

# SAMYAK HEALING

Spreading Happiness

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**Probiotic Khichadi B12 Rich:** Restores Gut Microbe Balance, Hormone Balance, Glucose Balance. By using this, many friends have got relief in diseases like diabetes, BP, Thyroid, Indigestion, Disease of Kidney, Heart, Lungs, Urogenital System, Body Pains, Mind disorders etc.

**To be used with Unpolished Organic Barnyard Millets, Little Millets, Kodo Millets, Foxtail Millets, Browntop Millets, Rajmudi Rice, Red Rice, Brown Rice, Semi-Polished Rice as advised in specific health condition**

- Clean the grains and remove any dust or insects. Wash them with water thoroughly. Some grains or husk may float on top; you can remove them by a spoon. Then soak the good grains for 6-8 hrs in 15 times water. You can use less water for soaking but remember to add the remaining water at the time of cooking. Minimum soaking time will depend upon the weather condition. For example in summer, 6hrs may be enough. Minimum quantity of water required may also vary based on the type of grain you are using. You'll know these nuances after you make it a few times.



- After soaking for the required duration, transfer the grains with soaking water to a clay or steel vessel and turn on the flame. Add water if you had not used full quantity of water for soaking. Bring it to boil and let it simmer on low flame. Keep the pot covered with a steel lid slightly open so that vapor pressure is not built inside. Keep stirring every 2-3 minutes. After about 20 minutes, check if they have become soft. Make sure that they don't stick to bottom of cooking vessel and at the end of cooking, they are in a gravy consistency and not dry. Barnyard and Little millets have less cooking time and more tendency to stick to bottom so please take care accordingly. After the grains are cooked well, turn off the flame and stir the grains once.



- At this time, transfer them to clay pot if cooking was not done in clay pot. Then let it cool down to room temperature. During this time, you may keep the vessel partially covered by a steel net cover or plate. After they have cooled, remove the net, cover the clay pot with a cotton cloth and tie around the rim of the pot by a thread or elastic or rubber to avoid any insects etc. going inside. Leave for 4-10 hrs in an undisturbed area. Longer duration will help in growing favorable bacteria more - just like in



case of making curd. Different types of grains have different types of fiber which promote different types of favorable bacteria required by human body. Fiber in millets is much more (7-10%) than even in Brown/Red Rice.

- The Probiotic Khichadi should be consumed before it starts separating water or starts becoming sour. Normally, in a weather of 30 C temperature, it can be consumed within 10hrs. And in cold season, it can also be kept for 20hrs. In the beginning of your millet journey, you can consume within 7-8 hrs. And later on, you'll know intuitively how long it can be kept in different weather conditions.



- At the time of eating, you can mix anything for taste like salt, black pepper, roasted cumin powder etc. It can be eaten with cooked vegetables by everyone. But to consume with other items, please follow the advice of a skillful health consultant.

### Notes:

- Ensure to take only unpolished organic millets. Polished millets will cook sooner but do not give much benefits. Generally, in the name of Saanvak Ke Chawal, Vrat ke Chawal, what is being sold is polished variety so that should be avoided.
- Do not mix anything else like oil or salt or any pulses or even multiple types of millets during soaking, cooking and when you are keeping it aside for growing the favorable bacteria.
- If you have soaked for a long time by mistake, you'll see bubbles forming on the top surface. If this happens, you should discard the soaking water, wash the grains again and use fresh water for cooking.
- Probiotic Khichadi should not be directly heated. It can be eaten with warm vegetables. If you need to make the Khichadi also warm, you can boil some water in a separate larger bowl, turn off the flame and then put the Khichadi bowl floating in this hot water. With this method also, only make the Khichadi little warm and not hot because heating it too much will damage the favorable bacteria.
- Never use chemical soap/liquid/powder for washing clay pots. You can gently wash them with ash or besan + salt. Also before using a new clay pot, ensure to season it properly.
- Use Bull Driven Ghaanaa Organic Oils and Organic Palm Jaggery / Dhaagaa Mishri Powder instead of refined oils and sugar.

**Copper Charged and Oxygenated, Mineral Compensated Water:** To reduce the adverse effects of plastic nano-particles, bacteria/virus, mineral loss and stagnation of water, and to make it similar to natural spring water, keep a pure copper plate in the water for 6-8 hours. 3.5 inch x 12 inch plate of 2 mm thickness is sufficient for 20 Litre water. This water will have the charging effect for the next 12 hours. For oxygenation and mineral compensation, you can add Panchgavya OxyPH powder in the water after removing the copper plate. The powder will settle down in few minutes. Then keep using the water from top. This can be used for drinking as well as cooking. To reuse the copper plate, wash it with a mix of salt and lemon juice/tamarind/vinegar.



**Notes:**

- Please ensure to use pure copper plate.
- Clean it with the above method before every use.
- Do not keep the copper plate in water for more than 8 hours at a time.
- Use clay or steel container for storing water. Do not use plastic or aluminium.

May God bless you with better health and happiness!

☺ Thank you for taking a step yourself to get that blessing ☺