

## Title: Yamini's 3-Month Healing & Weight Loss Plan (PCOD, Skin, Hair, Focus)

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### Daily Routine (Time-Saving, No Exercise Needed)

#### Morning (7:30 AM)

- Methi + Saunf + Ajwain water (boiled or soaked overnight)
- 5 soaked almonds + 1 walnut + 2 munakkas
- 5-minute slow belly breathing + mantra: "Mera body har din heal ho raha hai."

#### First Meal (9:00 AM)

- Papaya + 1/2 Apple + flax seeds OR Oats + lauki + methi khichdi
- 1 tsp coconut oil (cold-pressed)

#### Mid Morning (11:30 AM)

- Coconut water or jeera-saunf-tulsi water + 5-min light stretching

#### Lunch (2:00 PM)

- 1 millet roti OR 1/2 bowl brown rice
- 1 bowl sabzi + 1 bowl moong/mixed dal + salad with lemon & flax

#### Evening Snack (5:30 PM)

- Herbal tea (ginger + tulsi + mulethi) + roasted chana or makhana

#### Dinner (7:30 PM)

- Lauki/moong dal soup + steamed veg + 1/2 tsp Triphala in warm water

#### Bedtime (9:30 PM)

- 1 tsp Ashwagandha in warm water + Bhramari + light music

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### Weekly Healing Strategy

- Monday - Neem face rinse + Amla drink
- Tuesday - Hair oil + onion juice + 15 min sunlight
- Wednesday - Multani mitti + lemon face pack
- Thursday - No grain day: only sabzi + dal + soup

- Friday - Cinnamon + black pepper in all meals
  - Saturday - Brahmi capsule or tea + Yoga Nidra
  - Sunday - Write 1 line: "Mera body heal ho raha hai."
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### **Natural Glowing Skin & Hair Remedies**

- Black neck: Aloe vera + lemon scrub daily
  - Pimples/marks: Neem + multani mitti mask (2x/week)
  - Hair regrowth: Onion juice + flaxseed oil + amla powder
  - Breathing relief: Avoid cold food + do ajwain-steam
  - No periods: Add Shatavari or Ashokarishta (with doctor guidance)
  - Calm mind: Brahmi oil head massage + 10-min breathing
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### **Herbal Detox & Hormone-Balance Drinks**

- Morning - Methi + Ajwain + Tulsi water
  - Mid-morning - Coconut water or Jeera-Saunf water
  - Evening - Herbal Tea (tulsi + mulethi + ginger)
  - Night - Triphala OR Ashwagandha in warm water
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### **Estimated Healing Timeline**

- Periods return: 4-6 weeks
  - Weight loss: 15 kg in 3 months (5 kg/month)
  - Fat neck & belly reduction: 3-4 weeks
  - Glowing skin: 2-3 weeks visible
  - Hair regrowth: 6-8 weeks
  - Sleep/focus/anger control: 7-10 days
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### **Daily Motivation Tracker**

- Clean eating (no dairy/sugar)
  - Herbal water 2x daily
  - 10 min Pranayama
  - Night ritual (Triphala/Ashwagandha)
  - Write 1 affirmation: "I am healing."
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## **Mirror Affirmation**

"Mera body mujhe support kar raha hai. Har din main thoda better ho rahi hoon."

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