



THE NATURAL LAW

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

THE **8** HEALTH RISKS OF MODERN LIFE



From cancer to diabetes to premature aging: discover's nature's remedies for today's biggest health risks



TABLE OF CONTENTS

INTRODUCTION

PAGE	CHAPTER 1: HEALTH CHALLENGE #1:
2	<u>IMMUNITY</u>
	<ul style="list-style-type: none">• Understanding the importance of immunity• Ayurvedic solutions for boosting immunity• Herbs and supplements for immunity• Lifestyle changes for improved immunity

PAGE	CHAPTER 2: HEALTH CHALLENGE #2:
3	<u>DIGESTION</u>
	<ul style="list-style-type: none">• Understanding the importance of digestion• Ayurvedic solutions for digestive issues• Herbs and supplements for digestion• Lifestyle changes for improved digestion

PAGE	CHAPTER 3: HEALTH CHALLENGE #3:
5	<u>PREMATURE AGING</u>
	<ul style="list-style-type: none">• Understanding the causes of premature aging• Ayurvedic solutions for anti-aging• Herbs and supplements for premature aging• Lifestyle changes for improved aging

PAGE	CHAPTER 4: HEALTH CHALLENGE #4:
4	<u>CARDIOVASCULAR HEALTH</u>
	<ul style="list-style-type: none">• Understanding the importance of cardiovascular health• Ayurvedic solutions for heart health• Herbs and supplements for cardiovascular health• Lifestyle changes for improved cardiovascular health

PAGE	CHAPTER 5: HEALTH CHALLENGE #5:
7	<u>RESPIRATORY HEALTH</u>
	<ul style="list-style-type: none">• Understanding the importance of respiratory health• Ayurvedic solutions for respiratory health• Herbs and supplements for respiratory health• Lifestyle changes for improved respiratory health

PAGE	CHAPTER 6: HEALTH CHALLENGE #6:
8	<u>CANCER</u>
	<ul style="list-style-type: none">• Understanding the causes of cancer• Ayurvedic solutions for cancer management• Herbs and supplements for cancer management• Lifestyle changes for improved cancer management

PAGE	CHAPTER 7: HEALTH CHALLENGE #7:
9	<u>STRESS AND MENTAL HEALTH</u>
	<ul style="list-style-type: none">• Understanding the connection between stress and mental health• Ayurvedic solutions for stress management• Herbs and supplements for stress management• Lifestyle changes for improved stress management

PAGE	CHAPTER 8: HEALTH CHALLENGE #8:
10	<u>DIABETES</u>
	<ul style="list-style-type: none">• Understanding the causes of diabetes• Ayurvedic solutions for diabetes management• Herbs and supplements for diabetes management• Lifestyle changes for improved diabetes management

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

Within your body lurk 8 major risks to your health, and those risks are made worse by today's lifestyle and dietary habits.

Immunity issues, stress, diabetes, and even cancer - everybody runs the risk of facing these health foes. And our tendency to reach for the convenience of pre-packaged food while stressing our bodies out by living in the fast lane, definitely does not help.

However, this ebook is not all doom and gloom because we have a solution that can - and will! - help alleviate or even cure these 8 health risks.

The solution: Ayurveda. An ancient system of medicine that originated in India over 5,000 years ago, Ayurveda is a time-tested and science-proven health philosophy that believes optimal health is achieved by carefully balancing the mind, body, and spirit.



To that end, Ayurveda uses natural remedies and small (but effective) lifestyle changes to prevent and treat illnesses, as opposed to just managing symptoms. It's not a pill you can pop - it's a way of life. And by living in harmony with nature, taking care of your body, and nourishing your mind and spirit, you can give yourself a quality of life you may have never experienced before, and even prevent illnesses from occurring in the first place.

Welcome to this introduction into the world of Ayurveda: it will come in handy as you embark on your journey to better health!

CHAPTER 1:

Health Challenge #1: Immunity

One of the most important functions of your body is the ability to fight off infections and diseases, and a strong immune system does just that.

However, the constant battles we face in this fast-paced world mean our bodies are under constant stress. Your fight-or-flight instinct never gets a chance to rest, and in our attempts to quickly fuel our bodies for the next battle, we tend to reach for quick, convenient food that lack the proper nutrition to keep our bodies fighting fit.

The result: An immune system that is buckling under the strain, unable to withstand even minor germ and virus attacks.

Ayurveda offers a holistic approach to improving immunity - in fact, it is designed to do exactly that. It emphasizes the importance of a balanced diet, regular exercise, and stress management to build and maintain a strong immune system, supported by the use of natural remedies and herbs to give your immunity a boost when needed.

One of the most important Ayurvedic remedies for improving immunity is the use of spices and herbs, both in cooking as well as in supplement form. Some of the herbs that are frequently used are:

- Turmeric
- Ginger
- Amla
- Ashwagandha
- Guduchi
- Chyawanprash



All of the herbs listed have strong anti-inflammatory and antioxidant properties that can help boost immunity and prevent infections. Some of them are also adaptogenic herbs which help your body to adapt to stress and improve overall immunity.

The Ayurvedic diet also features a healthy amount of yogurt and fermented foods, which contain almost all the probiotics you need, and can help improve gut health as well as your immunity. Your gut microbiome is home to 70% of your immune cells, so keeping it healthy is key on your journey to wellness!

In addition to natural remedies and a healthy diet, regular exercise and stress management practices are also important in maintaining a strong immune system. Ayurveda recommends avoiding smoking, excessive alcohol consumption, and exposure to toxins, whether it's in processed food, or unwashed vegetables that still have pesticides on them (it also recommends you go organic wherever possible).

These principles all work together to bolster your immune system and prevent illnesses from occurring in the first place.

CHAPTER 2:

Health Challenge #2: Digestion

Your digestive system is key to life. It converts food into energy - without a digestive system, you would not be able to stay alive. But it does more than keep you alive. Your digestive system can make the difference between a happy, healthy you, and a you that is crippled by gut issues, pain, and discomfort.

A healthy digestive system not only absorbs nutrients more efficiently, it also removes toxins from your system and maintains a healthy gut microbiome. When it is unhealthy, caused by factors like poor diet, lack of exercise, stress, and certain medical conditions, you may develop digestive problems such as irritable bowel syndrome (IBS), acid reflux, bloating, and constipation.

To prevent these challenges, or help manage existing ones, Ayurveda recommends that you eat a balanced diet, exercise regularly, and try to keep your stress levels as low as possible. If more help is required, you can use these natural herbs and spices to alleviate digestive problems:

- Ginger
- Licorice
- Cumin
- Fennel
- Coriander

These spices have strong carminative properties, which help to relieve gas, bloating, and stimulate the production of digestive enzymes, and are commonly steeped into a tea.



RECIPE FOR CUMIN, CORIANDER & FENNEL (CCF) TEA:



Mix equal parts of cumin, fennel, coriander ($\frac{1}{3}$ tsp of each), steep in boiling water, strain and sip. **Perfect for alleviating gas and bloating!**

Another important Ayurvedic remedy for improving digestion is the use of triphala, a blend of three fruits: Amla, Haritaki, and Bibhitaki. It's known for its ability to cleanse the gut, improve bowel movements, strengthen digestive fire (Agni) and alleviate constipation. It can be consumed in the form of a powder, tablets, or capsules.

Nutrition aside, good gut health comes with making some small lifestyle changes, including eating your meals at regular intervals and chewing your food properly in order to help your digestion perform at optimal levels. Whenever possible, avoid eating late at night, eating while standing or walking, or eating too quickly as it can lead to indigestion. With these simple Ayurvedic principles, you'll be well on your way towards a healthy gut that functions at optimal levels and contributes to your overall health.



CHAPTER 3:

Health Challenge #3: Premature Aging

"A poor diet, lack of exercise, stress, exposure to toxins either in your food or environment, and excessive sun exposure can all lead to wrinkles, age spots, and the general run-down feeling that might be more common in people 10-20 years older."

There is nothing that will completely halt aging, but premature aging is a concern for many people, and is indicative of larger issues at hand. A poor diet, lack of exercise, stress, exposure to toxins either in your food or environment, and excessive sun exposure can all lead to wrinkles, age spots, and the general run-down feeling that might be more common in people 10-20 years older.

Ayurveda offers options in slowing down the aging process. As with all of the health concerns, eating a balanced diet, regular exercise, and stress management make a difference in maintaining your youthful appearance.

Ayurveda also uses oils such as sesame oil, coconut oil, and ghee, all of which are rich in vitamins and minerals that help nourish your skin and improve elasticity. Herbs such as amla, turmeric, and aloe vera are also often used for their strong antioxidant properties. These help to protect the skin from free radical damage and slow down the aging process, and can also help to remove dead skin cells and improve the overall health of your skin.

Here are some herbal face masks you can make at home to treat three key skin challenges:

Moisturizing	Anti-Aging	Clear Skin
Aloe Vera Gel	Amla Powder	Neem and Turmeric Powders
Honey	Plain Yogurt	Water
Mix together and apply for moisturized skin	Mix together and apply to produce glowing, younger-looking skin	Mix together and apply to clear up blemishes






CHAPTER 4:

Health Challenge #4: Cardiovascular Health

Cardiovascular disease is one of the leading causes of death worldwide, and includes conditions like high blood pressure, heart disease, and stroke.

Factors such as poor diet, lack of exercise, smoking, and stress can all contribute to poor cardiovascular health - but the good news is that these factors can be mitigated through Ayurveda.

The Ayurvedic principles of a balanced diet, regular exercise, and good stress management really shine in this area, especially when supplemented with these natural remedies:

Arjuna	Bala	Garlic	Guggulu	Turmeric
				
Can lower cholesterol levels and works as a heart tonic	Can help with irregular pulse and palpitations	Can prevent plaque buildup	Can increase blood flow and reduce clots	Can improve blood flow and reduce cholesterol

These herbs have strong anti-inflammatory and antioxidant properties that can help to improve blood flow, prevent plaque buildup in the blood vessels, lower cholesterol levels and improve overall heart health.

Ayurveda also recommends yoga and meditation to help reduce stress. These practices can help improve mental and emotional well-being, lower blood pressure and heart rate, and promote a healthy heart.

An Ayurveda practitioner would also advise you to avoid overindulging in salt, fried and processed foods, and red meat in order to keep your heart healthy.

CHAPTER 5

HEALTH CHALLENGE #5: RESPIRATORY HEALTH

The pandemic has made it incredibly clear that your respiratory health is not something that can be taken for granted - poor respiratory health can lead to conditions such as asthma, bronchitis, and lung infections, which can greatly impact your quality of life.

Disease aside, poor air quality, smoking, exposure to pollutants, and medical conditions can all play a role in negatively impacting your respiratory health.

Ayurveda’s Pranayama breathing practices such as Kapalbhati, Anulom Vilom, and Bhastrika are vital for improving lung function and respiratory health, or preventing any issues from cropping up in the first place.

On top of breathing practices, Ayurveda’s focus on herbal supplements can also be very useful for keeping your respiratory functions in top form! Here are some of the most commonly used natural remedies for lung health:



Black Pepper	Ginger	Licorice	Tulsi	Essential Oils
Good for wet coughs, helps with breath, decongestant	Clears congestion and had an affinity for the lungs	An expectorant, helps liquefy mucus, good for dry coughs	Clears mucus from lungs and respiratory tract	Peppermint, Eucalyptus- to open congested airways
Use on food or in broth	in broth Drink as a tea	Drink as a tea	Drink as a tea	Pour a few drops into steaming hot water, inhale the steam

CHAPTER 6:

Health Challenge #6: Cancer

The deadly disease that is cancer can also greatly impact your quality of life. It is a complex disease that can be caused by a variety of factors such as genetics, lifestyle, diet, and exposure to toxins.

Ayurveda cannot help with all the factors that lead up to cancer - however, its holistic approach to health can play a part in cancer prevention and management.

Here are some time-tested natural remedies that support cancer prevention and recovery:

Anti- Inflammatory Herbs:	Immune Boosting Herbs:	Cleansing Practices:	Lifestyle Practices:
Ashwagandha, Guduchi, Turmeric	Amla, Licorice root, Guduchi	Panchakarma	Healthy diet, regular exercise, yoga, and stress management
Strong anti-inflammatory & antioxidant properties, can help prevent cellular damage	Immune boosting, can help improve overall health, and support cancer management	A therapeutic cleanse to remove toxins from the body, the process includes therapies such as purgation, enema, and nasal drops and is done by an Ayurvedic Practitioner or Doctor.	To help maintain overall health and prevent the development of cancer

It is important to note that while Ayurveda can help manage cancer and its side effects, it is not a replacement for conventional cancer treatments such as chemotherapy, radiation, and surgery. Therefore, it's important to consult with a qualified healthcare professional for treatment and management of cancer.

CHAPTER 7:

Stress and Mental Health

While some stress is just part and parcel of life, today's fast-paced living can create a prolonged period of stress. Staying in that fight-or-flight state for too long can have serious repercussions on your physical and mental health like a suppressed immune system, anxiety, depression, and insomnia.

Ayurveda offers many options in coping with stress and mental health, including the use of adaptogenic herbs such as:

- ASHWAGANDHA
- GUDUCHI
- TULSI
- BRAHMI
- SHANKHAPUSHPI

These herbs help the body adapt to stress, improving your overall emotional well-being, cognitive function, and mental clarity. They also work wonders in supporting stress management, while alleviating anxiety and depression.

On a more physiological side, Ayurveda's use of yoga and meditation can also go a long way towards reducing stress and improving your mental health thanks to their ability to reduce anxiety, improve your general mood, and promote emotional well-being.



CHAPTER 8:

Diabetes

For millions of sufferers worldwide, diabetes is a lifelong struggle, characterized by high blood sugar levels that cause a lack of insulin, or the body's inability to use insulin effectively.

Diabetes can lead to serious health complications such as heart disease, kidney failure, and blindness. While many are born with the disease, many more develop it due to poor diet, lack of exercise, obesity, and genetics.

Ayurveda can offer helpful, effective solutions in managing diabetes. Eating a balanced diet, regular exercise, and stress management are important in maintaining blood sugar levels, alongside Ayurvedic herbs that have been proven to support diabetes management, such as:

BITTER MELON

FENUGREEK

GYMNEMA

TURMERIC

CINNAMON

GUDUCHI

AMLA

These herbs have powerful antioxidant properties, and have been shown to improve insulin sensitivity and lower blood sugar levels.

Ayurveda's philosophy of tailoring your diet to your body's unique needs can also significantly improve your diabetes management, alongside regular blood sugar monitoring and maintaining a healthy body weight.

Another lesser-known diabetes management option is yoga and meditation! Their combination of gentle stretching, and mental calming capabilities can not only help with your physical strength and flexibility, but also manage stress, improve insulin sensitivity, and lower your blood sugar levels.

Do remember that as with any other major health challenge, it's important to also consult with a healthcare professional for the treatment and management of diabetes - Ayurveda should be used as an effective supplementary health practice.

CONCLUSION: WHERE TO GO NEXT?

From cardiovascular disease and cancer to stress management and your immune system - this ebook has taken you through the top 8 health challenges of the decade, and how Ayurvedic practices and small lifestyle changes can help prevent, mitigate, and in some cases, cure them.

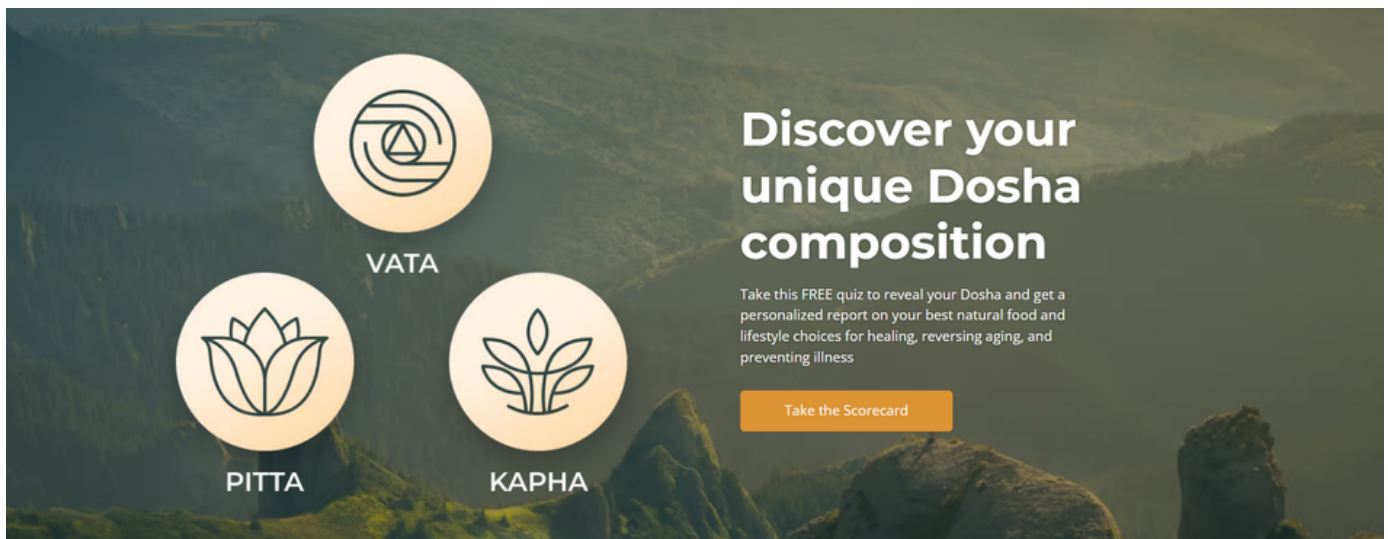
This time-tested and science-proven holistic approach works alongside modern medicine to help you achieve the best health of your life simply, permanently, and naturally.



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



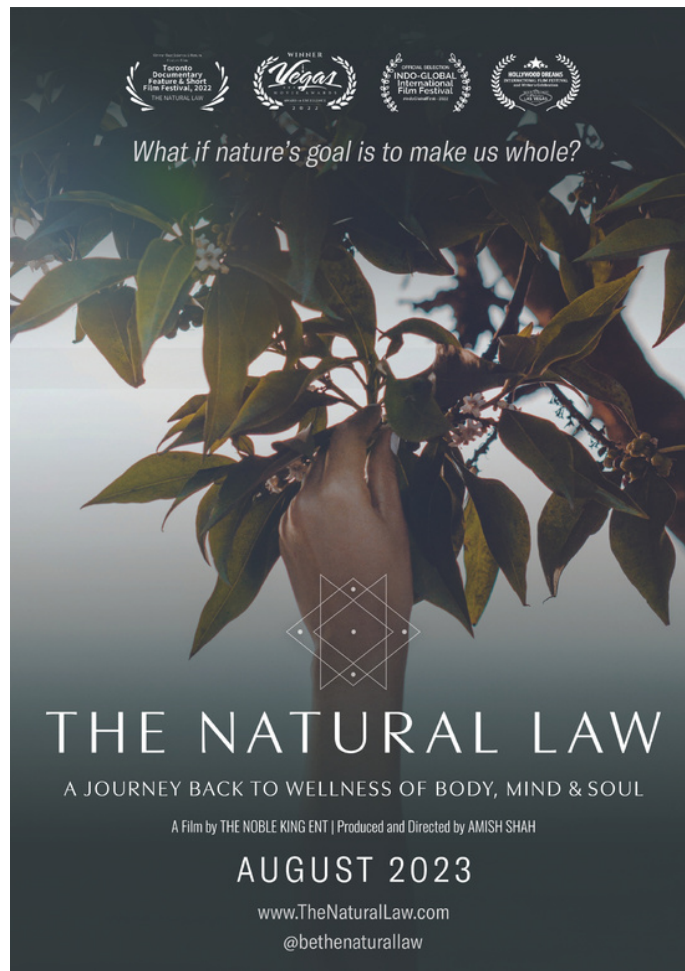
The Doshas - Vata, Pitta, Kapha - are three unique energy signatures that shape your health, wellbeing, and how you look, feel, and experience life.

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.

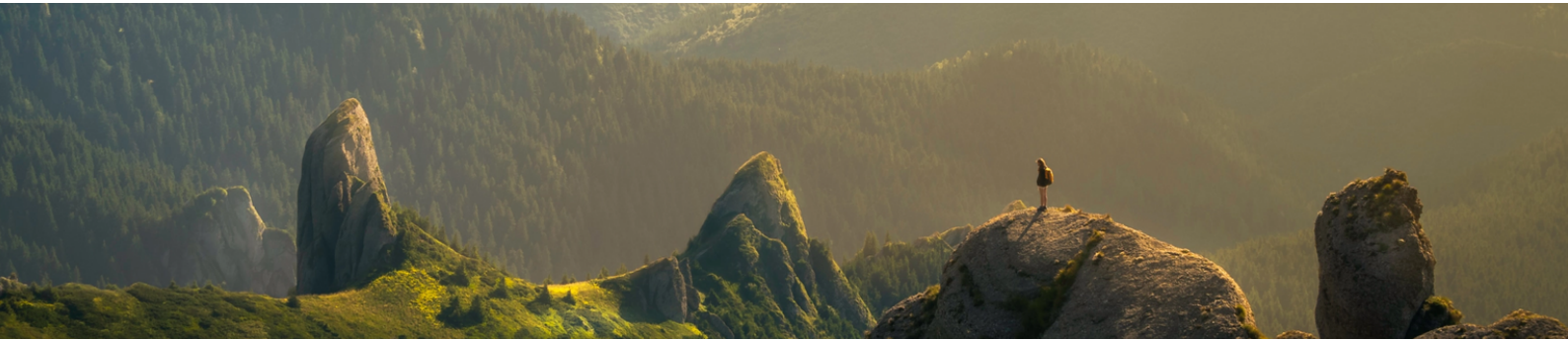
Through his encounters with leading doctors and scientists, you'll discover why Ayurveda could be humanity's greatest answer to reclaiming our physical, emotional, and spiritual wellbeing.

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:

- Lad, V. (1998). "The Complete Book of Ayurvedic Home Remedies." Three Rivers Press.
- Aggarwal, B.B., (2010). "Healing Spices: How to Use 50 Everyday and Exotic Spices to Boost Health and Beat Disease." Sterling Publishing.
- Frawley, D., & Lad, V. (1986). "The Yoga of Herbs: An Ayurvedic Guide to Herbal Medicine." Lotus Press.
- Karmarkar, R.D. (2002). "Ayurveda: A Medical Dictionary, Bibliography, and Annotated Research Guide to Internet References." ICON Health Publications.
- Chopra, D. (1998). "Perfect Health: The Complete Mind/Body Guide." Harmony Books
- Khalsa, D. (2003). "Yoga as Medicine: The Yogic Prescription for Health and Healing." Bantam.
- Al-Hindawi, M., Al-Mamoori, D.A., & Al-Taie, H. (2013). "Herbal medicine in the management of diabetes mellitus." *Journal of Diabetes and Metabolic Disorders*, 12(1), 1-14.
- Sharma, P.V. (1999). "Dravyaguna Vijnana." Chaukhambha orientalia.
- Kirtikar, K.R., & Basu, B.D. (1975). "Indian Medicinal Plants." International Book Distributors.
- Subramanyam, V., & Srinivasan, K. (2007). "Medicinal plants of India with anti-diabetic potential." *Journal of Ethnopharmacology*, 111(1), 1-11.