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CHAPTER 1

WHAT IS TRUE HEALTH

True health isn't solely about making the physical body healthy, having huge muscles, or getting attention. Physical health is just one aspect of overall health. True health is about full-spectrum unity — a balance between the physical body, emotional body, and the mental body. They should all be aligned and synchronized. Have you ever investigated your real motives for wanting to be healthy? Why do we desire to make our bodies fit? What causes us to want to shut off the constant chatter in our minds? Why do we question our existence and reason for being here? When I was finally honest with myself, I noticed my desire to be super fit was all about having muscles and 'gains' for two main reasons: to intimidate guys and get attention from girls. Almost everything I did (positive or negative) was about seeking attention. Even though my primary motive for being a fruitarian and fasting regularly was to heal my nervous system, I was still obsessed with having that pink glow on my face. Why? Because people, especially girls, would notice me and I'd get more attention, and feel worthy as a human being. I noticed that part of my reasoning for balancing my nervous system meant I wouldn't be plagued by painful symptoms, and I could focus more on acting "attractive." Acting attractive was a way to get more attention from people. All of my actions, and everything I sought to accomplish were rooted in achieving validation. Validation was people being interested in me, appreciating what I was doing, noticing my existence, and wanting to interact with me. I dabbled with trying to become a successful actor when I was younger, and people said, "Wow! He's really good. He might become a star." But I realized later that I didn't even enjoy acting. I just liked the dopamine boost that the attention from the audience generated. It felt euphoric for six or seven seconds, and then what? I needed to do it again and again to create that feeling. I was burning out my nervous system in the process because the constant need for attention made me restless. It was the same when I focused solely on pursuing worldly accolades, popularity, prestige, and societal forms of security. Once obtained, it was never deeply satisfying, and the satisfaction it created was never long-term. A major revelation I discovered was that this excessive need for external attention was the core reason I stayed restless and sick.

CHAPTER 3

Water Fasting My Experience

There are many ways to fast, and most people have heard of the more traditional methods. But water fasting is a confusing and scary topic for some people. Questions that arise include: Is fasting even good for everybody? And what about people who have mental health imbalances or nervous system disorders? Can they fast? Using Ayurvedic terminology, I would say that one would do well to find out and understand their constitutional make-up in order to better gauge if fasting would be a good fit for them or not. When it comes to balancing our human bodies, it's all about the play of elements: earth, water, air, fire, and ether. These five elements comprise every form in creation. There's always some type of imbalance and imperfection in all physical representations and human beings that exist. For those with mental health issues or nervous system disorders, it indicates there's an excess amount of air and ether elements in their energetic system. In the practice of Ayurveda, this is called 'vata dosha'.

There are so many benefits to water fasting. What was most intriguing to me was that it opened up my subtle spiritual perception. I began to recognize how subtle parts of my being functioned. I realized I could make them function better by wisely choosing the chemistry I consumed. These things were normally hidden from my everyday awareness. Because I was not taking time to prepare and consume meals, I had more time to sit and reflect deeply on how the human body operates. I had to rest more at first because I didn't have the energy to do any of my normal day-to-day activities or chores. The body has to adjust to the new state of being and learn how to operate using energy sources from within rather than from the external sources we normally consume.

I could feel my consciousness flowing through my nervous system, and the quality of this constant flow dictated largely what my emotional and mental experience would be. If the flow of energy was agitated and blocked, then my body-mind would be restless, insecure, and antagonistic toward life. If the flow were smooth, then I would experience calmness, unity, and naturally feel life was taking care of me. I was also given a glimpse of how the mind can completely and literally shape and alter our experience on this planet, for better or worse, as long as we deeply believe ourselves to be a body-mind. Everything we experience in human life is through the mind.

CHAPTER 21

You're Diet Is Your Vibration

I have found that nine essential tools or principles can greatly support one's spiritual practice while restoring health to the body, each according to our individual capacity. What follows is a summary of the most important earthbound habits I have discovered for cultivating a constructive, full-spectrum lifestyle—one that stabilizes the physical, emotional, and mental bodies so that consciousness can begin to rise beyond identification with this human vehicle we are driving.

Among them, diet stands at the top. The food we choose has a profound influence on the experience of our physical, emotional, and mental bodies. It plays a decisive role in determining our susceptibility to stress and in shaping whether we move through life with restlessness or calmness. This is especially true for those suffering from neurological or emotional imbalance. Personally, I prefer foods that leave both body and mind feeling light, clear, and grounded.

When I reflect on my past, during the time my physical pain and neurological system were most imbalanced (life force spasms), it was when I was eating a lot of meat, dairy, gluey grains, and processed, laboratory-made food simply because I didn't know any better. Mealtime was always one of my least favorite times of the day. I would always suffer more after I ate. I could feel the poisonous residue of putrefied meat and other hard-to-digest food rolling around inside of me, unable to be digested properly, agitating my nervous system—thus causing it to spasm in the form of tics.

As I began to rehydrate and alkalize my body by eating raw foods and herbs, and doing proper exercise and stretches, my bones became stronger and suppler, like bamboo. Eating a lot of meat or consuming a high-protein and high-fat diet gives our bones density, but it will also make them more rigid. I personally found this out years ago when I used to go to the gym every day and eat large amounts of meat, dairy, and bread three or four times a day, trying to get buff. On a surface level, I felt and looked strong. But underneath the muscles, I felt energetically weak, fragile, and vulnerable.