



THE NATURAL LAW

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

NATURE

DISLIKES

DIETS

*Deciphering nature's secret code to
a slim, healthy, youthful body at any
age - without dieting*

TABLE OF CONTENTS

PAGE **1** INTRODUCTION

PAGE **2** AYURVEDA AND YOGA

PAGE **4** AYURVEDA AND NUTRITION

PAGE **6** AYURVEDA AND HERBS

PAGE **7** AYURVEDA AND MEDITATION

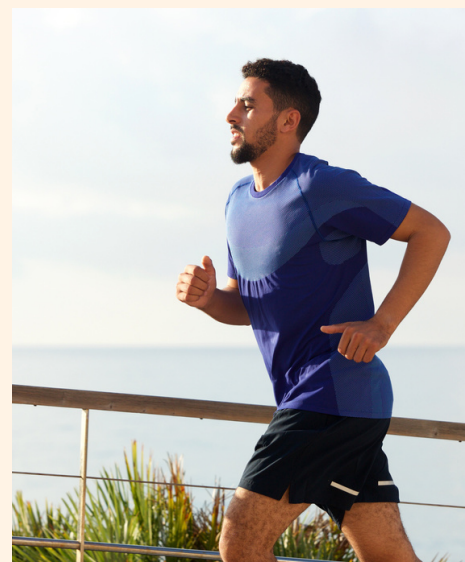
PAGE **9** AYURVEDA AND PERSONAL DEVELOPMENT

PAGE **10** AYURVEDA AND SEASONS

PAGE **11** AYURVEDA AND MIND-BODY CONNECTION

PAGE **12** CONCLUSION: WHAT TO DO NEXT?

PAGE **14** REFERENCES



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.

INTRODUCTION

“Look good, feel good” is a phrase that’s constantly bandied around by health, wellness, and fitness experts.

And it’s true - except when the journey to get there involves overly regimented diets, intense exercise regimes, and worst of all: pills.

With those regiments, yes you may lose weight for a while... but will you feel good?

The simple truth is that you don’t need to weigh your single carrot, only eat steaks, drink that dubious shake, or pound a treadmill until you’re on the verge of collapse in order to look good. And you definitely don’t need those pills that promise to “burn” off any excess pounds.

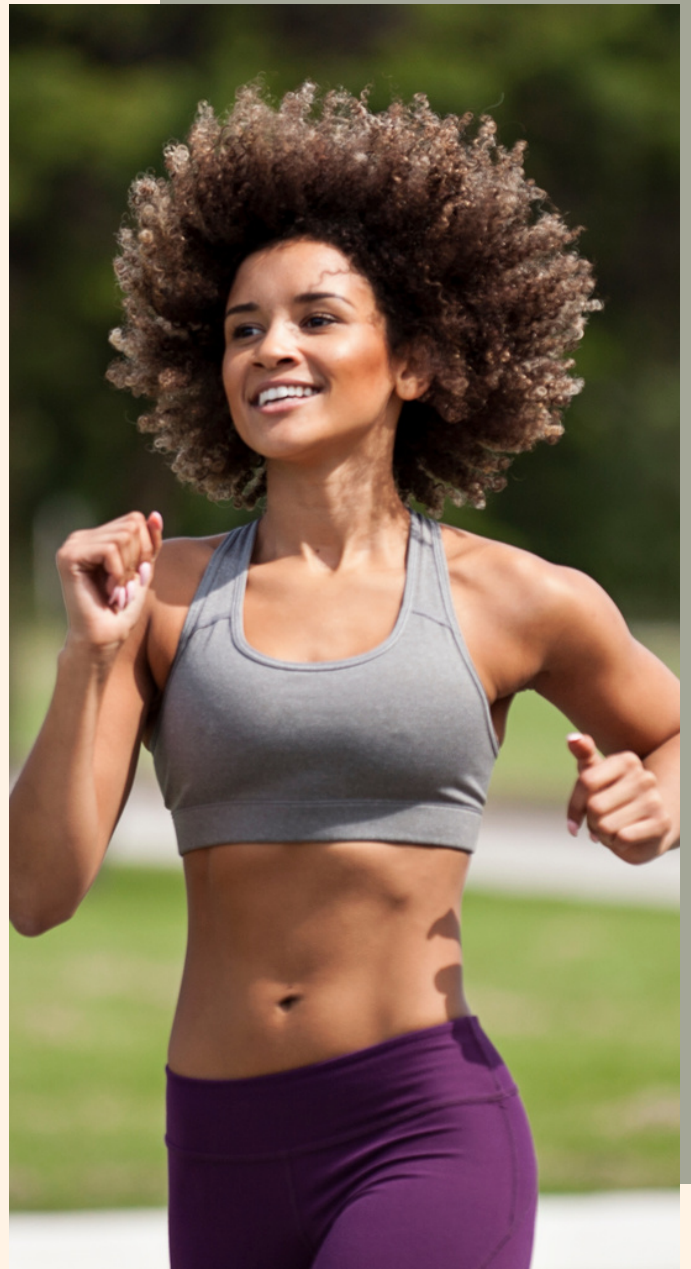
What really works - simply, permanently, and naturally - is a holistic approach that combines lifestyle practices, mindfulness, and good old-fashioned healthy eating.

And you can get that by following Ayurvedic principles. Tried and tested for thousands of years, Ayurveda operates on the belief that health, wellness, and yes, a slim, toned, youthful body, come from a delicate balance between your mind, body, and environment.

This holistic health and wellness system believes that everything in the universe is interconnected, and that nature itself wants you to be well. So much so that it has already provided all the necessary tools and ingredients for you to achieve the best health you’ve ever experienced.

Ayurveda’s holistic approach to health offers that unified system by combining the use of:

- Yoga
- Healthy Eating
- Herbs
- Meditation
- Personal Development
- The Seasons
- Mind-Body Connection



Some of these, like meditation and yoga, may already be familiar to you, thanks to their much-lauded ability to improve your mental and physical health, and healthy eating is just good, old-fashioned common sense. But Ayurveda takes it a step further, by tailoring these basic health rules to YOUR personal physical, mental, and spiritual needs.

Ayurveda is “Nature’s Secret Code” to the body (and health) you’ve aspired to - and this ebook cracks the code for you.

CHAPTER 2:

Ayurveda and Yoga



Yoga, Ayurveda's sister science, is a popular holistic health and wellness practice that has been used for thousands of years to improve physical and mental wellbeing. Practitioners use yoga not just as a tool to heal your body, but to also connect your mind, body, and spirit, balancing your energy and helping you feel - and look - better than you have in years.

THE YOGA-AYURVEDA CONNECTION



Ayurveda believes the body's energy, or "prana", needs to flow freely for your body to achieve perfect balance. Yoga is seen as one of the most powerful tools to make that happen, while also improving your flexibility, strength, balance, and ability to reduce stress and anxiety.

Ayurveda doesn't limit you to a specific type of yoga - each style has its own unique benefits and can be used to achieve specific goals, like strength and balance, or relaxation and restoration. Simply choose the one that meets your needs!

Yoga doesn't have to be a daunting time commitment - Ayurveda doesn't demand that you buy gear in all the shades of a rainbow, and sign up for the most expensive class your neighborhood has to offer.

All you need is a quiet place where you can practice undisturbed for 10-15 minutes and a comfortable outfit that allows you to stretch! You can try online videos to start, or sign up for a trial class at your local yoga studio to see which styles fit you best.

The key here is consistency: as long as you keep going at it, your prana will flow. And with that free-flowing energy coursing through your body, you will soon feel yoga's powerful benefits, including a fitter, more toned body, greater feelings of inner peace and tranquility, and the mental resilience to withstand the stress and anxiety of modern living.



CHAPTER 3: Ayurveda and Nutrition

Eat more vegetables. Don't eat food that contains saturated fats. Fats are good for you, eat up!
 Eat more eggs. Don't eat eggs.

Dietary science has bombarded us with all sorts of information over the years - and to be frank, it can get confusing.

Here's what Ayurveda believes - a belief tried and tested over millennia:

Yes, the food you eat has a direct impact on your body and mental health. You can either eat your way to a healthy, active life, or to a life impacted by pain and illness.

However, there is a way to ensure even the natural, organic foods you consume work in the most efficient way to achieve your best health. And that is by eating a diet that is tailored to YOUR individual needs. Your body isn't the same as your parents' or your children's - what works best for them may not work as well for you. This is where Ayurveda comes in.

THE AYURVEDIC GUIDE TO OPTIMAL NUTRITION

Ayurveda's personalized treatment plans are based on two key factors, the Tridosha theory and Prakriti.

In the Tridosha theory, Ayurveda recognizes three vital energies or Doshas (Vata, Pitta, Kapha) that govern the functioning of the body and mind. Everybody has a dominant Dosha, and understanding which one it is can help create a personalized treatment and lifestyle choice plan.

Prakriti refers to your unique constitutional type, which is determined by the balance of the Doshas. By understanding your Prakriti, Ayurvedic practitioners can recommend treatments and lifestyle choices that maintain balance and prevent health issues.

These plans are formulated specifically for you by your Ayurvedic practitioner or doctor. But on your own, you can kickstart your journey to Ayurvedic nutrition by eating a diet rich in fruits, vegetables, whole grains, and lean protein.

Whenever possible, go organic, or invest in a trusted vegetable detergent. Ayurveda's emphasis on natural food means it strongly believes the chemicals and pesticides that go onto non-organic produce can negatively impact your body.

THE AYURVEDIC DIET:

If you look up “diet” online, you’ll likely see a bewildering array of diet plans - vegan, vegetarian, paleo, keto... the choices are endless. They all can be used to achieve specific goals, but they are all very much one-size-fits-all plans.

The Ayurvedic diet is unique because it focuses on eating the foods that work best for your unique digestive system and Dosha makeup.

A balanced Ayurvedic diet can be as simple as:

- Planning your meals in advance and making sure they include a balance of fruits, vegetables, whole grains, and lean protein.
- Always opting for foods that are close to the source like whole grains, fruits and vegetables.
- Limiting processed, packaged foods that lack prana or energy.
- Choosing organic, whole foods whenever possible.
- Listening to your body's hunger and fullness cues.

Nutrition plays a vital role in Ayurveda’s principle of balance between your mind, body, and spirit, and is an important tool to use when seeking a deeper understanding of yourself, your place in this world, and achieving true harmony with nature.

On a physiological level, following an Ayurvedic diet has tangible health benefits, including reduced inflammation, improved digestion, higher energy levels, and a reduced risk of chronic diseases like heart disease and diabetes. These benefits have a marked effect on your physical looks as well - nutrition impacts the luster of your skin and hair, and cutting out unhealthy, overly processed foods ensures your body doesn’t absorb unnecessary calories.

CHAPTER 4:

Ayurveda and Herbs

Your Ayurvedic diet is best supported by herbs and natural remedies, especially when your body is in need of extra healing. Herbs help to reduce stress and anxiety, improve sleep, and reduce the risks and symptoms related to chronic diseases.

Scientific research has shown that herbs have specific properties - some of them very similar to synthetic medication - that could help alleviate specific symptoms, and sometimes even tackle the root cause of illness.

Some of Ayurveda's most effective herbs are:

- Turmeric: has powerful anti-inflammatory properties
- Ginger: a wonderful digestive aid
- Ashwagandha: best known for its ability to reduce stress. It's classified as an adaptogen, a substance that helps the body cope with stress.
- Licorice: great for dry, scratchy throats
- Tulsi: another adaptogen that's a potent stress reliever - also great for colds

How to incorporate herbs into your Ayurvedic lifestyle

Incorporating herbs into your lifestyle is simple: you could add them into your cooking, make herbal teas, or take the conveniently packaged herbal supplements that come in pill, powder, or drink form.

But do consult with a qualified Ayurvedic practitioner or herbalist before you leap into the heady world of herbs! They are the best people to determine the appropriate dosages and to ensure the herbs are safe for you and your unique Doshha makeup.

Herbs are natural supplements, so it's also important to remember that they work best when used in conjunction with your Ayurvedic diet and other Ayurvedic practices for the results you want to see.

CHAPTER 5:

Ayurveda and Meditation



Ayurvedic practitioners are huge advocates of meditation - it's been used for thousands of years as a way to quiet the mind and achieve balance in your body, mind, and spirit.

Meditation has been proven to reduce stress and anxiety, improve focus and concentration, and promote feelings of inner peace and tranquility - all things that make a huge impact on the way you feel. And as we've discovered over the years, how you feel impacts the way you look and present yourself to the world.

There are several different types of meditation and each type has its own unique benefits and can be used to achieve specific goals. A few examples include:

- Mindfulness Meditation
- Transcendental Meditation
- Guided Meditation
- Movement Meditation
- Loving-Kindness Meditation

Each type of meditation is powerful and effective, and it's up to you to choose your meditation of the day, based on your needs, e.g: improved focus and concentration, dreamy relaxation, or the sacred stillness of inner peace and tranquility.

HOW TO ADD MEDITATION INTO YOUR AYURVEDIC LIFESTYLE

Incorporating meditation into your Ayurvedic practice can be as simple as setting aside a few minutes each day to sit quietly. It is important to find a quiet place where you will not be disturbed, and to make sure you are comfortable. No extra gear or tools are needed to try the following short meditation:



1. Sit or lie comfortably and close your eyes.
2. Rest your hand comfortably in your lap or on your stomach.
3. Make no effort to control your breath, just breathe naturally.
4. Focus your attention on how your body moves with each inhale and exhale- just noticing the movement of your breath.
5. Observe your chest, shoulders, rib cage, and abdomen and focus your attention on your breath without controlling its pace or intensity.
6. If your mind wanders, return your focus back to your breath.
7. You can sit in this meditation practice for 2-3 minutes to start, gradually increasing for longer periods.

With consistent meditation, you'll be well on your way towards radiant health, wellness, and happiness! As you get more confident in your meditation, you can start to branch out and try all the different varieties of meditation that exist, see which one suits you, and make it (or them) part of your daily routine.

CHAPTER 6:

Ayurveda and Personal Development



Personal development is crucial for gaining a deeper understanding for yourself, and learning to love the unique human that is You. This is a huge part of the mind-body-spirit connection that Ayurveda is based on - to be a fully actualized person, you must first find out who you are. Once you've gotten a handle on that, your self-awareness increases, you'll gain better communication skills, and feel the glow of clarifying your purpose in life.

There are many different personal development and growth practices, including:



Journaling

This can be done by spending time each day by writing down things like your goals, reflecting on your day, processing any current issues or concerns, or what you are grateful for in your daily life



Therapy

Therapy can be very beneficial in processing and addressing emotions, thoughts, or behaviors that hold you back from your full potential



Self-help books or podcasts

Great resources for finding new information, insights and instruction on how to reach your goals



Ayurvedic life-coaching

An Ayurvedic coach would address your diet, lifestyle and sleep needs by a personal development practice that works for your unique Dosha makeup





CHAPTER 7:

Ayurveda and Seasons

Ayurveda teaches that the natural cycles of the seasons play a significant role in our lives, with each season bringing its own unique set of challenges and opportunities.

As the seasons change, your body's needs change - it's important to align your diet and lifestyle to accommodate your new needs in order to improve your digestion, sleep, immunity, and more.

Ayurveda recognizes four seasons: Spring, Summer, Fall and Winter, each with its unique set of characteristics and effects on the body. Incorporating the seasons into your daily life can be as simple as making small changes to your diet and lifestyle based on the current season, like eating seasonal foods, or spending time outdoors to connect with nature.

SPRING	SUMMER	FALL	WINTER
			
Opt for: Cleansing, Rejuvenation	Opt for: Cooling, Hydrating	Opt for: Grounding, Nourishing	Opt for: Nourishing, and Recharging
Green Juices or Ginger Tea	Coconut water	Golden Milk	Chai with warming spices
Spicy and drying foods like bitter greens and puffed rice	Fresh cooling vegetables and hydrating fruits	Well cooked easy to digest foods like soups	Warm well cooked foods like hearty stews

CHAPTER 8:

Ayurveda and the Mind-Body Connection

Sometimes, stress can affect you physically. Your heart races, your head aches, you can feel the stress in the pit of your stomach. Conversely, when you're feeling happy, your health improves, there's a spring in your step, and you tell your friends you've never felt better!

That's the mind-body connection. Ayurveda teaches that your mental and emotional states have a direct impact on your physical health because the mind and body are interconnected.

Mind Body Connection	Mind Body Disconnection
Mindful and Present	Mindless and Distracted
State of Health	Stomach Ulcers, High Blood Pressure
Centered and Peaceful	Anxious and Fearful
Self Aware	Self Absorbed

Reaching optimal health levels depends on your ability to maintain the delicate balance between the two. And Ayurveda is designed to help you achieve that balance through mind-body connection practices, which include meditation, yoga, and mindfulness practices.

These practices can help improve self-awareness, reduce stress and anxiety, and improve overall health and wellbeing.

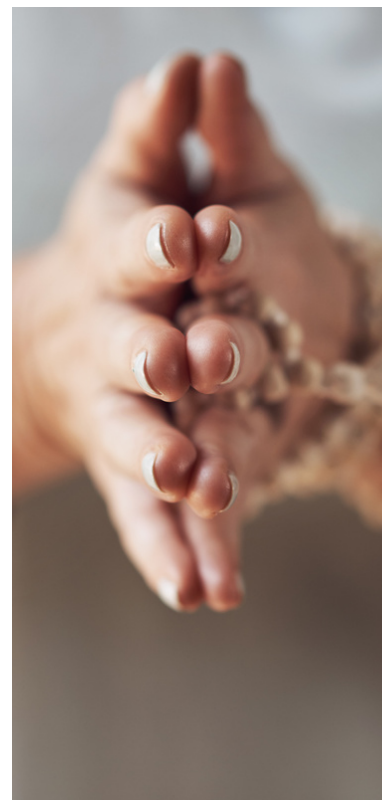
The mind-body connection is a fundamental concept in Ayurveda and understanding how to work with this connection is an important aspect of achieving optimal health and harmony with nature!

CONCLUSION

What to Do Next?

From diet and herbs, to yoga and the mind-body connection - this ebook has taken you through the core Ayurvedic practices that you can now practice in your daily life.

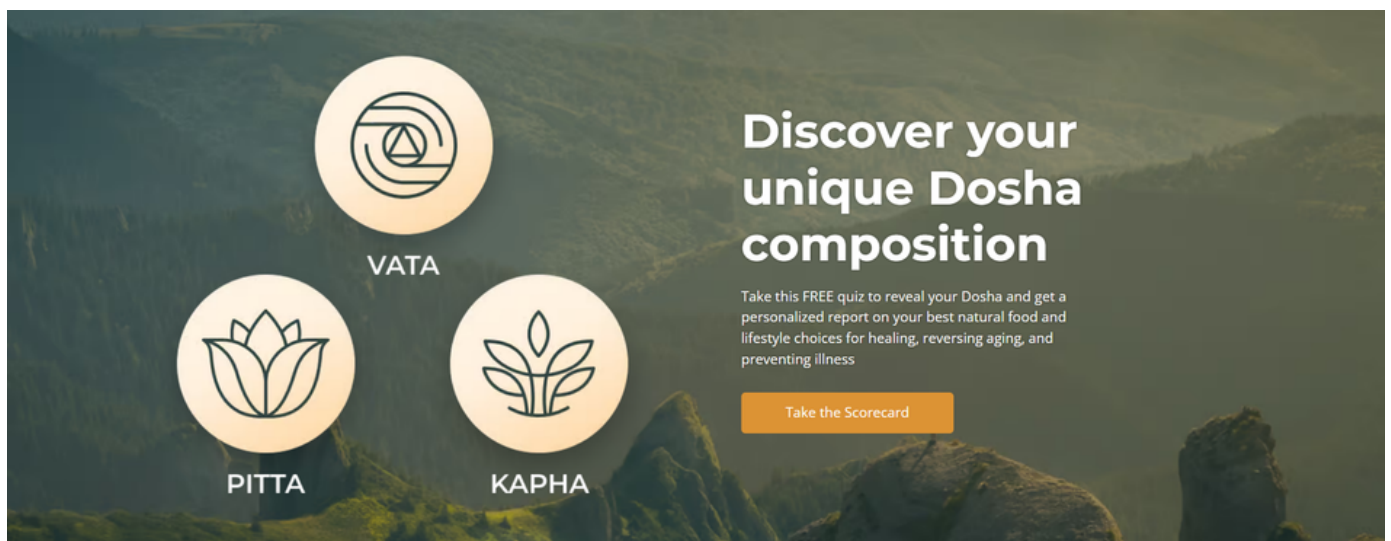
This holistic approach works simply, permanently, and naturally to ensure you look - and feel! - better than ever before. Mother Nature wants you to be well - now, it's on you to take her up on it.



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.

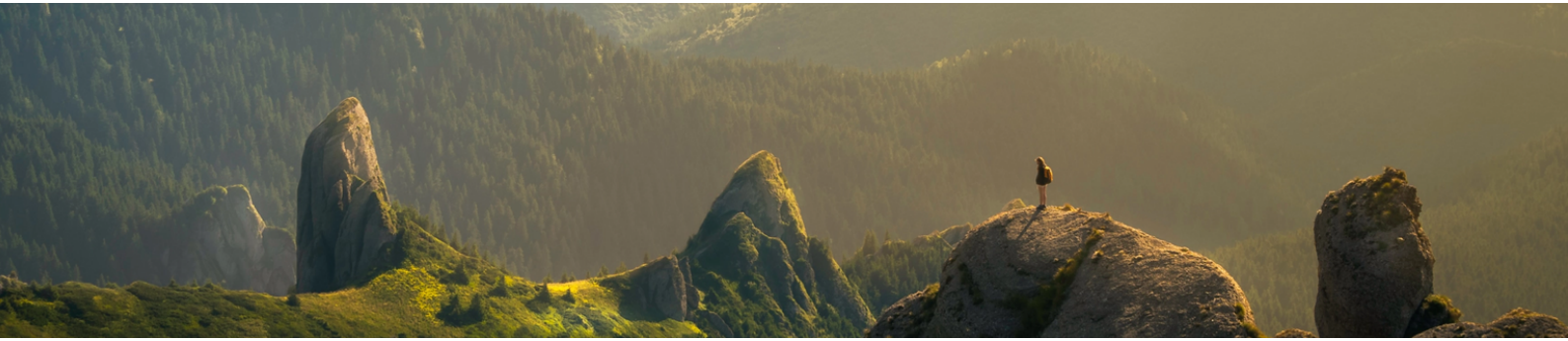
Through his encounters with leading doctors and scientists, you'll discover why Ayurveda could be humanity's greatest answer to reclaiming our physical, emotional, and spiritual wellbeing.

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



Sources:

- "Ayurvedic Medicine: An Introduction." National Center for Complementary and Integrative Health, U.S. National Institutes of Health, <https://nccih.nih.gov/health/ayurveda>.
- "The Principles of Ayurveda." The Chopra Center, <https://www.chopra.com/articles/the-principles-of-ayurveda>.
- "Ayurveda: What You Need to Know." Mayo Clinic, <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/ayurveda/art-20045502>.
- "Ayurveda 101: The Basics." Yoga Journal, <https://www.yogajournal.com/lifestyle/ayurveda-101-basics>.
- "Herbs and Spices in Ayurveda." The Ayurvedic Institute, <https://www.ayurveda.com/herbs-and-spices-in-ayurveda>.
- "The Science of Ayurveda." The Art of Living, <https://www.artofliving.org/in-en/ayurveda/about-ayurveda/science-ayurveda>
- "The Role of Ayurveda in Modern Health Care." Journal of Ayurveda and Integrative Medicine, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5846997/>
- "Ayurveda and Yoga: A Holistic Approach to Health and Wellness." Journal of Yoga and Physical Therapy, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4856480/>
- "Meditation and Yoga in the Management of Psychological Stress." Journal of Ayurveda and Integrative Medicine, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5971098/>
- "The Ayurvedic approach to Nutrition and its Therapeutic Significance." Journal of Ayurveda and Integrative Medicine, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5645057/>
- "Herbs and Spices for Health: An Overview." Journal of Medicinal Food, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6415866/>
- "Ayurveda and Personal Development: A Holistic Approach to Growth and Transformation." Journal of Ayurveda and Integrative Medicine, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6511346/>
- "Harmony with Nature: The Ayurvedic Approach to Seasons and Health." Journal of Ayurveda and Integrative Medicine, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6227819/>
- "The Mind-Body Connection in Ayurveda: Understanding the Role of the Mental and Emotional States on Physical Health." Journal of Ayurveda and Integrative Medicine, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6311759/>

