



# THE NATURAL LAW

*What if nature's goal is to make us whole?*

# ESCAPING THE FAST LANE

*Natural Ayurvedic remedies for  
the 5 ways modern life silently  
makes you sick*

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## **DISCLAIMER:**

This information is for educational purposes, and should not be considered a replacement to professional medical diagnosis, treatments, cures, or preventions. Please consult your healthcare professional before attempting any new wellness practices or lifestyle changes.

# CHAPTER 1: INTRODUCTION



***Life today is so convenient.***

There are apps to solve any challenge you might think of, from entertainment to food delivery. And gratification must be instant, or it's not gratifying at all. Your watch can display texts, your phone can tell you the weather, your car can drive itself.

**But life in the fast lane can come at a cost - and that lane just keeps accelerating.**

Having every convenience at our fingertips has disconnected us from our bodies. Staying indoors and having everything delivered to our doorsteps has disconnected us from the world around us. Having our every food craving (no matter how unhealthy) satisfied is slowly wrecking our bodies.

This ebook explores the 5 key ways modern life is insidiously destroying our health - and how the ancient science of Ayurveda can help provide a natural, time-tested solution.

Practiced for thousands of years, Ayurveda combines dietary and lifestyle changes that help you slow down, eat right, and incorporate self-care practices into your daily routine. By making these small changes here and there, it's completely possible to live in the modern world and still enjoy the best health of your life!

***Let's get started.***





# CHAPTER 2:

## Wellness Saboteur 1: The Fast Lane Life Is Straining Your Body

Living in the fast lane is a double-edged sword: yes, it gets things done fast, but your body reacts by aging in double time. That means age-related physical effects show up way too quickly - wrinkles, thinning hair, and chronic illnesses, which you'd expect to see on an older person, are starting to make themselves seen in unexpectedly young people.

"But stress is a normal part of life!" you may say. And it's true! But chronic stress does a real number on the body, including accelerating your aging process. And those effects are more than skin-deep. Long-term, chronic stress means your body produces consistently higher levels of the stress hormone cortisol, which can weaken your immune system, leaving you more susceptible to illness and disease.

This hormone also activates your body's fight or flight response, which can cause inflammation, damage your DNA, and affect the integrity of your cells.

And - you may have already experienced this - stress affects your mind and emotional wellbeing due to feelings of anxiety, depression, and emotional burnout, which in turn can affect your physical health.

### **The solution: To reduce stress.**

*It may sound easier said than done, but this is where Ayurvedic principles come in!*

Achievable Ayurvedic practices like eating a balanced diet and incorporating yoga, meditation, and deep breathing into your daily life are all proven to help lower cortisol levels, reduce stress, and slow down your aging process.



# AYURVEDIC SOLUTIONS FOR PREMATURE AGING

Ayurveda places a lot of weight on the diet you consume, a principle that has been proven through modern science.

The body's ability to produce antioxidant defenses against oxidative stress can be limited by a poor diet that is high in processed, sugary, and unhealthy foods.

Simply put, your diet can age you - in fact, it can make you very sick.

What Ayurveda suggests (and science confirms), is that eating a diet rich in whole, natural foods can help support your immune system, improve your digestive functions, and reduce your risk of chronic illnesses.

By incorporating food and supplements that are high in antioxidants like vitamins C and E, and beta-carotene can combat any oxidative stress you encounter in your daily life, and support your body's natural antioxidant defenses. This means you receive essential nutrients, feel better, and slow down your aging process.

In addition to diet and stress management, Ayurvedic self-care practices like oil massages and herbal remedies can also help to support your journey to a better quality of life.

- Oil massage, also known as abhyanga, involves massaging the body with warm oil to help nourish and rejuvenate the skin, improve circulation, and reduce stress.
- Herbal remedies, such as amla, ashwagandha, ginger, shatavari, and turmeric have anti-aging, anti-inflammatory and antioxidant properties

# CHAPTER 3:

## Wellness Saboteur 2: Your Body has Forgotten How to Heal

An overdependence on antibiotics to cure our stress-related illnesses can result in your body “forgetting” how to heal.

Your body develops a resistance to antibiotics over time - and with the stresses of modern life taking a toll on your immune system, it's becoming easier to build that resistance.

### The role of stress in compromising your immune system

The immune system is your body's first line of defense against illness and disease. It is made up of a complex network of cells, tissues, and organs that work together to protect your body from pathogens, such as bacteria, viruses, and other invaders. The immune system is also responsible for identifying and removing abnormal cells, such as cancer cells. When it is functioning optimally, it can help to fight off infections and keep you healthy. But when it is compromised, your body is less able to fight off pathogens and more susceptible to infection and chronic illness.

Stress is proven to be one of the most significant contributors to frequent illness. Prolonged exposure to stress can also lead to chronic inflammation, which can make your body more susceptible to infection by making it less effective in fighting off pathogens. Combined with other factors such as a poor diet and lack of sleep, your immune system becomes depressed, making you more susceptible to falling ill.

To feel better, we tend to reach for antibiotics. But while antibiotics can be lifesavers in certain situations, their overuse can have negative consequences on your overall health. Antibiotics kill both good and bad bacteria, disrupting the delicate balance in your body. This can lead to a variety of health problems, including the development of antibiotic-resistant bacteria and an increased risk of infections.

It's important to take care of your gut health to strengthen the immune system. Probiotics, fermented foods and prebiotic-rich foods can all help to support the gut microbiome, which plays a crucial role in overall health. Eating a diet full of whole grains, fresh fruits and vegetables is important in supporting your immune system and gut microbiome.

### Ayurveda: Reminding your body how to heal without the antibiotic crutch

Ayurveda works to boost immune health, prevent illness and remind your body how to heal itself by using natural superfoods like turmeric and ginger to support your immune system, and recommending seasonal cleanses to spring-clean your digestive system.

Combined with yoga, meditation, oil pulling and nasal irrigation, Ayurveda's goal is to help your body relearn how to heal itself, without overly depending on synthetic medicines like antibiotics.



# CHAPTER 4:

## Wellness Saboteur 3: Your Pain is Left Unchecked

We all experience pain from time to time: and when we spend our lives in the fast lane then sometimes that pain gets ignored. It can be overwhelming trying to figure out what to do or where to go to get your issues addressed. But when pain is left unchecked and becomes chronic, it can cause further mental and physical stressors. Chronic pain conditions can be debilitating and can make it difficult to lead a full, productive life.

Ayurveda's holistic approach can help figure out the exact cause of your pain and give you tools to help heal such as meditation, yoga, and massage.

## The Connection Between Stress and Pain

Stress and pain are closely connected. When stress activates the body's fight or flight response, it releases a flood of stress hormones that can cause inflammation, muscle tension, and headaches. When your exposure to stress becomes overly prolonged, you may develop chronic pain conditions, or find that any existing ones become much worse.

Worse, stress can affect your mental and emotional wellbeing, leading to anxiety and depression, which then makes it even more difficult to cope with pain, and affecting your overall health and quality of life.

## Ayurvedic Solutions for Effective Pain and Stress Relief

Ayurveda takes a holistic approach to pain management, one of which is relaxation techniques. These techniques can help reduce stress and improve sleep, which ultimately can lead to relief from both emotional and physical pain.



- **Yoga:** combines physical postures, breathing techniques, and meditation and has been shown to reduce stress, improve sleep, and alleviate physical pain.
- **Meditation:** helps reduce stress and can help cope with emotional p
- **Marma Therapy:** A traditional Ayurvedic massage technique that supports pain management, helps reduce inflammation and tension, and accelerates healing.
- **Abhyanga:** Also known as oil massage, this technique is beneficial in relieving stress, promoting relaxation and reducing pain.





# CHAPTER 5:

## Wellness Saboteur 4: You're Eating for Convenience

Living in the fast lane means you need to eat quickly - and the quickest food available usually ends up being fast food, processed food, or items heavy in additives and preservatives.

It's convenient, sure. And it fuels you up. But processed and fast foods are often high in unhealthy ingredients like refined sugars, additives, and preservatives, and low in nutrients.

Over a period of time, saturated fats, trans fats, and added sugars build up in your body and leave their mark, which can include obesity, heart disease, and diabetes.

In addition, many processed and fast foods contain genetically modified organisms (GMOs), which are plants or animals that have had their DNA altered through genetic engineering. The long-term effects of consuming GMOs are not yet fully understood, but there are serious concerns about their consequences on human health.



# The Ayurvedic Benefits of Switching to a Whole Foods Diet

According to Ayurveda, food is medicine. A well-portioned diet that is rich in whole, natural foods is essential for optimal health - a principle that has long been backed by science.

Some examples of whole, natural foods include:

- Fruits and vegetables: These are high in vitamins, minerals, and antioxidants and can help to support overall health and prevent disease.
- Whole grains: Whole grains, such as quinoa and oats, are high in fiber and nutrients and can support digestion and heart health.
- Nourishing herbs and spices: Herbs and spices like turmeric, ginger, and cumin are believed to have a variety of health benefits and can be incorporated into the diet to support overall well-being.

The Ayurvedic approach to nutrition is based on eating according to your individual needs and constitution, which is determined by your unique combination of vital energies, or Doshas.

Ayurveda recognizes three vital Doshas, Vata, Pitta, and Kapha, that govern the functioning of your body and mind. Everybody has a dominant Dosha, and understanding which one it is, and eating in accordance to your Doshas, can help you to feel better than ever before!

But as a general rule of thumb, these Ayurvedic eating practices can help support your overall health, even before taking in consideration your personal Dosha makeup:



**Eat whole grains, fresh fruits and veggies**



**Eat seasonal and locally sourced foods**



**Avoid foods that can aggravate the Doshas or be difficult to digest**



**Avoid heavy, processed, or fried foods, as well as artificial sweeteners and preservatives**



**Cook and eat food in a mindful and conscious manner savoring every bit without distractions**



**Eating according to your body's natural rhythms and hunger patterns**



**Avoid overeating, skipping meals or eating late at night**



**Drinking warm water with lemon in the morning to support digestion**



# CHAPTER 6:

## Wellness Saboteur 5: You're Exposed to Chronic Illnesses

According to Ayurveda, chronic illnesses often result from an imbalance in the body's natural rhythms, an imbalance in the Doshas and a lack of harmony between mind, body, and spirit. Ayurvedic practitioners strongly believe that your overall health and wellbeing can be greatly improved by restoring that balance and harmony.

## The Role of Ayurveda in Managing Chronic Illnesses

As seen with the other Wellness Saboteurs we've discussed, Ayurveda emphasizes the use of natural remedies and self-care practices to manage - and prevent - chronic illnesses, including the use of supplementary herbs and spices, as well as self-care practices like yoga, meditation and massage.

Here is how Ayurveda manages three of modern living's biggest health challenges:

### Diabetes:

Ayurveda recommends a primarily vegetarian diet that limits excess sweets, carbohydrates and dairy products. Herbs such as turmeric and guduchi are often used to supplement the management of diabetes, alongside yoga poses such as sun salutations, the peacock pose, the locust pose and the chest-to-knee pose which have all been used to manage this disease. Alternate nostril breathing has also been found to be beneficial amongst people living with diabetes.

### Arthritis:

Arthritis is managed on an individual basis depending on the patient's symptoms. For a more dry, "cracking" form of arthritis, it often recommends easily digestible foods, gentle forward folds and mahanarayan oil. For more swollen painful qualities, it recommends you avoid spicy foods while using cooling herbs and oils like sandalwood and coconut oil to help manage the inflammation. Lastly, for joints that are swollen, painful and cold to the touch, it recommends that you avoid dairy and cold drinks, while incorporating calamus or ginger powder to ease your symptoms.

### Hypertension:

To manage this, Ayurveda practitioners recommend avoiding fatty foods, while incorporating exercise, the savasana yoga pose, and quiet meditation to relieve stress, which directly impacts hypertension. These diet and lifestyle changes can be further supported by adding ginger, garlic, and arjuna into your diet.

Ayurveda also utilizes the practice of Rasayana therapy to manage chronic illnesses. This involves the use of specific herbs and herbal formulations to promote a physical rejuvenation and support your overall health and wellbeing. Work with an Ayurvedic practitioner or doctor to tailor your therapy according to your unique Dosha makeup!

# CHAPTER 7:

Conclusion

## What to Do Next?



Wellness Saboteurs don't mean you're doomed to poor health, if you successfully mitigate their negative effects.

Ayurvedic practices are simple and easy to incorporate - these natural, holistic solutions not only alleviate the symptoms of your stressful day-to-day, but go deeper into supporting your physical and mental health.

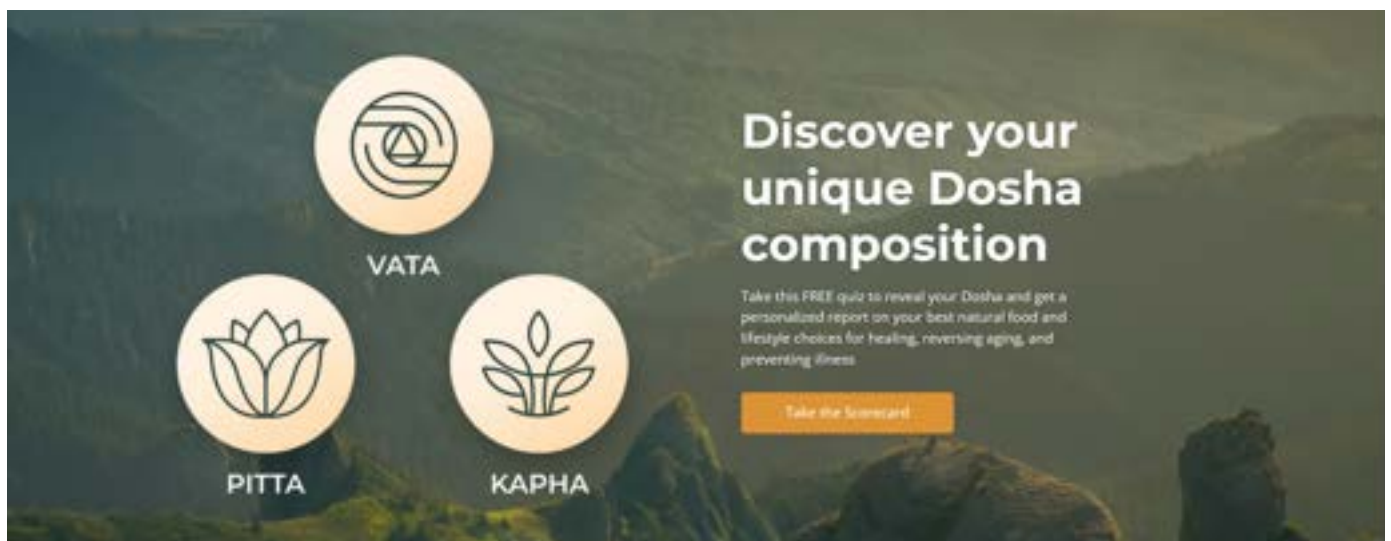
**The result: reclaimed vitality and happiness, with a reduced dependence on synthetic medication like antibiotics, and the ability to live our best, and healthiest lives.**



# Take the next step on your natural wellness journey...

This ebook is only the beginning. We now invite you to continue your journey through two steps that will shine light on yourself, your unique needs, and nature's answers to your lifelong health and wellness:

## Step 1: Take The Natural Law's Dosha quiz



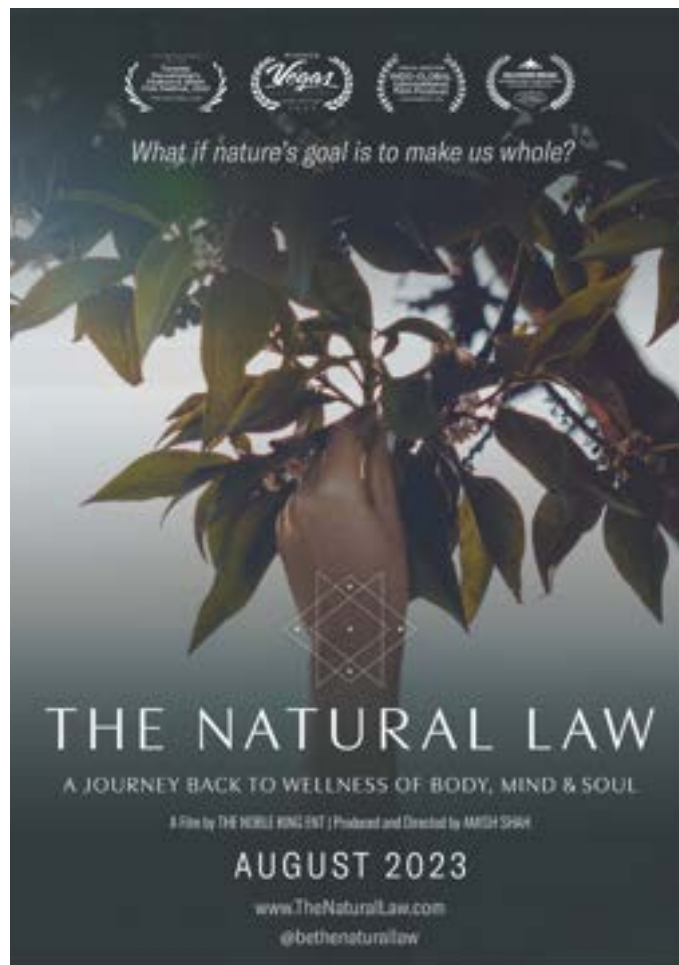
The Doshas - Vata, Pitta, Kapha - are three unique energy signatures that shape your health, wellbeing, and how you look, feel, and experience life.

Everyone has a unique Dosha composition. And by discovering yours, you'll understand how to correct any imbalances in your health and lifestyle, and heal and nourish your mind and body.

Take it now to receive a personalized report summarizing your Dosha, and your path to wellness of mind, body, and soul.

**TAKE THE DOSHA QUIZ**

## Step 2: Watch The Natural Law film



The Natural Law explores Amish Shah's decade-long journey back to wellness with Ayurveda.

Through his encounters with leading doctors and scientists, you'll discover why Ayurveda could be humanity's greatest answer to reclaiming our physical, emotional, and spiritual wellbeing.

And through his journey, you'll learn how to remedy the root causes of illness and emotional turmoil in yourself and your loved ones.

The Natural Law launches online in August 2023. Claim your free viewing pass now.

**Watch The Natural Law Film**  
**(available in August)**



# THE NATURAL LAW



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