



Report Information

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AI Model	Sujiva Intelligence Layer
Guidance Level	MEDIUM

Multi-Disciplinary Analysis

This guidance synthesizes insights from **12 medical specialties** to provide comprehensive, systems-level health recommendations tailored to your unique biological profile.

Cardiology	Endocrinology	Neurology
Gastroenterology	Pulmonology	Nephrology
Hepatology	Nutrition Science	Toxicology
Immunology	Biological Psychiatry	Andrology/Gynecology

Patient Information

Name	sample	Age	46 years
Sex	Female		

Executive Summary

This personalized guidance report provides dietary and activity recommendations based on health analysis. The guidance is tailored to **medium** level, offering practical and actionable recommendations for optimal health and wellness. This report evaluates food choices and physical activities to support your health goals and address specific health considerations.



Important Notice: This report provides guidance based on health data analysis and should not replace professional medical advice, diagnosis, or treatment. Always consult with qualified healthcare professionals regarding any health concerns or before making significant changes to your diet or activity routine.



Dietary Guidance

Recommended Foods

The following food items are recommended for regular consumption to support your health:

Category	Food Items
Grains	quinoa, brown rice, millet khichdi, oats upma, whole wheat roti
Proteins	moong dal, chana dal, paneer, tofu, curd
Vegetables	palak, methi, lauki, bhindi, gajar
Fruits	apples, bananas, oranges, papaya, pomegranates
Dairy	milk, buttermilk, ghee, cheese, lassi
Fats	olive oil, coconut oil, ghee, avocado, nuts (almonds, walnuts)
Beverages	jeera water, tulsi tea, coconut water, herbal infusions, buttermilk
Spices	turmeric, cumin, coriander, ginger, black pepper
Preparations	steamed vegetables, boiled lentils, lightly sautéed greens, stir-fried tofu with spices, mixed vegetable curry
Snacks	roasted chickpeas, sprouted moong salad, fruit chaat, vegetable sticks with hummus, baked samosas
Condiments	mint chutney, coriander chutney, pickle (small amounts), yogurt raita, tamarind sauce

Foods to Limit

The following food items should be consumed in moderation:

Category	Food Items
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Grains	white rice, refined flour products, pasta, semolina, excessive gluten-containing products
Proteins	full-fat dairy products, processed vegetarian meat substitutes, high sodium canned beans, excessive soy products, legumes cooked in heavy spices
Vegetables	potatoes (in excess), corn (in excess), starchy vegetables, pickled vegetables (in excess), heavy cream soups
Fruits	excessive dried fruits, canned fruits in syrup, fruit juices with added sugars, high-sugar fruits (in excess), unripe fruits

Foods to Avoid

The following food items should be avoided or minimized:

Category	Food Items
High Allergen	raw shellfish, unpasteurized dairy, alcohol (with liver strain), excessive caffeine, processed sugars
High Toxic Load	foods high in pesticides (non-organic produce), imported seafood, preservatives in packaged foods, foods high in artificial additives, heavy metal contaminated foods
High Fat	deep-fried foods, full-fat cheese (in excess), high-fat processed snacks, excessive butter and margarine, cream-based sauces



Physical Activity Guidance

Recommended Activities

The following activities are recommended for regular practice to support your health:

Category	Activities
Gentle Movement	easy-paced walking in shaded areas, gentle stretching of arms and legs while seated, light yoga poses focusing on breath, slow transitions between sitting and standing, nature walks at a comfortable pace, light gardening activities, simple dance movements to calming music, gentle tai chi practices
Breathing Practices	slow nasal breathing while sitting comfortably, gentle breath awareness during walks, soft humming during relaxed breathing, rhythmic breathing exercises, mindful breathing before meals, belly breathing while lying down, guided visualization with breath focus, gentle breath counting techniques
Creative Expression	coloring in adult coloring books, simple journaling or writing, watercolor painting or sketching, light crafting activities (like knitting), making a scrapbook with personal memories, playing a musical instrument gently, dancing freely to music you enjoy, storytelling or sharing personal narratives
Sensory Activities	taking mindful walks in nature, engaging with different textures (like cloth or sand), using essential oils for scent exploration, listening to calming sounds or music, observing art or nature without distraction, tasting different fruits mindfully, using guided imagery with sensory details, creating a sensory box of items for touch
Attention Practices	mindful eating exercises focusing on each bite, gentle focus activities like puzzles or games, simple meditation with focus on breath, guided imagery or visualization practices, body scan meditation techniques, memory games with familiar items, mindful observing of surroundings, practicing gratitude journaling
Nature Based	spending time in gardens or parks, observing birds or wildlife in natural settings, sitting under a tree and relaxing, participating in community gardening, walking barefoot on grass or sand, engaging in outdoor photography, collecting leaves or flowers for decoration, attending outdoor yoga or meditation classes



Water Based	gentle swimming in a pool or lake, taking relaxing baths with Epsom salts, splashing water on your face mindfully, floating on water or gentle hydrotherapy, sipping herbal teas or infusions, engaging in water aerobics (lightly), exploring water-based relaxation techniques, sitting by a water body for calmness
Art Based	creating simple collages from magazines, exploring clay modeling or pottery, making greeting cards or gifts, engaging in simple photography, experimenting with mixed media art, decorating pots or items creatively, creating a vision board for inspiration, doing mandala coloring or drawing
Music Based	listening to soothing music while relaxing, playing simple instruments like a ukulele or flute, singing along to favorite songs softly, attending live music events in a relaxed setting, exploring music appreciation sessions, writing lyrics or poetry inspired by music, engaging in rhythm-based movements, creating playlists for different moods
Rhythm Based	gentle drumming on a soft surface, slow rhythmic body movements to music, engaging in dance-like movements, participating in community drum circles, using rhythm to guide walking pace, exploring clapping patterns with friends, finding rhythm in daily tasks, swaying gently to calming sounds
Balance Stability	simple standing balance practices, gentle side-to-side movements while seated, using a wall for support during balance exercises, walking heel-to-toe in a straight line, engaging in light yoga for balance, practicing standing on one foot with support, performing gentle tai chi movements, slowly shifting weight from one foot to the other
Flexibility Mobility	gentle seated forward bends, lightly stretching major muscle groups, performing simple yoga poses for flexibility, engaging in controlled movements to increase range, using supportive props for stretching, performing gentle neck and shoulder stretches, taking breaks to stretch while seated, doing light mobility exercises for joints

Activities Requiring Caution

The following activities should be performed with caution and proper guidance:

Category	Activities
High Intensity Movement	fast-paced cardio exercises (like running), high-impact aerobics or jumping movements, intense cycling or spinning classes, heavy lifting or resistance training, competitive sports or strenuous activities



Mental Stimulation	complex problem-solving tasks, multitasking during stressful situations, high-stakes decision-making, overloading sensory inputs (like loud environments), engaging in emotionally charged conversations
Nutritional Stress	high-sugar foods and snacks, excessive caffeine consumption, highly processed foods with additives, saturated fats in large quantities, foods with high sodium content

Activities to Avoid

The following activities should be avoided:

Category	Activities
High Intensity Movement	heavy lifting without support, extreme high-impact aerobics, intense competitive sports, long-distance running without training, high-risk balance activities without support
Heavy Resistance	maximal weight lifting activities, high resistance training, intense strength building exercises, forceful pushing or pulling movements
Excessive Stimulation	loud environments with harsh noises, bright flashing lights or stimuli, crowded spaces with high energy, intense emotional situations, excessive screen time