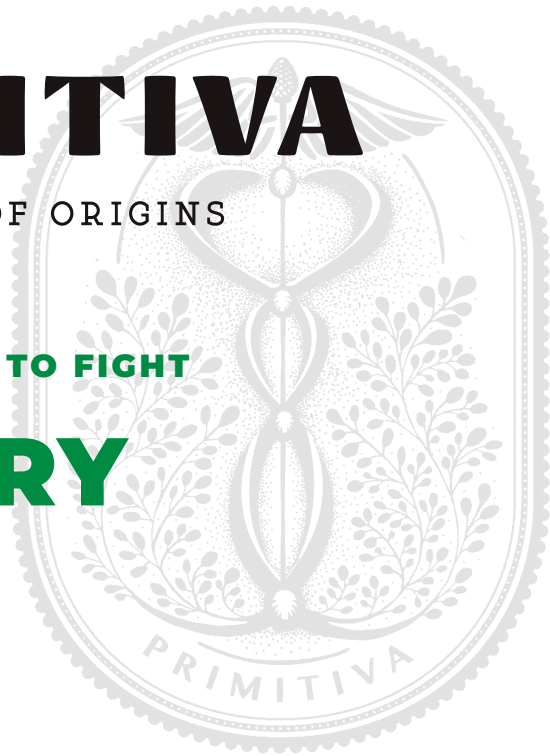


PRIMITIVA

CULTURE OF ORIGINS

HOW TO EAT TO FIGHT

INJURY



Recommended Food Ingredients

Rice, bread, potatoes, cereals, beef, egg whites, fish, tofu, tempeh, nuts, yogurt, cheese, avocado, broccoli, soybeans, chocolate, spinach, moringa, mustard greens, all kinds of fresh fruit.

- Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

Pathology	Primitiva Pills	Time	Breakfast	Lunch	Diner
Injury	Siam Weed	Routine	2	2	2
	Ginger	Routine	2	2	2

You can also use Injury : Moringa leaf in routine.

NOT Recommended Food Ingredients

Foods that contain spices, foods that are high in sugar, high in salt.



PRIMITIVA

CULTURE OF ORIGINS

HOW TO EAT IF YOU ARE

PREGNANCY



Recommended Food Ingredients

Rice, potatoes, sweet potatoes, cassava, taro, oats, vermicelli, eggs, lean meat, skinless chicken, fish, yogurt, milk, green beans, soybeans, kidney beans, peanuts, tofu, tempeh, all kinds of vegetables such as Moringa, carrots, chayote, broccoli, cauliflower etc., all kinds of fruit but slightly restricted to pineapple, jackfruit and durian, honey, sugar.

• **For early pregnancy or the first trimester;** food processing is recommended by boiling, steaming, grilling, roasting, sautéing, to reduce nausea.

• Drink at least 2 liters of water a day

Drink a glass of water when you wake up and before going to bed

	Primitiva Pills	Time	Breakfast	Lunch	Diner
Pregnancy	Butterfly Pea	Routine	2		2
	Turmeric	Routine	2	2	0
	Moringa Leaf	Routine	4	4	0

NOT Recommended Food Ingredients

Food ingredients that contain alcohol, strong tea, coffee, soft drinks, ready-made food, canned food, salted fish, msg, table salt are limited.