

# Al Hadid Notes

"All matter is energy field." --Albert Einstein (1879-1955)

## Framework of Diseases and Treatment

### Scientific Concept

#### 1. Tissue-level Imbalance

- Disease begins when one tissue type becomes **hyperactive** (overstimulated, overfunctioning).
- This hyperactivity forces compensatory **hypoactivity** in another tissue system.
- The third tissue system becomes **weakened**, unable to maintain homeostasis.

#### 2. Organ-level Dysfunction

- When tissue imbalance persists, it extends to **organs made of those tissues** (e.g., nervous tissue → brain/spinal cord; muscular tissue → heart/skeletal muscles; epithelial tissue → skin, glands, linings).
- This leads to **functional diseases** (e.g., migraine in nervous tissue, arthritis in muscular-cartilaginous tissue, diabetes in epithelial/endocrine tissue).

#### 3. Diagnostic Principle

- Identify which tissue system is **hyperactive** by observing clinical signs (pain, spasm, over-secretion, hyper-sensitivity).
- Detect which is **hypoactive** (fatigue, weakness, under-secretion, reduced activity).
- Note which is **weakened** (degeneration, fragility, recurrent infections).

#### 4. Therapeutic Principle

- **True treatment** is to **support the hypoactive system**, restore its strength, and bring balance across all three tissues.
- Hyperactivity naturally settles when balance is restored.

## Tissue Hyperactivity and Its Systemic Effects

Hyperactive Tissue	Resulting Hypoactivity	Weakened Tissue	Clinical Manifestations (Examples)	Therapeutic Focus
<b>Nervous Tissue</b> (neurons, glia, CNS, PNS)	Muscular tissue → weakness, reduced motor activity	Epithelial tissue → fragile skin, mucosa, poor gland function	Lack of digestion, scarcity of thirst, laxity of joints, frequent phlegmatic fevers, adversity from catarrhs and ingestion of cold food, improvement with hot food, and adverse condition in the winter, flabbiness, runny saliva and mucus, diarrhea, indigestion, adversity from moist food, excessive sleep, and puffiness of eyelids.	Support <b>muscular system</b>
<b>Muscular Tissue</b> (skeletal, cardiac, smooth)	Epithelial tissue → reduced glandular/secretory activity	Nervous tissue → poor conduction, reduced neuroplasticity	Dry skin, insomnia, abnormal weight loss, adversity from dry food, adversity in winter, improvement from moist food, and quick and strong absorption of hot water and light oil.	Support <b>epithelial system</b>

Hyperactive Tissue	Resulting Hypoactivity	Weakened Tissue	Clinical Manifestations (Examples)	Therapeutic Focus
<b>Epithelial Tissue</b> (skin, glands, endocrine, lining of organs)	Nervous tissue → reduced excitability, poor regulation	Muscular tissue → fatigue, reduced endurance	Harmful warmth of the body; harmful when in fever; loss of energy in movement because of increased heat and excessive thirst; inflammation of stomach mouth; bitterness in mouth; weak, very fast, and frequent pulse; distress from hot food; comfort by cold food; and adverse health condition in the summer.	Support <b>nervous system</b>

## 1. SCIENTIFIC PRINCIPLE OF PRESCRIPTION

Each diet chart supports **specific tissue regeneration and metabolic pathways**.

Every tissue has two possible nutritional needs:

Chart Type	Metabolic Focus	When to Prescribe	Physiological Goal
<b>Chart 1</b>	<i>Anti-inflammatory, restorative, hydrating, easily digestible</i>	During acute stress, inflammation, high metabolic rate, or recovery from illness	Reduces oxidative stress, stabilizes cell membranes, supports mild anabolic activity
<b>Chart 2</b>	<i>Anabolic, energy-dense, warming, lipid-rich</i>	During chronic fatigue, low metabolism, tissue wasting, or cold environments	Enhances anabolism, supports myelination, increases ATP and glycogen stores

### NERVOUS TISSUE SUPPORT DIETS

(Brain, spinal cord, and peripheral nerves)

#### Chart 1 — *Neuro-Calming and Restorative Phase*

**Clinical Goal:** To stabilize nerve excitability, support neurotransmitter synthesis, and reduce neuroinflammation.

##### When to Use:

- Anxiety, irritability, insomnia, neuropathic pain
- Post-fever or post-viral fatigue
- High stress and sympathetic overdrive
- Summer months or hot climates

##### Scientific Mechanism:

- Provides *slow-releasing carbohydrates* (barley, rice, porridge) for steady glucose — essential for neuronal ATP.
- Contains *cooling electrolytes* (lassi, milk, sago) to maintain sodium-potassium pump efficiency.
- Provides *light proteins* (egg albumen, dal mash, rabbit meat) that don't overload the liver.
- Contains *antioxidant fruits* (pomegranate, melon, guava) to prevent oxidative injury.

**Expected Outcome:** Reduced anxiety, improved sleep, sharper cognition, stabilized mood.

#### Chart 2 — *Neuro-Anabolic and Regenerative Phase*

**Clinical Goal:** To enhance nerve tissue repair, myelination, and neurotransmitter balance during chronic weakness or fatigue.

### When to Use:

- Chronic fatigue, depression, slow cognitive recovery
- After nervous system injury or demyelination
- Cold weather, low appetite, or slow metabolism

### Scientific Mechanism:

- **High phospholipid content** (butter, malai, khoya, egg yolk) supports myelin sheath repair.
- **Medium-chain fatty acids** from milk and ghee aid brain energy in mitochondrial dysfunction.
- **B-complex and magnesium sources** (banana, carrot, fennel) assist neurotransmitter metabolism.
- **Natural glucose + amino acid combination** (sweet rice, halwa, harira) supports serotonin and dopamine synthesis.

**Expected Outcome:** Improved nerve conduction, stronger focus, better mood, deeper sleep.

## MUSCULAR TISSUE SUPPORT DIETS

*(Skeletal, cardiac, and smooth muscles)*

### ◆ Chart 1 — *Anti-inflammatory and Muscle Recovery Phase*

**Clinical Goal:** To reduce muscle soreness, stabilize electrolytes, and repair micro-tears.

### When to Use:

- After exercise, fever, or infection
- Muscle stiffness, cramps, fatigue
- Hot climate, excessive sweating

### Scientific Mechanism:

- Provides **lean proteins** (fish, chicken, legumes) for amino acid supply without excess heat.
- **Fermented dairy** (lassi, yogurt) improves gut flora, aiding protein absorption.
- **Complex carbs** (millet, barley, potatoes) replenish glycogen stores gently.
- **Antioxidant fruits** (jamun, falsa, pineapple) reduce lactic acid and oxidative stress.
- **Electrolyte beverages** (lemon water, herbal tea) rehydrate muscle cells.

**Expected Outcome:** Enhanced muscle recovery, improved flexibility, reduced soreness and inflammation.

### Chart 2 — *Anabolic and Strength-Building Phase*

**Clinical Goal:** To rebuild muscle mass, increase ATP production, and restore anabolic hormone levels.

**When to Use:**

- Chronic muscle weakness, fatigue, low stamina
- Post-surgery recovery or wasting
- Winter or cold conditions

**Scientific Mechanism:**

- **High biological value proteins** (beef, camel meat, eggs) provide leucine and arginine for protein synthesis.
- **Spices like clove, cinnamon, and fenugreek** increase thermogenesis and basal metabolic rate.
- **Healthy fats** (lassi, besan halwa) support testosterone and muscle enzyme function.
- **Iron and B12 sources** (liver, red meat) prevent anemia-related fatigue.
- **Polyphenols** from capsicum and tomato improve microcirculation to muscles.

**Expected Outcome:** Muscle hypertrophy, enhanced strength, improved endurance, better mood stability.

## EPITHELIAL TISSUE SUPPORT DIETS

*(Skin, mucous membranes, and glandular linings)*

### Chart 1 — *Detoxification and Regeneration Phase*

**Clinical Goal:** To support skin detox, repair mucous membranes, and modulate immune response.

**When to Use:**

- Acne, eczema, oily skin, inflammation
- High liver load or toxin exposure
- Hot or humid weather

**Scientific Mechanism:**

- **Antioxidant vitamins** (A, C, E) from walnuts, almonds, and dates protect epithelial DNA.
- **Sulfur compounds** (garlic, red pepper) enhance detox enzyme activity in the liver.
- **Amino acids and collagen precursors** (egg, goat meat) promote tissue repair.
- **Fiber-rich greens** (mint, saag) improve gut detox and microbiome balance.
- **Probiotic condiments** (mint-garlic chutney) modulate inflammation at epithelial barriers.

**Expected Outcome:** Clearer skin, reduced inflammation, improved glandular secretion, faster wound healing.

## Chart 2 — *Moisturizing and Deep-Nourishment Phase*

**Clinical Goal:** To restore skin elasticity, glandular secretions, and hydration in dry or aging tissues.

### When to Use:

- Chronic dryness, psoriasis, aging skin, hormonal decline
- Post-illness nutritional depletion
- Cold or dry climates

### Scientific Mechanism:

- **Essential fatty acids and phospholipids** (almond, goat milk, egg yolk) restore cell membrane fluidity.
- **Warming spices** (ginger, black pepper, turmeric) improve peripheral circulation.
- **Protein + fat synergy** (mutton, duck eggs, semolina with ghee) rebuilds epithelial layers.
- **Natural humectants** (honey, milk, fennel syrup) enhance water retention in tissues.
- **Antioxidant beverages** (fennel + honey tea, mulberry syrup) provide polyphenols for dermal protection.

**Expected Outcome:** Increased skin hydration, glow, glandular balance, reduced aging signs.

## 2. HOW TO DECIDE WHICH CHART TO USE

Indicator	Chart 1 (Restorative)	Chart 2 (Anabolic)
<b>Body Temperature</b>	Warm, flushed, or febrile	Cold, pale, low energy
<b>Appetite</b>	Irregular or low	Slow digestion but craving warm foods
<b>Sleep</b>	Disturbed, restless	Deep but sluggish
<b>Energy Level</b>	Hyperactive fatigue	Lethargic fatigue
<b>Skin Texture</b>	Oily, red, reactive	Dry, flaky, dull
<b>Mental State</b>	Irritable, anxious	Calm but depressed
<b>Climate</b>	Hot/Summer	Cold/Winter
<b>Treatment Goal</b>	Recovery, cooling, detox	Rebuilding, repair, strength

## 3. TIMING & TRANSITION PLAN

Phase	Diet Type	Duration	Purpose
Acute phase / inflammation	Chart 1	5–10 days	Reduce stress, stabilize system
Recovery / rebuilding	Chart 2	10–30 days	Support tissue repair and anabolism

Phase	Diet Type	Duration	Purpose
Maintenance phase	Alternate 3 days Chart 1 + 2 days Chart 2	Continuous	Maintain metabolic balance

### Switching Rule:

Start with Chart 1 → once inflammation subsides and energy rises → shift to Chart 2 for tissue rebuilding.

### Restriction Rule:

Never combine Chart 1 and Chart 2 in the same day — they have opposite metabolic directions (catabolic vs anabolic).

## 4. CLINICAL APPLICATION MODEL

### Step 1. Identify dominant tissue under stress:

- Nervous (fatigue, anxiety, brain fog)
- Muscular (weakness, soreness)
- Epithelial (skin/gland problems)

### Step 2. Assess metabolic phase:

- Inflammatory / overactive → Chart 1
- Degenerative / underactive → Chart 2

**Step 3. Prescribe for 10–30 days** depending on clinical severity.

### Step 4. Reassess:

If symptoms of warmth, redness, or overactivity appear → revert temporarily to Chart 1.

## Diet Charts

### Diet Chart for Strengthening and supporting Nervous Tissues

#### Chart 1

**Morning;** Sagudana pudding, Custard, Ispaghoul, Egg (Albumen), Raw lassi, Milk soda, Fresh porridge, Barley, Boiled rice, Milk

**Evening;** Meat (Rabbit), Turnip, Beetroot, Rice, Barley, Zucchini, Apple gourd, Pumpkin, Dal mash, Lady finger, Edible, Mushroom, Maghaz

**Evening;** Same as Afternoon

**Fruit;** Melon, Sweet Potato, Coconut, Srdaa, Pomegranate, Guava, Prune, Sweet lime,

**Salad;** Cucumber, Beetroot

**Beverages;** Raw lassi, Coconut, Sharbat Sandal, Sharbat bazori

**Spices;** Green cardamom pods, Kishneez

## **Chart 2**

**Morning;** Pumpkin halwa, Carrot jam, Halwa carrot, Magzyat Harira, Sawyian, Barfi, Butter, Sweet rice, Malai, Khawa (fennel + small cardamom + white cumi), 4 Magaz

**Afternoon;** Pumpkin, Radish, Yellow Turnip, Apple Gourd, Black Zucchini, Carrot, Beetroot, Khichdi, Peanut, Rice

**Night;** Same as Afternoon

**Fruits:** Banana, Pear, Garma, Melon, Sugarcane, Mosambi

**Salad;** Carrot

**Drinks;** Sugarcane Juice , Buzuri Moatadal ,Banana milkshake, Water and Honey, Sheep Milk.

**Spices;** Condiments of white cumin, Cardamom, fennel

## **Diet Chart for Strengthening and supporting Muscular Tissues**

### **Chart 1**

**Morning;** Muraba Amla, Safeed chanay , Muraba karonda, Bread, Siri paye bary, Yogurt, lassi

**Afternoon;** Fish, Chicken, large meat, Beans, Peas, Red beans, eggplant, Cabbage, Peanuts, curd, Potatoes, Fruit Salad, Bread, Millet bread, bajra roti, jawar roti.

**Night;** Same as Afternoon

**Fruit;** Jaman, Falsa, Green Apple, Orange, Peach, Lokat, Pineapple, AlochaTarsh Pomegranate, Singhara, Red Sweet Potato, Amlok, Pomegranate pods, Coconut, Peanut.

**Salad;** Lemon

**Beverage;** Lemon Water, Falsa Drink, Imli + Alo Bukhara Infusion, vinegar, Herbal tea ,Ice, Sour lassi, Bakery items..

**Spices;** Anardana, Imli,Amla Lemon, Poppy Orange

### **Chart 2**

**Morning;** Broiler Egg Fry, Omelet, Boiled Egg, Nimko, Lassi, Besan Halwa, kahwa (Clove + Cinnamon + Jawtri)

**Afternoon;** Camel, Beef, Ojhri, Daal Masoor, Gram flour, Spinach, Bread, Qima, Methi saag, Fenugreek, Curry, kabab, shami kebab, chohangan, capsicum, bitter gourd, mango pickle.

**Night:** Same as Afternoon

**Fruit;** Grape, lokat,chohare, Japanese fruit, Sour mango, Dates dried, Nuts.

**Salad;** Tomato, Onion, Green Pepper, Capsicum. **Spices;** Badian Khatai, Cinnamon, Clove, javatri



## **Diet Chart for Strengthening and supporting Epithelial Tissues**

**Morning;** Nuts, Walnuts, Sweet eggs, Dried apricots, eggs, Omelet, Mango jam, Dates, khwa (celery + mint + Kachor + Tazepat + Honey), Suji Halwa, Almond, Egg yolk

**Afternoon;** Goat meat, Saag taramera, Batho, Mathery, Desi chicken, kaleji, Moringa pickle, Garlic, Red pepper

**Night;** Same as Afternoon **Fruit;** Dates, Dried apricots **Salad;** Green mint salad

**Chutney;** (green mint leaves + Garlic + salt) fried in desi ghee.

**Spices;** Green peppers, Garlic, Zira, Safeed, Methray

### **Chart 2**

**Morning;** Duck egg, Halwa Badaam, Halwa Adrak, Oatmeal, wheat, Magaz Badam, Semolina cooked in ghee, Murabba ginger, Radish Paratha with red pepper, Milk with honey, Adrak khwa, Goat and Camel milk

**Afternoon;** Goat, Lamb, Tetar, Bater, Kobutar, Apple gourd, Saagmako, Carrot by adding Mutton..

**Night;** Same as Afternoon

**Fruits;** Fresh sweet grapes, Sweet Melon, Sweet Mango.

**Beverages;** Fennel + Ginger + Honey, Mulberry Syrup, Milk Cow, Goat Milk, Camel Milk, Mango Shake, Almond Oil, Ghee Milk, Sharbat Buzuri haar

**Spices:** Black pepper, Salt, Turmeric, Ginger.

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