



# THE NATURAL LAW

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

THE

MYTHS OF

MODERN HEALTHCARE

Replacing pills, surgery, and  
side effects with natural  
Ayurvedic solutions that work

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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



***Headache? There's a pill for that. Not sleeping well? There's a pill for that.***

But should we be leaping straight for the medicine cabinet at the first sign of a health downturn?

***Modern science says no.***

In fact, making synthetic medicine your first and only option could turn out to be downright dangerous. The idea that a one-size-fits-all approach is an effective medical approach to health, or that synthetic medicines are superior to natural remedies, despite the inherent dangers of long-term use and the rarely discussed side effects, can leave patients feeling worse off than before.

While synthetic medicine plays an important role in any healing journey, what scientists are now realizing is that healing comes easier - and with a lower chance of negative repercussions - if we harmoniously combine mainstream medicine with natural healing.

The ancient science of Ayurveda, for example, strongly promotes an individualized approach to health, combining lifestyle changes, dietary improvements, and the use of natural herbs and spices (many of which contain active ingredients similar to modern medicine) to heal.

More importantly, it's perfectly aligned with the old adage "prevention is better than cure", ensuring preventable health conditions never get a chance to burst out of the gate and impact your quality of life.

Originating in India over 5,000 years ago, Ayurveda means "The Science of Life" in Sanskrit: this is fitting, as Ayurvedic science emphasizes the use of natural remedies, diet, and lifestyle modifications to prevent and treat illnesses. The key to Ayurveda's success lies in maintaining perfect harmony and balance between your body, mind, and environment, resulting in optimal health.

This book takes you through the basic principles of Ayurveda, the real, long-lasting benefits of incorporating Ayurvedic principles into your daily life, and how incorporating those principles into your life can help you feel better than you've ever felt before.

And maybe, the next time you spring clean that medicine cabinet, you'd find it's left much emptier than it was before.

***Shall we get started?***





# CHAPTER 2:

## Debunking the first myth: A pill or surgery can cure all health problems

Many chronic health conditions stem from people's lifestyle choices and habits. Your diet, level of physical activity, stress levels, and even the environment you live in, can have a significant impact on your health and wellbeing.

It's important to recognize and address the root causes of any health issues you may be facing, in order to root it out for good.

Taking a pill to "solve" cardiovascular problems will not work if the patient in question eats a diet that is mostly made up of processed foods, refined sugar, and unhealthy fats.

This is where Ayurvedic principles come in. They dictate that the best, most long-lasting way to solve this problem is to make permanent changes to both lifestyle and diet choices, by rebalancing your body, mind, and environment. You are seen as a unique individual, and the changes you should make are tailored to your individual needs and body type.



Those lifestyle changes can also work as preventative measures, maintaining your good health and reducing the chances of developing serious health problems. This not only improves overall well-being, but can also save time, money, and stress associated with treating illnesses down the line. Implementing preventive measures, such as a balanced diet, regular exercise, and stress management, can help maintain a healthy body and mind.





# CHAPTER 3:

## Debunking the second myth: A one-size-fits-all approach to health works

In Ayurveda, each individual is recognized as unique, with their own unique needs, tendencies, and imbalances. This understanding is crucial in the promotion of health and wellness, as it acknowledges that one-size-fits-all approaches are not effective for everyone.

Instead, Ayurveda creates a personalized approach to health and wellness, tailoring treatments and recommendations to the specific needs and constitution of each individual.

By doing this, it allows for a more effective, efficient approach to preventing and treating health issues, while promoting overall balance and wellbeing.

Personalized approaches also allow for a more proactive approach to preventative care, rather than simply treating symptoms as they arise.

By prioritizing a personalized approach, you are empowered to take control of your own health, and feel a sense of responsibility and ownership over your wellness journey.



## Ayurvedic principles of individualized treatment

The Ayurvedic principles of individualized treatment are based on the following key concepts:

1

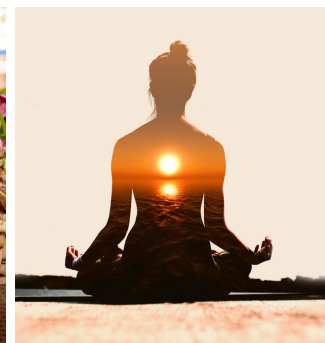
**Tridosha theory:** Ayurveda recognizes three vital energies or doshas (Vata, Pitta, Kapha) that govern the functioning of the body and mind. Everybody has a dominant dosha, and understanding which one it is can help create a personalized treatment and lifestyle choice plan.

2

**Prakriti:** 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.

3

**Dinacharya:** Dinacharya refers to daily routine and habits, including diet, physical activity, and sleep, which play a significant role in maintaining health and balance. Ayurveda recommends individualized approaches to Dinacharya to support optimal health and well-being.



4

**Herbology:** Ayurveda recognizes the healing properties of natural remedies, such as herbs and spices, and incorporates them into personalized treatments. Ayurvedic practitioners can recommend specific herbs and natural remedies to balance the doshas and address specific health issues.

5

**Lifestyle and environment:** By taking into account factors such as stress, work environment, and living conditions, Ayurvedic practitioners can recommend individualized lifestyle changes to support health and prevent issues.

These five principles are incorporated into your personalized, Ayurvedic approach to health and wellness, which responds to your unique needs and tendencies.



# CHAPTER 4:

## Debunking the third myth: Synthetic medicines are better than natural remedies

The long-term use of synthetic medicines can have several dangerous consequences for your health and wellbeing. Some of the most significant dangers include:

### 1. DRUG DEPENDENCY:

Synthetic medicines can be highly addictive, leading to physical and psychological dependence. Over time, individuals may need to increase their dosage to achieve the same effect, putting them at risk of overdose and other health problems.

### 2. SIDE EFFECTS:

Synthetic medicines can cause a range of side effects, including nausea, headaches, and dizziness. In some cases, these side effects can be serious and even life-threatening.

### 3. INTERACTIONS WITH OTHER DRUGS:

Synthetic medicines can interact with other drugs and supplements, leading to unpredictable and potentially dangerous results.

### 4. DAMAGE TO VITAL ORGANS:

Long-term use of synthetic medicines can damage vital organs such as the liver, kidneys, and heart. This can lead to a range of health problems, including organ failure, and increase the risk of chronic health conditions.

### 5. REDUCED EFFECTIVENESS:

Over time, the body may become resistant to the effects of synthetic medicines, leading to reduced effectiveness. This can result in a need for higher dosages and increased risk of side effects.



Long-term use of synthetic medicines can put your health and wellbeing at risk. On the other hand, Ayurveda's personalized, holistic approach to natural medicine offers you a range of benefits, including:

### 1. EFFECTIVENESS:

Natural remedies have been used for centuries in Ayurveda and have a proven track record of effectiveness in treating a range of health issues.

### 2. SAFETY:

Natural remedies are generally safe and do not have the same dangerous side effects as synthetic medicines, which means they are also less likely to lead to dependency or organ damage.

### 3. HOLISTIC APPROACH:

Ayurveda recognizes the interconnectedness of the mind, body, and spirit, and takes a holistic approach to health and wellness by addressing your physical symptoms while also promoting emotional and mental well-being.

### 4. PERSONALIZATION:

Ayurvedic principles uphold the importance of recognizing the unique needs and tendencies of each individual, and tailors recommendations for natural remedies based on individual needs and constitutional type.

### 5. SUSTAINABILITY:

Natural remedies are sustainably sourced and have a minimal impact on the environment compared to synthetic medicines, which often have harsh chemicals and pollutants.

### 6. COST-EFFECTIVE:

Natural remedies are often less expensive than synthetic medicines and can provide long-term health benefits without the financial burden of ongoing treatments and prescriptions.

By incorporating natural remedies into a personalized approach to health and wellness, Ayurveda offers a safe and effective path to optimal health and well-being. These remedies can address health issues, promote overall well-being, and support a sustainable approach to health care.







# COMMONLY USED NATURAL REMEDIES IN AYURVEDA

Ayurvedic healing takes full advantage of all the natural healing herbs, flowers, and spices Mother Nature has to offer! After 5,000 years of perfecting the art and science of Ayurveda, here are the some of the most commonly used remedies to heal you inside and out:

**1**

## HERBS:

Herbs like ashwagandha, turmeric, and ginger are commonly used in Ayurvedic remedies to promote health and treat a range of conditions, from lethargy, to irritable bowel syndrome.

**2**

## SPICES:

You may know of spices like cumin, coriander, and fennel, which add a warm pop of flavor to meals - however they also pack a nutritional and medicinal punch.

**3**

## ESSENTIAL OILS:

Adding essential oils such as sandalwood, lavender, and peppermint to your daily therapeutic routine is wonderful for relaxation and stress relief.

**4**

## DIETARY CHANGES:

Ayurveda places a strong emphasis on the role of diet in health and wellness. Simple dietary changes, such as increasing your consumption of fresh fruits and vegetables, can help address health issues and promote wellbeing.

**5**

## YOGA AND MEDITATION:

Ayurveda recognizes the importance of physical and mental wellbeing, and encourages the practice of yoga and meditation as natural remedies for stress and anxiety.

**6**

## MASSAGE AND BODY TREATMENTS:

Massage and body treatments, such as abhyanga (self-massage) and shirodhara (dripping oil on your forehead), are commonly used in Ayurveda to promote relaxation and soothe the nervous system.



# CHAPTER 5:

## Incorporating Ayurveda into daily life

The term “lifestyle changes” may seem daunting, but it’s easier than you think. Here are some key Ayurvedic practices you could try incorporating into your life in order to see massive health improvements:

1. **Mindful Eating:** Pay attention to your own hunger cues, portion sizes, and your body’s reactions to food to help promote a balanced diet.

2. **Seasonal Eating:** Consuming foods that are in season and locally available can provide the body with the nutrients it needs to function optimally.

3. **Customized Meal Plan:** A diet that is tailored to your needs and tendencies can help ensure that your body is receiving the right nutrients and can address specific health issues. If needed, you may also supplement your diet with herbs and spices like ashwagandha and turmeric, to support optimal health and address specific health issues.

4. **Moderation:** Consuming foods in moderation and avoiding overeating or undereating can help maintain a healthy weight and prevent imbalances.

5. **Stress Management:** Yoga, meditation, and other mindfulness practices help your body and mind work through stress and promote overall wellbeing.

6. **Regular Exercise:** Incorporating physical activity into your daily routine can help reduce stress, improve sleep, and boost energy levels.

7. **Sleep Hygiene:** Maintaining a regular sleep schedule, avoiding screens before bedtime, and creating a relaxing sleep environment can promote restful sleep and improve overall health.

8. **Breathing Exercises:** Incorporating breathing exercises, such as pranayama, into one's daily routine can help reduce stress, improve lung function, and promote overall well being.

9. **Hydration:** Drinking plenty of water and herbal teas can help flush out toxins, keep your body hydrated, and reduce thirst-related hunger pangs that could throw your eating habits off-balance.

10. **Massage:** Regular massages with warm herbal oils can help improve circulation, reduce stress, and leave your skin glowing with health and relaxation.







# THE IMPORTANCE OF MINDFULNESS AND SELF-AWARENESS

Mindfulness and self-awareness are key components of health and wellness in Ayurveda. They involve paying attention to your thoughts, emotions, and physical sensations in order to help you feel physically, emotionally, and mentally resilient. Here are some key aspects of this approach:

1



## Mindfulness:

Practicing mindfulness involves bringing attention to the present moment and observing thoughts and sensations without judgment. This can help reduce stress, improve focus, and promote overall well-being.

2



## Self-Reflection:

Taking time to reflect on your thoughts, emotions, and experiences can help you gain a deeper understanding of yourself and identify areas for growth and improvement.

3



## Body Awareness:

Paying attention to the sensations in your body can help you identify potential health issues and take proactive steps to address them.

4



## Emotional Regulation:

Recognizing and managing your emotions can help reduce stress, prevent burnout, and promote overall well-being.

5



## Stress Management:

Practicing mindfulness and self-awareness can help you identify and manage stress, prevent burnout, and promote overall well-being.

# CHAPTER 6:

## Welcome to the beginning of your Ayurvedic journey

If you're here because you've been looking for a natural alternative to synthetic medicine and surgery, you are on the right path!

Some final thoughts and recommendations include:

- 1** Educate yourself: It's important to understand the principles of Ayurveda and how they can help promote health and wellness. Consider reading books, attending workshops, or consulting with an Ayurvedic practitioner to deepen your understanding.
- 2** Embrace preventative measures: Incorporate Ayurvedic principles, such as daily routines, healthy diet, and self-awareness, into your life to avoid health issues and promote overall well-being.
- 3** Consider natural remedies: Herbal supplements, massage, and dietary changes are all vital to support optimal health and reduce your exposure to synthetic chemicals.
- 4** Practice mindfulness and self-awareness: Incorporate practices, such as meditation, yoga, and breathing exercises, into your routine to help manage stress and promote overall well-being.

***Healing from the inside out takes time and dedication to your new lifestyle change - and once you're on this journey, your body, mind, and spirit will flourish.***

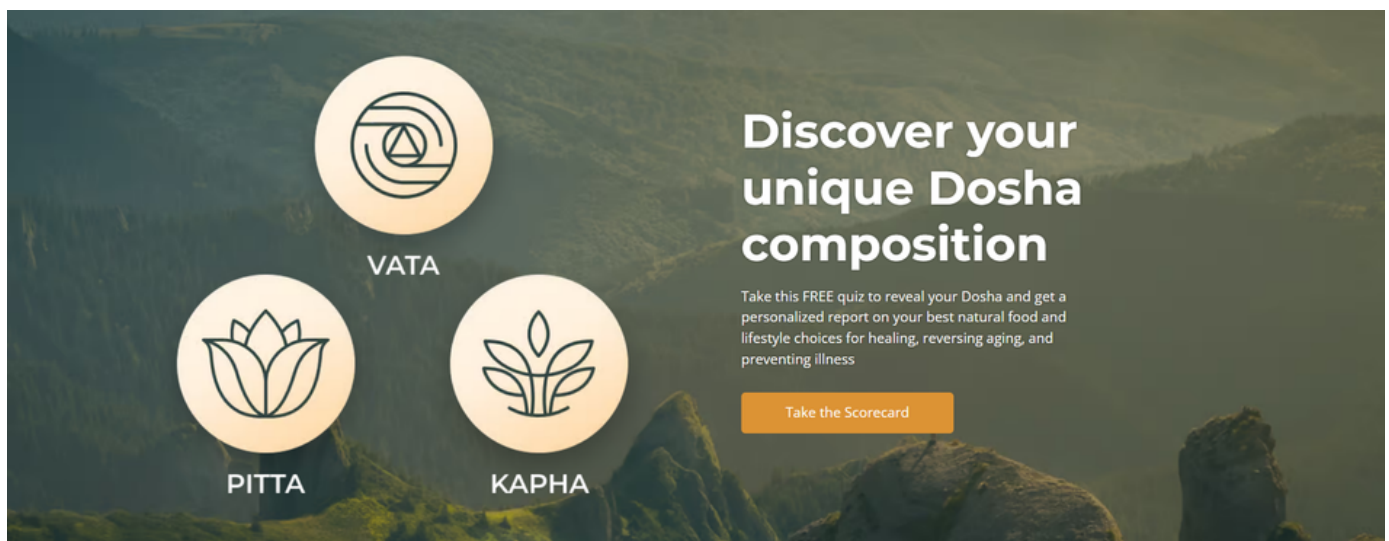




# Take the next step on your natural wellness journey...

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



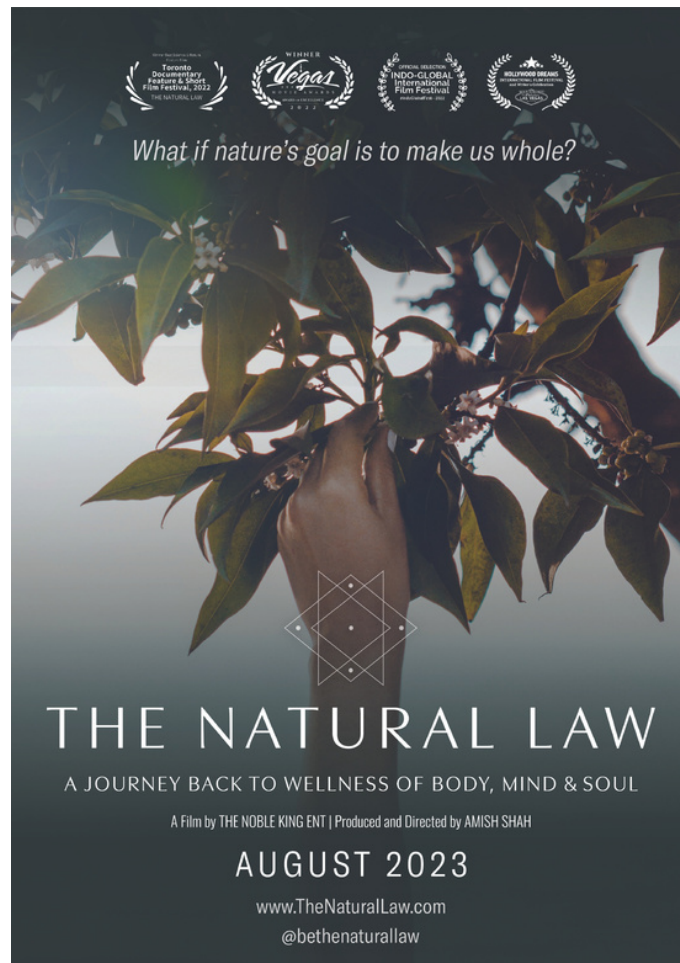
The Doshas - Vata, Pitta, Kapha - are three unique energy signatures that shape your health, wellbeing, and how you look, feel, and experience life.

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:

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2. "Ayurveda: The Science of Self-Healing" by Dr. David Frawley
3. "Essential Ayurveda: What It Is and What It Can Do for You" by Shubhra Krishan
4. "Ayurvedic Cooking for Self-Healing" by Usha and Vasant Lad
5. "The Ayurvedic Guide to Diet & Weight Loss" by Susan Hollister
6. "Ayurveda and Marma Therapy: Energy Points in Yogic Healing" by Dr. David Frawley and Dr. Subhash Ranade
7. "Healing with Ayurveda: The Science of Life" by Dr. Subhash Ranade
8. "The Ayurvedic Pharmacy" by Dr. Vasant Lad
9. "Mind-Body Health: The Effect of Attitudes, Emotions, and Relationships" by Dr. Herbert Benson and Marg Stark
10. "The Relaxation Response" by Dr. Herbert Benson

These sources provide a comprehensive understanding of Ayurveda, its principles and practices, and their applications in promoting health and wellness.

