



Qhome Qure Menu & Plans

Version 1.0

This Book Contains

Qhome Qure Food Menu

The menu consists of traditional Sri Lankan cuisine fused with health remedies. The food and drink are designed to increase immunity and support spiritual development. Its simple and easy to prepare. More importantly all elements are meticulously planned to invoke energies surrounding your body and mind. Certain rituals that are shared comprehensively focus on the ailments that are proved by the pandemic situation. The food develops immunity and prepares your body and mind to combat any emergency situation with confidence. Just follow the plan and routine.

Qhome Qure Daily Routine

The daily routine helps you to structure your day in line with the qure plans. Every activity has meaningful attention to detail and are scientifically backed with well documented research. The routine proses activities to improve physical activity and also mindfulness. Food and drink need to be in synchronicity of the proposed activities to achieve maximum results.

Qhome Qure Herbal Remedies

A well-researched, comprehensive guide to make all kinds of herbal remedies for just about every health problem, from infants to the elderly. This is a comprehensive plan to be fully dependent on natural plants and substances for complete cure.

Qhome Qure promotes preventative health remedies and has meticulously collected tried and tested herbal recipes and plans that stem up from traditional paramparika ayurveda and traditional food culture. Most of these plans focus on improving the physical health by increasing immunity and detoxifying body. The user most likely would feel empowered and confident in using medicinal herbs with practice of the Qhome guides.

The wellness guide includes herbal remedies and its formulations with the indications, contra indications, dosage and instructions of use. All ingredients are naturally sourced and contains no harm even during overdose. However, we recommend to exercise caution by consuming the recommended dosage or quantity. Most recipes can also be considered for cooking reference since most plants are mostly cooking essentials for the proposed Qhome meal plans.

Qhome Yogi Meal Plan

Yogic life is a spiritual philosophy and a lifestyle rooted in healthy living. While some yoga practitioners choose a vegetarian or vegan diet. Certain yogic principals is also considered during the Qhome routine. You may follow the yogic meal plan at your discretion as it will make it easy for you to transition to a diet that's more harmonious with your yoga practice.

Note: All ingredients sourced purely from the Qhome garden and vicinity at Belihuloya, Sri Lanka

QHOME QURE FOOD MENU

Designing meals based on season of year with factors like current weather condition and also current food pattern is a scientific ayurvedic approach to well-being. Our meal plans focus purely on improving immunity and detoxing physical and spiritual bodies.

Belihuloya has an average temperature is around 28.3°C, with annual rainfall between 1,875 and 2,500mm through the year and has two distinctive seasons of summer and rain , while occasional rain is experienced.



At our Qhome in Belihuloya the transition from Summer to Rainy where in the summer heat, we build Pitta (heat) in the body; so in summer we naturally prefer a more cooling diet and environment. This helps balance Pitta dosha, but at the same time by increasing the coolness combined with the summer dryness, Vata (erratic, dryness) is increased in the body. These accumulations cause problems like dry skin, constipation, arthritic pain, colds, and inability to focus.

Essentially, just before moving into each new season Ayurveda suggests a clearing of any accumulated dosha. To do this, follow a gentle seasonal cleanse with targeted Qhome rituals based on your health condition accompanied with a detoxifying diet, and then you can slowly follow the specific season-pacifying foods and lifestyle guidelines focused also on increasing your immunity. This same principle will apply at all seasonal transitions, throughout the year predominantly between summer and rainy seasons. The cleansing routine is the same.

As a guideline:

- Leave a minimum of 2-3 hours between all meals but eat a light snack (see snacks in meal plan) if you are feeling weak at any time. Hydrate yourself often
- Make use of Qhome rituals (Refer to Manual) to manage your immunity ailments
- Increase the use of spices such as ginger, turmeric, black pepper, cinnamon in meals or teas.



- It not only about food, we support you to cleanse your mind with Qhome Mind Qure practices such as Pranayama and meditation (Refer to Qhome Manual)
- Any vigorous activity and exercise is avoided during your stay– aim to be gentle with yourself. Light walks within the area and village are recommended.
- At the end of the period of cleansing, start to move towards following the foods recommended. However, remember to ease in – wean yourself off the cleanse slowly, incorporating a few new foods a day only, building up gradually.

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QHOM E QURE LIFE DAILY ROUTINE (CUSTOMIZED ON REQUIREMENT)

- Morning wake up time : 3:30Am - 4:00Am

Activity 01

** Breathing Session - Meditation (Refer to activity plan for tasks) from 3:40 Am - 4:15Am



** After meditation consume cup of water (Copper cup water or Amethyst stone water) - Immediately after meditation



Cleansing routine (4:30Am - 6:00Am) Use Qhome Organic toothbrush (Dahath Dandu)

toothpaste and soap. Morning Bath. **Cumin hair oil massage** ½ hour before morning bath.

Morning Ritual: One Tsp Raw Honey (with prescribed medicine/miracle herb-fruit)

Activity 02

Breakfast 6:30Am - 07:00 Am (*You may also refer to “Yogi Meals”*)

Activity 03

7:00Am - 10:30Am

- ** Harvesting for lunch, prepping for the lunch menu, village walk
- ** Charging your Amethyst Stone in direct sunlight
- ** Planting a tree, cleaning the garden, Prep for meditation
- ** Discussion session: Qhome concept, Daily checklist for children

- Cooking for lunch 10:30Am -12:00Am
 - Lunch & Povernap 12:00Pm - 02:00Pm
- Consume all meals WARM



Activity 04 2:00Pm - 4:00Pm

** Make Posha Balls (snack), River bath with activity, Kamatha & Paddy field experience

- Tea 4:00Pm - 4:30Pm

Activity 05 4:30Pm - 5:30Pm

** Discussion session: Herbal plants at the garden, Oil extraction, Dehydrate fruit/vegetables' etc.

- Leisure time 5:30Pm - 6:30Pm

** Activity: Networking with Wine & Cheese

- Dinner 6:30Pm - 7:00Pm
- Consume all meals WARM



Activity 06 7:00Pm - 8:00Pm

** Star Gazing, Storytelling, Soap/Toothpaste making & or Discussion on prehistoric Sri Lanka – History & Roots

- Meditation session before sleep 8:00Pm - 08:15Pm
- Fill your own copper cup with water and lay it over at night fog covered or add your charged Amethyst stone to the water cup
- Cleansing routine & Sleep 8:15Pm onwards



Evening Ritual: One Tsp Raw Honey (with prescribed medicine/miracle herb-fruit)

Activities & leisure time

Activities and leisure time to be used to be more aware on nature and minimal off the grid lifestyle focused only on essentials for living. Leisure time to be used for rest and mindfulness. Further leisure time may be used for Q&A discussions to ensure the learning is clear and clear doubts. Refer to the Qhome manual for guidelines of activities.

Consumption of water/fluids: 6-8 glasses (8 Oz each) a day at 2-hour breaks from 7am to 9pm

QHOM E QURE DAILY MEAL PLAN

Breakfast (6Am - 8Am) Two Qhome Rituals included

- ** Kola Kenda (Porridge) - Sourced Only from garden- ½ Cup a day
- ** Bread toast with butter and coconut sambol and or Western breakfast
- ** String hoppers with coconut milk gravy (kiri hodhi)



- ** Manioc/Bathala yam with Sambol
- ** Peanut smoothie (Breakfast before trekking act)
- ** Tea & Coffee (Milk available as plant milk)



Choose from.

Porridge : Hathawariya, Pol Pala, Wel Penela, Kuppameniya, Heen Bovitia, Gotukola Nidikumba, Yak Narang, Monaragudumbiya
 Add on to porridge (one or more) - Bee Honey, Kithul jaggery, Rice (depends on ailment)

- ** Rice for porridge - Kalu Heenati, Pachchaperumal, Rath Al, Maa Wee, Kiri Narang, Masurang, Madathwalu
- ** Peanut porridge - As a quick breakfast before a trek/adventure

Lunch (12Am - 2Pm) (Meals prepared with Special Hela Curry Powder)



Rice/Jak Choose based on health benefit, climate & day

Rice to choose from: Common red/white rice, Suwandal, Kaluheenati, Rosa Kakulu, Masurang, Ran kumudu hal.

Jak (Artocarpus heterophyllus) to be used as starch component as substitute to rice



Vegetables : Based on availability health benefit, deficiency, climate & day (E.g., Kehelmuwa – Iron deficiency)

Commonly used vegetables are; Beans (Traditional varieties) & egg plant (traditional varieties including crushed egg plant), Gourds (Bitter gourd, bottle gourd etc), Okra (Traditional varieties), Cucumber(traditional varieties)



Grains Thora Parippu (Thora Dhal), Kollu, Cow pea etc.
 Curries are done from grains with requested spice level.

Greens - Gotukola, Moringa leaf, Kang Kung, Casava Leaf (As Mallum)



Yams: Manioc (Manihot esculenta) is the most used yam for cuisine at Qhome. Certain traditional varieties of yams will be sourced within vicinity on requirement

Pickle - Lime, Mango, Garlic

Add. Ritual - Consume raw Small onion (5-7) with main meal



Ritual : Chew a clove after the meal - To regulates blood sugar levels, regulates heart & improves immunity. Further is good for dental health and improves digestion. Have a glass of warm water once done.



Desert



- a. Nelli in Honey (For all respiratory, skin ailments, Infections, gastric issues, de poisoning)
- b. Sago Pudding - During warm days (Recipe attached as annexure)



Tea (4Pm – 430pm) One Qhome Ritual included

- Herbal Tea- Nelli, Beli, Ranawaka, Katarolu, Pokuru Wada, Moringa, Pol Pala, Iramusu, Gatathumba, Kaballa, Heen Araththa
- Ceylon Tea or Coffee or Cardamon Tea (from Qhome garden)

Dinner (630Pm -730Pm) One Qhome Ritual included



a. Soup with garlic bread/Qhome Pizza

b. Multigrain Atta rotti with sambol

Ingredients for soup – Designed based on health benefit, Garlic bread (made during day of Qhome as an activity)

**** Chew few black cumin (කළුදුරු) seeds & drink some hot water as a Qhome Ritual**



Super snacks & drinks during the day

1. For Hydration - King Coconut water
2. For Energy -Posha Balls (Self-made as an activity)
3. For Energy -Seeds mix mostly pumpkin seeds
4. Dehydrated fruit - On availability (Self-made as an activity)
5. For Immunity - Black sesame seeds with Bee Honey/Dates



QHOM E QURE HERBAL REMEDIES

INSIULIN SENSITIVITY & BLOOD SUGAR BALANCING

Option 01 (Short term)

- a. Jak Tender Leaves - 4 to 5 Pcs
- b. Cinnamon - 1 Pc (1inch)
- c. Ginger - 1 Pc
- d. Cloves - 2 Pcs

Grind all ingredients on mortar and pestle Add one cup of boiling water to the mix. Keep the cup closed for 9 min. Drink this lukewarm, empty stomach, first thing in Morning without any speech.

Option 02 (Long term)

- a. Lemon/Lime juice 250ml
- b. Ginger 500g
- c. Garlic 500g
- d. Apple cider vinegar 250ml
- e. Bee honey 500ml

First clean the ginger, garlic wash and cut into small pieces. Blend all together. Next strain the blend through a cloth. Later add lemon lime juice, vinegar and heat it on low fire for half hour until its $\frac{3}{4}$ of the original quantity. Let it cool and add 3 cups of bee honey.

Dosage: One tablespoon before breakfast daily.

Option 03 (Long term)

Fenugreek (Ulu Haal) 25mg to be grinded and added to a King Coconut - (cut open an assa on the nut and close after adding) Leave it overnight at the night dew. **Dosage:** Have this morning and evening for 14 days

Caution: For anyone with phlegm have this before sunset. Best to have breakfast with Kurrakkan flour (porridge, bread etc.)

Option 04 (Long term) For Anemia, BP, Diabetes , Neuro health

Grind the whole plant (Monaragudumbiya- Vernonia cinerea) with pumpkin seeds, squeeze it, make a porridge of Heenati rice with the juice, add garlic and ginger and drink it in the morning for a few days. Add Gatathumba (Leucas zeylanica) to the porridge for healthier benefit.

FOR CUTS, BLEEDING & DENTAL MOUTH WASH

The tender leaf and fruits of "Kahata" (Careya arborea) are used to manage many ailments such as; Ulcers, blood discharge, snake venom, anemia etc.

Kahata maluwa is a dish made during the season (Recipe attached as annexure)

Further, Guava leaves can be boiled and have lukewarm water. Eat raw Guava leaf for toothpain and gum bleeding and pain.

FOR IMUNITY, PHLEGHM, COUGH, CHOLESTROL, HEAT

Option 01

- Cloves - 2 Pcs, Black Pepper - 3 Pcs, Karapimcha - 3Pcs
- Garlic - 1Pc, Cinnamon - 1 Pc

Grind all ingredients on mortar and pestle Add one cup of boiling water to the mix. Keep the cup closed for 9 Min. Drink this lukewarm.

Option 02

Moringa - Many uses; Eat raw leaf as mallum (Add salt, coconut grated and milk, onion and green chilies) or use as tea, for joint pain grind leaves and tie-on joints. Grind and apply on forehead for cynus.



Garlic in honey



Option 03 - For Chronic chest congestion

Kapparawalliya (plectranthus amboinicus) leaves to be soaked in warm water and consume lukewarm



FOR VACCINE RELATED (DEPOISONING)

Option 01

Kalu Heenati Rice or Kurakkan, Garlic 3-4 pcs, Nidikumba 3-4 plants
Coconut milk

Instructions: Prepare the porridge with the rice and coconut milk Add garlic and keep warm until its boiled. Nidikumba plants (wash well and remove roots) should be pounded well to extract a half cup juice. Add the extract to the porridge and close lid under low fire. **Dosage: Have the porridge every other day before breakfast empty stomach**



FOR HYPERTHERMIA

Option 01

Drink boiled water with Nelli & Rasakinda & Boil the whole Ranavara and drink the water

Option 02

Ripen Beli fruit juice – Once in 3 days



FOR DENGUE RELATED FEVER, SPARS, COVID

Option 01 : Bu Dadakeeriya (Euphorbia hirta)

Boil 7 Pcs with roots with 3cups of water for 10 min with enough fire. Let it cool.
Dosage: 7 teaspoons 3times a day, If worst condition: 1 ½ cups 3 times a day. Conclusion: “significant antiviral and platelet increasing activities”

Other uses: For Asthma, Bronchial Infections & Immunity Boost. Works as a broncho dilator, Anti inflamatory and Analgesic.

Indications: Severe headache and pain (Menstrual pain included), Asthma, High Fever
** During menstrual pain the chemical elements balances hormonal fluctuations.

Use as a tea: Dehydrate the plant and boil for 5-10 min and consume luke warm.
**During Itching/pain: Grind the plant and apply at the pain site locally, cover with a cloth for 20-30 min and wash it off cold water.

** Not advised to pregnant mothers or during breast feeding

** Conduct patch test to check for allergies



Option 02 & 03



Pomegranate and Bee Honey – Mix the juice of pomegranate and bee honey and have 3 teaspoons as and when needed.

Gatathumba plant (Leucas zeylanica) panchangaya (Roots, leaves, bark, flowers, fruits) to boil and had with bee honey or Sugar



FOR ANY NEW WOUND, BLEEDING

For any wound get one very young tender coconut (Kurumbatti) grind it similarly on a metal pot sieve and the apply the paste on the wound. First wash the wound off with soap and water, wipe the wound space and do not wet the wound it until the paste properly dry.



TO CONTROL BODY PH, IMUNITY



Lemon for Immunity, Mint for Bloating, Ginger to warm the body, Cucumber to cool body, Komarika for cleaning digestive system, Honey for immunity, Chia seeds for heart health.



FOR PAIN MANAGEMENT

Option 01 - Nika Plant (Vitex negundo)



- Nika leaves to be grinded, put into a pottani, apply Thala oil at the site of pain and massage with pottani
- Dehydrate Nika leaves and drink it like tea, or wash the throat with the juice of leaf for cynus and tonsils
- Nika leaves, pepper, suduru grinded and add bee honey and eat (for all throat infections)



Option 02 – Nidikumba (Mimosa pudica)

- Grind the plant and use for any type of wounds to heal fast (anti-inflammatory, anti-microbial & ant stringent)
- For parasitic deworming/ Asthmatic conditions/ Digestive health, Drink boiled water of plant as a routine
- For Convulsion (වලිජප්පුව) or fit – Remove the පංචාංගය of the plant (without speaking to anyone) keep it under child's bed for 3 days, on 4th day cut plant to pieces boil it with water and consume 2-3 tablespoons. This is for complete cure.



FOR CHOLESTEROL, ALL LIVER DISEASE & UTI - Heen Bovitia (Osbeckia octandra).

- Drink Heen Bovitiya porridge early morning (with Kalu Heenati rice)
- Pumpkin tender leaf mallum as part of a main meal

FOR COUGH AND COLD

- Pavatta (Adhatoda vasica): Dried leaves fumigation. Use this only after you get the cold not before (in the interim)
- Pavatta leaves to be boiled and consumed with added bee honey
- Boil 2-3 fresh Piper betle L. leaves in water for 10 minutes. Strain, add honey and ginger, and drink warm



FOR COLON FLUSH (Himalayan salt, Lemon & Water)

Add 2 teaspoons of salt and lemon to warm water in a jar close lid & shake to allow salt to dissolve. Drink on an empty stomach and relax. Cleansing starts in 30 min.



FOR GASTRITIS

Take 10 leaves of Katu Anoda add 10 cups of water and boil it to 2 cups. Have this morning and evening for complete cure.

FOR COLON FLUSH

Himalayan salt, Lemon & Water: Add 2 teaspoons of salt and lemon to warm water in a jar close lid & shake to allow salt to dissolve. Drink on an empty stomach and relax. Cleansing starts in 30 min.



FOR HEAMORRHAGE & IRON DEFICIANCY (A Porridge)

Boil a handful of well-washed, uncooked rice with the bran removed and 2 cups of water until it is well-drained and mash. Then grind a 2 handful of thinly sliced banana flower, coconut, Rampe & Curry leaf Add 01 bottle of the puree squeezed with water to the porridge, add a little turmeric powder, 10 cumin (Suduru) seeds, 10 fennel (Mahaduru) seeds, 10 fenugreek seeds, 03 pieces of raw ginger, 01 cardamom pods, enough salt to cover, grind them well, dissolve in hot water, filter them, add them to the porridge, ferment them until they bubble well and drink them after they cool down.



FOR LIVER TOXICITY/BP – CURE WITHIN 24HRS

Take a handful of Gendapala (*Portulaca oleracea*) leaves, wash them well and chop them finely. Then mix the lentils with other spices (Garlic, Turmeric, Curry powder, Curry leaves) and cook them as usual, add salt to taste. Add the fenugreek leaves to it, mix well and add coconut milk and cook. This is a dish that is both delicious and nutritious. ** Rich in Potassium, Antioxidants * Omega 3 Acid



FOR KIDNEY STONES

** Option 01: Overnight banana tree sap to be consumed following day early morning

** Option 02: Banana stem blended as a juice

Ingredients : Banana stem 1/2 feet, Curd – 1/4 cup, Salt – to taste, finely chopped fresh coriander leaves

Method : Chop the inner part of the stem coarsely and grind it in a mixer grinder with about 200 ml water. Filter the juice with a thin cotton cloth or strainer. Mix curd and blend well. Add salt and water accordingly. Garnish with chopped coriander leaves



FOR PARASITES (WORM TREATMENT)

Pol Pala (*Aerva lanata*) has Anti Histamine, Anti Parasitic, Anti-Microbial & Diuretic effect. The whole plant to be used as porridge or as a mallum (tender leaf). The dehydrated plant can be used as a tea.



FOR HEART HEALTH

Dehydrated tender leaves of Kaballa Tree (*Aporosa cardiosperma*) to be used as a tea



FOR BOILS (TO FERMENT)

Use Pitavakka (*Phyllanthus amarus*) as following.

For boils to ferment - Grind whole plant with kakulu rice and apply

For phlegm - The roots boiled and have with bee honey

For Pus filled wounds - Wash with warm water of boiled plant or

For

** For fresh wounds the grinded plant to be applied on the wound

** For kidney stones drink boiled water of whole plant and Neeramulliya (*Hygrophila schulli*)



FOR TOOTH AND GUM DECAY

Grind one Aralu seed on a stone (*Oroxylum indicum*) and brush your teeth and gum with its paste.



FOR UTI AND LIVER DISEASE & SCORPIAN BITE

Use half a glass, extracted juice of Keikirindiya (*Eclipta prostrata* (L.) L), mix with warm water and drink it in the morning for a few days. This is a treatment for urinary tract infections as well as urinary retention.

For poison - Applying the juice of the keikirindiya tree to a scorpion sting can help relieve pain. For Itching - When skin itches, rubbing the juice of the leaves of the keikirindiya tree with coconut oil provides relief.



FOR FATTY LIVER

Yaki Narang (*Atalantia ceylanica*) and or Heen Bovitiya & Garlic, Raw Ginger, Coconut milk (Diya kiri), Kalu Heenati Rice, Pepper corns, Cardamon, Few small onions, Fennel seeds & Garlic

Boil about a handful of rice. Add a clove of garlic, a red onion, pepper, a small piece of ginger and boil. When rice is cooked, add the coconut milk and turn off the stove. Blend about 10 Yaki narang leaves with a little water, let the leaves grind a little, strain it, add it to the porridge, turn on the stove and let it boil.



FOR HEADACHE (ANY TYPE)

*** SALT WATER (DILUTED) about 1/16 teaspoon or a pinch) to 500 ml of water.



FOR MIGRANE/HEADACHES

5 small onions, Siyambala leaves (mitak or handful), Undupiyaliya (2 mitak). All ingredients to be motored till it's a pulp, the pulp to be tightly tied in a cotton cloth as a "Pottaniya". Steam the pottaniya for 20 min and massage the forehead, till warmth drops.



FOR BODY ORDOR/BLOOD CLEANSE, DIGESTIVE DISEASE

Use Iramusu (Hemidesmus indicus) as a herbal drink. Boil the plants bark and drink 3times a week. This works as a **blood purifier**, **body coolant**, an appetizer and reduces aggravation of vata, pith and sem dosha. You may use the Sri Lankan or Indian Iramusu.



Use live Iramusu plant.

For stomach ulcers: Clean and grate the Iramusu nati (twigs) well, boil it with fenugreek seeds and suduru, and drink it with a piece of jaggery.

For Eczema/Rash: Boiled plant water wash

For poisonous bite snake/scorpion: Boil the roots of the Iramusu plant, heat the decoction again with ghee and drink it.

For worms: Grind the roots of the Iramusu plant, add a few peppercorns to it, and grind it again to make a paste. Then break the paste into small pieces, put it in a bottle, and keep it in a cool place. For stomach pain or for diseases, drink one piece of boiled water. It will give you quick relief.

*** Iramusu is considered all disease plant – You may use it as a dehydrated plant tea for daily use



FOR IMUNITY/BLOOD CLEANSE

Venival Gata (Coscinium fenestratum) contains immune-boosting properties that help the body fight diseases. Washing with boiled water or placing boiled bark on wounds can speed up the healing process. Research has found that venival contain anti-cancer properties.

Further used for

Pain relief : Can help with body pain, joint pain, and muscle stress

Wounds and tetanus : Can help with wounds and tetanus

Contraindicated during pregnancy and avoid overdose



FOR CONTROL OF BLOOD SUGAR/DIABETES

Corriander seeds, Fengureek seeds, Mahaduru , Suduru
Tumeric powder

Teaspoon each from above to be used. The fenugreek seeds to be roasted a bit, similarly the coriander, Mahaduru and Suduru to be roasted, separately for minute. Everything other



than turmeric powder to be grinded well from a blender and mix the turmeric well.



Instructions : Use one tablespoon of the mix per cup, drink it two times a day before meals.

Pharmacodynamics : Corriander and Tumeric (Curcumin) induces Insulin secretion from pancreas

FOR WATER RELATED (DEPOISONING)

In the event of water related poisoning (High Chromium level) following is suggested.

- a. King Coconut Water (substitute ½ water consumption a day)
- b. Boiled water of Ash gourd crumbs (Puhul Dandu)

CHOICE OF FOOD BASED ON EMOTION

Short of Energy - Salty food (Such as Lunu Kenda early morning), Tiredness - Bitter food, Anger - Sweet food, Sadness- Spicy food (Which has decent amount of spices) - Induces endorphin

Stressfulness - Sour food – Acidity improves mood

FOR IMMUNITY, STAMINA & DEPOISONING

Jak Porridge **Ingredients:** A baby jak (source fresh from Qhome garden)

A little bit of brown rice, Hela curry powder, piece of raw ginger, few cloves of garlic, Cup of skim milk, little bit of water

Instructions

First, cut (liyanna) the baby jak to small chunks and add in a clay pot. Add some raw rice, curry leaves, raw ginger, garlic and water as required and put it on the stove. When it boils, add a cup of condensed milk. Then, stir well for a while and remove from the stove. (Adjust these values according to the amount of porridge required). Considering the volume, add 1 teaspoon of lime sour to 01 cup of porridge. Then drink this porridge on an empty stomach in the morning with a piece of clean ginger. Drink this porridge at least two or three times a week for health benefits.



FOR GASTRITIS & HEMORROIDS

Ingredients : Handful of Karalhaba leaves, little finely grated coconut, Handful of raw rice or Habala Pethi, Red onion, Garlic, Salt as needed

Instructions Crush the Karalhaba leaves well and extract the juice. (It is better to use a stone mortar or a chili stone for this.) Then, put some raw rice on the stove and when it is cooked, add Karalhaba juice, coconut milk, chopped red onion, garlic and salt as required and remove from the stove when it is well cooked. It is more beneficial if you can drink this in the morning.



ANTI-INFLAMMATORY AND EXPECTORANT

Ingredients

1 large lemon (juiced), 1-inch piece of fresh ginger (grated or finely chopped), 1 cup hot water

Prepare the Ginger: Grate or finely chop the ginger and place it in a cup.

Add Hot Water : Pour hot water over the ginger and let it steep for 5–10 minutes. **Add Lemon Juice:** Squeeze the juice of one lemon into the cup.

Optional: Add Honey: Stir in a teaspoon of honey for added soothing effects and to enhance the taste. **Stir and Enjoy** : Drink the mixture while it's warm, in small sips.

****Note:** All ingredients can be sourced from Qhome garden



FOR TYPHOID FEVER (RELATED HIGH FEVER)

Ingredients

Bin Kohomba/Ground Neem (Gmelina arborea), Rasakinda (Tinospora cordifolia), Dry Ginger, Thithpili (Piper longum)

Instructions: Take 3 kalang each from above and boil till 1/8 water

Dosage : One Tsp BD (Twice a day) for 6 days



FOR NORMAL FEVER

Ingredients/Instructions/Dosage

Veniwalgata/Calumba wood (*Coscinium fenestratum*), Dry Ginger, Dummalla (*Trichosanthes cucumerina* L.), Pathpadagam (*Hedyotis corymbosa*)

Instructions : Take same quantity each and boil in water

Dosage : ½ cup BD for 6 days



-Pathpadagam-

FOR PHLEGHM & NASAL INFLAMMATION/RHINITIS

Ingredients/Instructions/Dosage

Phlegm - Boiled Ginger & coriander with Bee honey early morning

Rhinitis (Peenasa) - Slightly heat the juice

obtained by crushing gotu kola leaves slightly, add a little pepper powder and drink it in the morning.



FOR HIGH BP

Ingredients/Instructions/Dosage

Boiled Nidikumba Root (*Mimosa pudica*) warm water administered daily BD



FOR BODY HEAT

Ingredients/Instructions/Dosage

Boiled Nelli & Rasakinda daily one cup BD (Source by Qhome Organics), PolPala porridge every morning for 7 days, Neeramulliya porridge every morning for 7 days, Boiled Green gram water every morning for 7 days



FOR EYE HEALTH

Ingredients/Instructions/Dosage

Boiled water tender leaves of Promogranette Tree. Simmer 4 to 1 of water And wash the eyes (careful but wash inner eye) with warm water



FOR SEVERE HEADACHE

Ingredients/Instructions/Dosage

A slice of raw Tumeric to be burnt of coconut oil flame and inhaled through nose for relief. Further Curcumin increases the production of BDNF (Brain Derived Neurotrophic Factor), a neurotrophic growth hormone, which can help prevent mental illnesses such as Alzheimer's and depression.

FOR LIVER AND KINDNEY HEALTH

Ingredients/Instructions/Dosage

Lukewarm water of Tumeric to be consumed occasionally

FOR FUNGAL INFECTIONS

Ingredients/Instructions/Dosage

To prevent fungal infections, it is advisable to boil a small amount of Aththora (*Cassia alata*) leaves with raw turmeric, grind them with raw turmeric, and apply a paste.



TO PREVENT FEVER, COUGH, PHLEGHM, BODY PAIN & IMMUNITY

Ingredients/Instructions/Dosage

Crush dried neem (Nelli) and mix it with honey and consume 1/2 teaspoon each morning and evening for a few days a week.

Take few Neem (Nelli) fruit, cut it into quarters and dip it in honey and leave it for about 03 days. Add one fruit to your diet once a day.

Note: Raw Sri Lankan Nelli (*Phyllanthus emblica*) to be used for this medication.



FOR DIABETES, ANTISEPTIC, UTI INFLAMMATION, CHOLESTEROL & CANCER

Ingredients/Instructions/Dosage

About 250 grams of guava leaves, A handful of rice (Kalu Heenati), 3 cloves of garlic, 2 red onions, A handful of ginger, A cup of coconut milk and water
A handful of curry leaves, A cinnamon stick, 2-3 peppercorns, A teaspoon of lime juice, Salt to taste

Instructions: Wash the guava leaves thoroughly with running water and blend them with curry leaves in a blender to obtain juice. Grind the ginger, garlic, peppercorns and chopped red onions to a fine powder. Wash the rice and add water to it, add the crushed ginger, garlic, peppercorns and cinnamon stick and chopped red onions and cook. After the rice is cooked, add the chopped ginger, garlic, peppercorns and cinnamon stick to it and cook for about a minute. Remove from the stove, add salt and lime juice as required and drink it hot.

*** Good for Prostrate & Breast Cancer and multiple health benefits*



FOR EYE HEALTH, EYE PRESSURE, EYE INFLAMMATION

Ingredients/Instructions/Dosage: Consume Rosemary Tea (*Rosmarinus officinalis*) add Few rosemary leaves/plant with root and leave in warm water for 5-10 min and drink luke warm. Add some raw bee honey.



FOR CARTILAGE GROWTH AND KIDNEY HEALTH

Ingredients/Instructions/Dosage: Add Diya Meneri (*Commelina diffusa*) as a Mallum or add to a Dhal curry. Indications: For complete kidney health (dissolves kidney stones).



FOR DIABETES, FEVER, PNEUMONIA, HBP, SPRAIN, KIDNEY HEALTH

Complete plant of බැල නෑ (Bala thana/Goose Grass) *Eleusine indica* to be used;

- Diabetes** - Dehydrate full plant and use as a tea
- Fever** - Grind the plant and consume extract with bee honey
- HBP** - Boil the raw plant and consume the water
- Sprain** - Grind the plant and patch the extract on the site
- Pneumonia** - The boiled water of this plant to be consumed twice a day for 5 days



FOR BRONCHITIS, PNEUMONIA, TB, ASHTMA, STOMACHACHE, ANTI BIOTIC, ANTI VIRAL, ANTI CANCER, ANTI DIABETES, ULCERS, ANTI VENOM, WORM TREATMENT, CONSTIPATION.

***** USED TO MANAGE RUSSELS VIPER VENOM**

Ingredients/Instructions/Dosage: Dehydrated Kuppameniya (*Acalypha indica*) leaves grinded with garlic and boiled for worm treatment. 10 drops of leaf extract to be given for Asthma and instant cough relief. Have porridge with Kalu heenati rice for complete relief from venom, poisons and respiratory illnesses. Grind leaves with mustard (aba) seeds and plaster it of lower abdomen for urine discomfort. A palm full of leaves boiled 8:1 and drink twice a day for constipation.

KUPPAMENIYA IS CONSIDERED TO BE A MIRACLE PLANT USED FOR MULTIPLE INDICATIONS



FOR COMPLETE BODY DETOX

Ingredients/Instructions/Dosage: 1/2 cup curry leaves, 4 small red onions cut into 2-3 pieces, 1 small piece of raw turmeric (about an inch long), 1 teaspoon honey

Wash the curry leaves well. Put it in the blender. Add red onion, raw turmeric and 1/2 cup of water to it. Blend. Then strain this. Mix with honey and drink in the morning. Drink continuously for seven days.



YOGI MEAL PLANS' – OFF GRID

Meal Plan 01: Groundnut (Pea nut) and Banana

Instructions: Soak handful of peanuts for 6-8 hours overnight strain the water and consume throughout the day with Banana. You may add some Kitul jaggery or Bee honey for taste.

Benefits: Why soak peanuts? To remove Pita. Gives energy all day with vital minerals and oils. Regulates sugar and fights cancer cells since packed with Antioxidants.



Meal Plan 02: Fruit & Curd

Fruit Bowl: A mix of seasonal fruits like mangoes, papayas, and bananas, known for their natural sweetness and ease of digestion (focus on fruits grown in the area of Qhome)

Yogurt/Curd: Plain yogurt or curd with a sprinkle of honey for added sweetness.



Meal Plan 03: Pickled raw mango

Meal Plan 04: Cucumber salad
Instructions: Slice cucumbers into thin pieces. Place cucumber slices, garlic, and red onion in a tight container. Add sesame oil, vinegar, salt, and pepper.



Meal Plan 05: Mango Rasam (Fruit & leaf)

Ingredients

One Mango unripe (raw) & Tender Mango leaves, 5 Small onions, ¼ teaspoon Turmeric, Salt, 3 Green chilies, 1 teaspoon Jaggery, 1 tablespoon Coriander leaves chopped

To grind: 2 Green chilies, 1 teaspoon Black pepper, 1 teaspoon Cumin seeds, 1 teaspoon Oil, ½ teaspoon Mustard, One Red chilies, One Curry leaves sprig

Instructions

- 1 Peel the skin of the mango and leaves and slice it roughly.
- 2 Pressure cook by placing in a container without water for 2-3 whistles. (adding water only in the cooker, not in the vessel with mango)
- 3 Once done, mash the mango well and add 2 & ½ to 3 cups water, salt, turmeric and slit green chillies.
- 4 Mix well and bring to boil. Meanwhile, powder the pepper, cumin seeds and green chilli.
- 5 Add it to the rasam, add jaggery and boil well for 2 mins.
- 6 Lastly add finely chopped onion, coriander leaves.
- 7 Temper with the items under 'To temper' table and mix in to the rasam.





The purpose of this manual/guide is to indicate Qhome Members and guest users of the website, what they could expect in terms of routine, food and drink. This only, does not constitute the complete concept of Qhome.

Qhome is an Experience. Not everything can be written.

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