

## Remedy Sheet — Fiber boosters + “Cooling” bedtime water

Goal: improve digestion/satiety + reduce “heat” feeling at night. Start low and increase slowly.

### Fiber boosters (choose 1–2/day)

Target fiber: ~35 g/day

- Isabgol: 1 tsp in 300–400 ml water (start low). Keep 2 hours away from meds.
- Chia: 1 tbsp soaked in curd/water (up to 2 tbsp if tolerated).
- Sabja (basil seeds): 1 tsp soaked in water (cooling).
- Flaxseed: 1 tbsp ground in curd/sambar (calories add up—keep portion fixed).

If you feel gas/bloating: cut dose in half and build up over 7–10 days. Always increase water when you increase fiber.

### Bedtime water (30–60 min before sleep)

- Gond katira: soak 6–8 hours; start with a small piece ( $\approx\frac{1}{2}$ –1 tsp when expanded). Drink with 300–500 ml water.
- Optional: jeera/saunf water (light), or plain water if digestion is sensitive.
- If waking to pee: reduce bedtime water; push more water earlier in the day.

Keep bedtime add-ons simple if you have reflux/IBS. If you have kidney disease or take BP meds, don't push electrolytes without medical guidance.