



YOGANCO

Organoz Private Limited

YOGANCO LIFESTYLE

- Healthy food habits 70% non-carb. 30% curb.
- Fasting / Autophagy
- Physical activity and exercise habits for 1 hour
- Using medicinal plants to protect our self.
- 10-30 minutes of midday sunlight
- Adequate Sleep for 7 To 8 hours

USAGE OF MEDICINAL PLANTS TO PROTECT OURSELVES

- Detoxifying herbs (Wheat grass, amla juice, tulsi.)
- Anti-inflammatory herbs (Wheat grass, amla juice, tulsi, sea buckthorn)
- Anti oxidant (Wheat grass, amla juice, tulsi, sea buckthorn)
- Fiber (Wheat grass)
- Minerals (Wheat grass, amla juice, tulsi)
- Vitamins (Wheat grass, amla juice, tulsi, sea buckthorn)
- Micronutrients (Wheat grass, amla juice, tulsi, sea buckthorn)
- Good bacteria (Yogurt)

DISEASES WE CAN TREAT:

- **GAS ACIDITY:** AMLA/ SEA BUCKTHORN, LIVER ENZYME, TULSI, YOGURT, EAT TIMELY. (3 MONTHS)
- **OBESITY & CHOLESTEROL CONTROL:** OMEGA 3, LIVER ENZYME, GUGGUL, WHEAT GRASS, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE(6 MONTHS)
- **INSOMNIA (SLEEPLESSNESS) :** ASHWAGANDHA, AMLA/ SEA BUCKTHORN, TULSI MAX, CALCIUM CITRATE, YOGA & EXERCISE. (6 MONTHS)
- **DIABETIC CONTROL :** DIAB-END, AMLA/ SEA BUCKTHORN, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE (6 MONTHS)
- **JOINT PAIN :** GLUCOSAMINE, TULSI, OMEGA 3, WHEAT GRASS, CALCIUM CITRATE. (6 MONTHS)
- **HIGH BLOOD PRESSURE :** OMEGA 3, WHEAT GRASS, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE (6 MONTHS)
- **LOW BLOOD PRESSURE:** WHEATGRASS, LIVER ENZYME, TULSI, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE (6 MONTHS)
- **WEAKNESS :** AMLA/ SEA BUCKTHORN, ASHWAGANDHA, LIVER ENZYME, WHEAT GRASS, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE (3 MONTHS)
- **MENTAL STRESS :** ASHWAGANDHA, AMLA/ SEA BUCKTHORN, LIVER ENZYME, WHEAT GRASS, CALCIUM, DIET CHART MAINTAIN, EXERCISE, YOGA (3 MONTHS)
- **LEUCORRHEA :** VEDASAKHI, WHEAT GRASS, AMLA/ SEA BUCKTHORN, DIET CHART MAINTAIN, EXERCISE (3 MONTHS)



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- **HEMOGLOBIN DISORDERS** : WHEAT GRASS, AMLA/ SEA BUCKTHORN, DIET CHART MAINTAIN, EXERCISE. (6 MONTHS)
- **UTERUS CYST** : WHEAT GRASS, AMLA/ SEA BUCKTHORN, TULSI DIET CHART MAINTAIN, EXERCISE. (6 MONTHS)
- **IRREGULAR MENSTRUATION** : WHEAT GRASS, VEDASAKHI, OMEGA 3, DIET CHART MAINTAIN, EXERCISE. (3 MONTHS)
- **URIC ACID** : LIVER ENZYME, TULSI MAX, WHEATGRASS, OMEGA 3, TRIFALA, DIET CHART MAINTAIN, EXERCISE. (6 MONTHS)
- **NERVE PROBLEM** : ASHWAGANDHA, WHEATGRASS, OMEGA 3, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE. (6 MONTHS)
- **THYROID PROBLEM (HYPO AND HYPER)** : GUGGLE, WHEAT GRASS, TULSI MAX, DIET CHART MAINTAIN, EXERCISE. (6 MONTHS)
- **SEXUAL DISORDERS** : ASHWAGANDHA, SEA BUCKTHORN / AMLA, CALCIUM, OMEGA 3, LIVER ENZYME, DIET CHART MAINTAIN, EXERCISE. MAINTAIN HEALTHY LIFE STYLE. (6 MONTHS.)
- **ACNE/PIMPLE**: ANTI POLLUTION FACE WASH, RENEW GEL, LIVER ENZYME, AMLA, GUGGLE, DIET CHART MAINTAIN, EXERCISE.
- **HAIR LOSS**: DAILY HAIR WASH SHAMPOO, AMLA, CALCIUM CITRATE, DIET CHART MAINTAIN, EXERCISE.
- **ASTHAMA** : TULSI MAX, AMLA/ SEA-BUCKTHORN, DIET CHART MAINTAIN, EXERCISE, STAY IN SUNLIGHT FOR 10 TO 30 MINUTES A DAY.
- **CONSTIPATION**: LIVER ENZYME, ISABGOL BHUSI, LEAFY VEGETABLES, YOGURT, DIET CHART MAINTAIN, EXERCISE.
- **COPD (CHRONIC INFLAMMATORY LUNG DISEASE)** : AMLA/ SEABUCKTHORN, TULSI MAX, STAY IN SUNLIGHT FOR 10 TO 30 MINUTES A DAY.
- **PCOS (POLYCYSTIC OVARY SYNDROME)** : WHEAT GRASS, OMEGA 3 FATTY ACID, VEDASAKHI, DIET CHART MAINTAIN, EXERCISE.
- **MENOPAUSAL SYNDROME**: WHEAT GRASS, OMEGA 3 FATTY ACID, VEDASAKHI, DIET CHART MAINTAIN, EXERCISE.
- **DEPRESSION**: ASHWAGANDHA, AMLA/ SEA-BUCKTHORN, CALCIUM CITRATE, ADEQUATE SLEEP, YOGA, EXERCISE.
- **INDIGESTION** : LIVER ENZYME, TULSI MAX, WHEAT GRASS, YOGURT, DIET CHART MAINTAIN, EXERCISE.
- **MUSCLE GROWTH** : WHEAT GRASS, ASHWAGANDHA, SEA BUCKTHORN / AMLA, CALCIUM CITRATE, LIVER ENZYME, DIET CHART MAINTAIN, EXERCISE.
- **KIDNEY STONE** : LIVER ENZYME, TULSI MAX, WHEAT GRASS, DIET CHART MAINTAIN, EXERCISE.



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WELLNESS (SERVICE YOUR ORGANS):

- **Liver servicing:** Liver enzyme, Sea Buckthorn/Amla, Wheat grass, Tulsi, Diet Chart Maintain, exercise. (3 months, Yearly 2 times)
- **Blood servicing :** Wheat grass, Omega 3, Sea Buckthorn/Amla, Tulsi, Diet Chart Maintain, exercise. (3 months, yearly 2 times)
- **Detoxification :** Sea Buckthorn/Amla, Wheat grass, Tulsi, Liver enzyme. (3 months, yearly 2times)
- **Kidney servicing :** Liver enzyme, Wheat grass, Tulsi, fibrous vegetables and fruits , 3- 4 liter water daily, Diet Chart Maintain, exercise. (3 months, yearly 2times)
- **Lung servicing :** Tulsi, Sea Buckthorn/Amla, Wheat grass, Diet Chart Maintain, exercise. (3 months, yearly 2 times)
- **Improve immunity :** Amla / Sea Buckthorn, Ashwagandha, Calcium citrate, Tulsi, Diet Chart Maintain, exercise. (3 month, yearly 2 times).
- **Skin nourishment :** Intake-- Amla / Sea Buckthorn, Omega 3, Use in the skin-- Face wash, Hydra lotion, Renew aloe-vera gel. (Daily nourishment require), Diet Chart Maintain, exercise.



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PRODUCT NAME	DOSES
ANTI POLLUTION FACE WASH	TWO TIMES A DAY
HYDRA BODY LOTION	ALL DAY LONG CAN USE THIS LOTION
RENEW ALOEVERA GEL	AT NIGHT TIME OR INSIDE THE HOUSE (SHOULD NOT GO TO THE SUNLIGHT)
DAILY HAIR WASH (SHAMPOO)	WASH GENTLY DURING SHOWER
OMEGA 3 FISH OIL (SOFT GEL)	TWO CAPSULE A DAY, BEFORE FOOD.
CALCIUM CITRATE	TWO TABLET A DAY, AFTER FOOD.
DIABEND JUICE	30 ML. JUICE MORNING EMPTY STOMACH AND NIGHT BEFORE FOOD.
GUGGUL CAPSULE	TWO CAPSULE A DAY, AFTER FOOD.
VEDALIVE (LIVER ENZYME)	10 ML. TWICE DAILY, AFTER FOOD.
LIVESTRONG AMLA TULSI JUICE	30 ML. JUICE MORNING EMPTY STOMACH AND NIGHT BEFORE FOOD.
TULSI MAX	5 DROPS JUICE WITH WATER, TWO TIMES A DAY, ANY TIME.
VEDA SAKHI (GYNO CARE)	10 ML. TWICE DAILY, AFTER FOOD.
WHEAT GRASS POWDER	2 SPOON (10GR.) WITH WATER AT MORNING EMPTY STOMACH. 1 TIME A DAY
GLUCOSAMINE CAPSULE	TWO CAPSULE A DAY, AFTER FOOD.
ASHWA GANDHA	TWO CAPSULE A DAY, AFTER FOOD.
COUGH SYRUP	10 ML 2/3 TIMES A DAY, ANY TIME. DON'T DRINK WATER JUST AFTER TAKE SYRUP.
SEA BUCKTHORN	TWO CAPSULE A DAY, AFTER FOOD.