

## **Chapter VI: Natural Living**

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*All is One and hence our environment – both internal and external – influences and impacts us every moment of our life. How we can live naturally or live in alignment with the natural processes, laws, and flow of life and experience a healthy, happy, and peaceful life?*

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## **Introduction**

Our planet is probably one of the most beautiful and habitable planets that have all the ingredients for supporting so many varieties of life. This supporting nature of the planet has provided us with everything to live a happy and comfortable life. All the conflict and suffering of the world are not because our planet lacks anything but because humans interfere and disturb the natural processes of life or work against the laws that govern Nature.

For physical or biological life to exist, an energy exchange system or ecosystem is essential. Suppose there were not enough light, air, water, certain minerals, microbes, and tolerable climate available on our planet. Then everything including the plants would die. If all the plants died, then herbivores that depend on them would also die. If plants and herbivores died, then the omnivores and carnivores that depend on them would also die and the planet would become uninhabitable and desolate like our neighbor Mars. The present economic growth and development has come to us at a huge environmental cost and is leading us towards the possibility of an environmental disaster like Mars. We cannot deny the fact that with higher intellect, knowledge, and technology, humans can disproportionately impact the ecosystem compared to other creatures who share this planet with us.

Reckless commercialism and exploitation of natural resources by spiritually ignorant people have led to serious damage to the physical environment of our planet. Majority of people take nature for granted because they think that the planet or the environment has been there for quite some time in this condition and will continue to do so forever irrespective of what they think or do. And most people consciously do not do anything to support the environment or nature but rather destroy it with their ignorant ways of life. Though considerable damage to the ecosystem has already been done and is still being done for accumulating 'wealth' for someone or 'comforts' for somebody, the scarier thing is the misuse of technology and resources for creating highly destructive weapons like nuclear bombs and the possibility of a nuclear war.

Also, some spiritually ignorant people exploit and oppress others for money and power, which is the primary reason for poverty, inequality, and suffering on this planet. Religion is also used by some of them as a convenient tool to enslave and control the masses. It is also true that spiritually ignorant followers violently defend and promote their beliefs and masters without even bothering to check what they believe in and whether that benefits themselves or their children. We as humanity have reached an unsustainable position from where we have only two choices - either turn back and survive or continue and perish before the allotted time. One may wonder, knowing the

fundamental interdependence of every creation, how could humans, who are supposed to be more intelligent and conscious than other species on this planet, continue with their suicidal behavior.

All of us indeed aspire to live a comfortable life on this planet and there is no doubt we all equally deserve it. However, it is not possible to live a happy and peaceful life when our fellow humans and Nature are suffering, as every act, we commit against Nature and each other will be returned to us because of the Law of Action or Karma. Since our environment – both internal and external – influences and impacts us every moment of our life, we have to live naturally or live in alignment with the natural processes, laws, and flow of life to experience a happy and peaceful life.

Natural living is about understanding 'who we are' - our true nature, both physical and metaphysical - and then consciously living in harmony with our environment. It is about being true to ourselves and living in the present with responsibility. Natural living is harmonious and will bring a balance in all areas of our life. Natural living practiced by even a small percentage of the population can definitely make life on our planet peaceful, harmonious, and sustainable. Natural living is the only sustainable solution available to us individually and collectively, locally and globally. An understanding of our metaphysical and physical environments and the fundamental

principles of Nature can help us attain the right attitude and live naturally.

## **The Mechanism**

The universe is multi-dimensional or exists in multiple densities and there is a hierarchical structure and function at every level of its manifestation. The material or physical universe that we can perceive with our five senses is the first, second and third-density physical manifestation of life, and there exist many other dimensions/sub-dimensions, both physical and metaphysical, that are beyond our perception while inhabiting a human body. Further, there is a fundamental interdependence and reciprocal nature in the universe and at every level of creation, the higher levels always incorporate and support the lower levels. Every creation supports other creations, directly and indirectly, each moment of its life. Within our solar system, Sun caused the creation of our planet and supports its survival and evolution, and planet Earth, with the help of the Sun supports each of its inhabitants to live and experience life. Within the planet, air, water, minerals, unicellular organisms, plants, animals, and humans help each other to create an ecosystem for experiencing life.

Every creation plays a definite and important role on the planet at each stage of its evolution, consciously or subconsciously and all the parts of nature work together to make a balanced ecosystem on the planet. Biological life is possible on planet earth mainly because of the availability of light, air, water, and minerals in the right

proportion. Plants convert these elements into primary building blocks for physical life and provide food, shelter, and shade for other organisms such as animals and humans. Animals and humans in turn contribute to the life of plants, by providing carbon dioxide and helping in reproduction and decomposition of matter.

It is also true that we humans support each other whether we are conscious of it or not. All the services or products that we use every day are the result of the labor of another person. We eat because somebody is working in the field and we sleep because somebody is there guarding our locality and borders. Can we imagine a world where we are alone and struggling to just survive? Let us not forget, it is because of the fellow humans that we can live a safe and comfortable life. We should be grateful to everyone and everything for caring and supporting us every moment of our lives.

We are interconnected with every other creation, whether animate or inanimate and our thoughts can influence everyone/everything, positively or negatively. Our environment reflects our thoughts and there is a reciprocal relationship between our thoughts and our environment. Therefore, we can see that when our thoughts change, our environment also changes, and vice versa, from moment to moment. Harboring negative feelings against another person will invite a matching response from that person as

well as from Nature in general. Similarly, sending positive feelings to another person will cause a matching return from that person and Nature. Therefore, we cannot harm others without harming ourselves and we cannot help others without helping ourselves. This is because of the Law of Karma and therefore, we should try to do good and make others comfortable and happy so that we can also get the same thing back.

The soul, specifically the mind, controls, and influences every aspect of the physical body and, therefore, a healthy mind is essential for a healthy body. Our life experiences are the results of continuous interactions of the soul, physical body, and the physical and metaphysical environment. Every thought makes changes in the energies of certain ray(s) and in the connected areas of the mind, which in turn affects the environment, starting with the physical body. The endocrine system under the control of the nervous system helps in coordinating or guiding the activities of our body. It accomplishes this by creating and releasing hormones through the glands which act as messengers as well as influencers within the body. Scientific research has proven that continuous stress is the primary cause for many of the so-called lifestyle diseases and a calm and happy mind could prevent as well as heal the body from such diseases.

The body is incorporating or absorbing every mental and physical activity of the soul and body



respectively by creating a corresponding organic chemical (hormone) in the body. Some hormones take care of the physiological requirements of the body whereas some take care of the emotional requirements of the body. Therefore, the body's comfort is mostly dependent on hormones which are primarily dependent on the mind. Since hormones alter the physical state of the body, they can also influence the mind and accentuate its bias because of the reciprocal relationship between the body and the mind. Once a certain number of hormones are created in the body, they take control of the individual and compel the individual to behave in such and such way as per the nature of the hormones. Since some of the hormones are only for emergency/survival purposes, their continuous presence or higher levels in the body is injurious to physical and mental health.

Positive environment and thoughts cause happy hormones like endorphins, dopamine, oxytocin, serotonin, etc. in the respective glands which then spread that emotion all over the body. This is a cellular way of sharing happiness and wellbeing – a kind of organic display of love and affection within. In certain medical conditions, hormone therapies may take care of certain imbalances in the body but like many other medicines, they are not a sustainable solution. Whereas mental states can naturally manage hormones and we can consciously use the mind for changing the condition of the body. Therefore,

taking care of the soul (unblocking and balancing the rays) and the external environment should be our focus for balancing or managing hormones rather than going for artificial hormone therapy.

Trying to engage in pleasurable activities and keeping the mind calm, positive, and happy can increase the levels of happy hormones in the body and keep us in a blissful state. Some of the activities we can undertake to increase these hormones are giving and receiving affection, showing kindness, love, respect, giving rewards and engaging in physical work, exercise, entertainment, sex, eating good food, taking bath, doing meditation, etc. Regular physical activity or exercise could not only improve our physical health but also help in shifting the mind to a relaxed and happy state because of the good feeling we get from the activity and the distraction it provides from possible tensions or worries (proper and sufficient use of the physical body is a must for our physical and mental wellbeing). While many of the physical activities give only short-term happiness, an evolved state of the soul can guarantee long term results. This is the reason why spiritually evolved people can experience a blissful state continuously without engaging in any such physical activity.

Yoga is a holistic system that can help both body and mind and support us to spiritually evolve. For spiritual development, one may focus more on techniques of breathing, concentration,

relaxation, and meditation taught under this system. It helps if we start our day with half an hour of yoga and then consciously try to maintain a positive state of mind throughout the day. Those who are conscious and can organize their lives in a disciplined way can easily follow natural living and experience consequent health and happiness. Those who are under medication for various reasons need to heal themselves and get rid of those chemicals first to fully practice natural living.

We need to avoid those chemicals and environments that damage the glands, disrupt hormone production, confuse hormones, and interfere with the natural response mechanism, especially the immunity and healing system of the body. For that matter, we should avoid all kinds of pollution to keep ourselves natural, sensitive, and comfortable. When the environment is not comfortable, the mind can easily become agitated and perpetuate the negativity and the person finds himself in a vicious circle because of this reciprocal nature. Therefore, we should try to live with Nature and make physical activities and meditation part of our routine. Natural eating, meditation, sufficient sleep, and avoiding negative people and circumstances also help us to remain calm and peaceful. We need a healthy physical and mental environment for our physical, social, and mental wellbeing and even survival, and natural living is the only sustainable solution available to us. Natural living can help

our body to work in a balanced way with its natural homeostatic mechanisms and prevent diseases. By understanding the role of hormones in our life and how they are being produced in our body, we can consciously create or increase those hormones that make us feel better and healthier, both mentally and physically. In like fashion, we can consciously limit or inhibit the release of harmful hormones in the body.

As an individual progress spiritually, his mind becomes calmer and clearer and subsequently, his sensitivity increases as the mind is more clearly able to reflect its environment. A sensitive person becomes more concerned or conscious of his health, environment, and self-development. He finds chemically treated food not appealing to his palate, crowded urban environment suffocating, polluted air and water disturbing, corruption and negativity intolerable, and so on. He also realizes that many of those things that he enjoyed earlier are no more making any sense – and there has been a major shift in his preferences or likings. For an imbalanced person, sensitivity can cause mental diseases but for a balanced person, it works as a warning mechanism so that we can work on issues on a timely basis. If we do not take corrective actions based on these warnings, then we may find ourselves in deep trouble. Therefore, it is essential that we understand these messages and take care of our environment, both inner and outer so that we can live a healthy and happy life.

What we need is an open and supporting environment to keep our mind calm and positive so that we could make our evolution smoother and faster. Therefore, we should try to live a simple life closer to Nature and spiritual people, as far as possible, We must consider all aspects of our being or have a holistic view and live in harmony with the universe or Nature as everything in the universe is connected to everything else and what we do affects us as well as everything around us. As we evolve, we will increasingly realize the oneness of this universe and will be able to live more naturally in a loving, compassionate, and responsible way. When we achieve a certain vibrational frequency and balance within our soul, then we can consciously cooperate and flow with the natural mechanism of life.

Those who are awakened or aware of their true nature will be able to live in harmony with their environment, both internal and external. They can live consciously, following the messages of Nature. Only such people can see the unity of 'All Life' and accept humanity as one. Such people assume responsibility and stewardship in all areas of their life and also in the society and environment around them. They manifest true love and bother helping themselves and fellow beings by taking care of the society and environment with activities like environmental protection, poverty alleviation, natural farming, natural healing, sustainable and economical

activities like localization of manufacturing, renewable and free energy solutions, resource conservation through innovative products and services, value-based education, etc.

As each person is at a certain stage of the evolutionary journey, we cannot expect all of them to be awakened at this point. It, therefore, becomes the responsibility of the awakened individuals to take the lead and join hands with other such individuals to create awareness and support the masses to come up in life. Other ideas may be attempted, but ultimately it will be discovered that 'Natural Living' is the only sustainable solution that can bring peace and harmony to the individual as well as to the planet and ensure continuity of life on planet Earth.

**Note:** Some 'developed' countries pretend that they have excused themselves by outsourcing and exporting their pollution to other 'less developed' countries. But the truth is that both of them have to pay the price – it returns to them in some way or the other. It is a matter of great concern that most of these 'less developed' countries are fast catching up or overtaking their 'developed' cousins in polluting the planet.

## **Natural Living for Wellness**

Though our body is a single entity, it can also be considered as an intelligent biological ecosystem because it is made up of trillions of cells and microbes, each having a certain level of intelligence, with various activities happening simultaneously. Each of our cells goes through the basic processes of life like birth, movement, growth, response, metabolism, excretion, reproduction, and death like any other organism. Every day, billions of cells die and are replaced with new cells, within a healthy human body. Every part of our body from hair to toe replaces itself within a year, on an average, except in the case of bones and brain, which have a longer life span. The body also has an immune system that protects it from antigens and heals the body from various diseases and injuries, This is the kind of rejuvenation or regeneration, protection, and healing process our body is capable of under the control of the soul, which continues until the soul remains with the body.

Health is the natural state of the body and diseases are caused when the natural functions of the body are interfered/disturbed/distorted by any harmful substances, organisms, activity, or thought. A living body has the power and means to protect itself from any diseases or to heal itself, in case of an already diseased condition. Healing is natural to us and happens automatically through our immune system. Our natural

immunity is dependent on several factors, such as the physiological condition, state of mind, quality of air, water, and food, personal habits, medicines, environment, etc. If we allow the body to regain its natural state - by slightly modifying the thoughts, habits, lifestyle, and also providing the right environment, the body can heal itself from any disease. In most cases, treatment is about providing a conducive environment and support like the right food, rest, etc. to help the body in its self-healing process. A living body will always attempt to come out of the diseased condition using every resource at its disposal.

Neither doctors nor medicines do any healing but their services, if administered correctly, can support the body to heal itself. In the event of an accident, one may need medical support to get the wounds cleaned and stitched or the broken bones put in their place and to guard the wounds against possible infection so that the body can heal the wounds and/or join the bones. Therefore, it is of utmost importance that we keep our body processes in their natural state by not causing any disturbance or interference - whether by harmful chemicals, wrong habits, or negative thoughts - and support in the self-preservation and healing mechanism of the body.

Since the soul controls the body, we should consider the role of the soul also while supporting or trying to treat the body. A mechanical approach, specifically figuring out the chemistry



without considering the power that manages all these processes within the body, is fatally wrong and has caused so much avoidable suffering already. Technology should be used to supplement and support our natural healing process and not to subvert it. We need to keep this in mind while taking help from any kind of medical support

Modern medicine, which considers only the parameters of the physical body, for evaluation and treatment of various illnesses, cannot effectively manage our health and wellbeing, whereas holistic systems like the Ayurveda can surely help. During the Covid-19 pandemic in 2020 we have seen that the infection and mortality rates were disproportionately high in many 'developed countries', despite having advanced health care and medical infrastructure, which is a clear indication that the more chemicals (modern medicines) we ingest and the more mechanical our lives become, the less our natural immunity will be.

There is a direct reciprocal relationship between the body and the mind. A healthy mind impacts the body positively whereas an unhealthy mind impacts negatively and vice versa. Therefore, a healthy body and mind are essential for a happy, peaceful, and purposeful life. An unhealthy person will struggle to maintain the physical life and will be left with hardly any time or mind power to think about or attempt self-

development. It is high time that humanity returns from the artificial habits acquired from the wrong culture/teaching/learning/ over the past few generations to the natural methods of living – a return to Nature.

Food is essential for our physical survival and is an important part of our daily routine. The physical body needs food for energy and nutrition as it is the fuel to sustain and maintain it. Without eating and drinking, we cannot survive for more than a few days. A person who eats and drinks properly, keeps regular physical activity or exercise, and keeps the mind calm and happy does not have to suffer from any disease. Even making small adjustments in our eating and drinking choices and habits could make a major difference in our health. With abundant physical health and mental wellbeing, one can truly work towards self-development and make strong spiritual progress.

The following section is an attempt to explain natural living with respect to our eating and drinking. It is about understanding the mechanism of our digestive system and the impact of our habits, preferences, and condition of the mind on this fundamental natural process of the body. It is specifically about how ingesting the right food and water and cooperating with the natural process of the digestive system or not interfering with it can avoid many physical problems and help us to live a healthy life.

## **Digestive system**

The main organs of our digestive system are the mouth, esophagus, stomach, small intestine, large intestine, rectum, and anus, which everyone is familiar with. The basic physical and chemical processes of the digestive system are mastication, digestion, assimilation/ absorption, and excretion (expulsion of waste), each of them is explained below:

### **Mastication**

Mastication or chewing is performed by the mouth with the help of teeth and tongue. Mastication breaks up the food into small particles and saturates the food with the saliva that is poured into it by the salivary glands of the mouth. Saliva contains an enzyme that begins the breakup of starch into smaller molecules. Mastication prepares the food for digestion. Properly masticated food becomes so smooth that it automatically moves into the stomach through the food pipe. If the food is not properly masticated, then it does not get properly digested in the stomach and turns into a waste and toxic material and damages the body.

### **Digestion**

Once the food reaches the stomach, it comes under the involuntary control of the autonomic nervous system. The stomach performs three

mechanical tasks. Firstly, it stores the swallowed masticated mixture of food. Secondly, the glands in the stomach wall (mucosa) add gastric acid and few other enzymes to the mixture and combined with its churning activity dissolve the solid contents. Thirdly, it slowly empties the partially digested contents into the small intestine after assimilating the liquid portion. In about thirty minutes, this mixture (chyme) slowly leaves the stomach into the small intestine for further digestion and assimilation.

In the small intestine, enzymes from the pancreas, liver, and the glands in the wall of the small intestine mix with the chyme and help in the further breakdown of the carbohydrates, fats, and proteins in it. It then gets pushed forward for assimilation mainly in the small intestine and partly in the large intestine. Bacteria in the large intestine also aid in breaking down the waste material to extract the remaining nutrients from them.

### **Assimilation**

Assimilation is the process of digested food or the nutrients and water becoming part of the blood. Assimilation mostly happens in the small intestine; however, the fluid portion of the mixture is taken up by the absorbents of the stomach and carried to the blood while the stomach churns the solid portion of the mixture. The large intestine is also involved in the

assimilation process where water and vitamins B and K are taken up by the system before feces leave the body. This means when we eat a toffee, that toffee enters our blood like when a drop of ink is added to water, it disperses into the water and becomes part of the water. Once the digested toffee becomes part of blood, it is then available to every cell of our body and cells use it for their organic processes as their maintenance and reproduction are dependent on the nutrients in the blood. Blood is the lifeline of the body and the quality of blood is according to the food we eat, the way we eat, and the way it gets digested and assimilated. So, we need to be mindful of what we eat and drink as that initially become a part of our blood and then become our body itself.

## **Excretion**

Excretion is the process of expelling waste material from the body. After assimilation, the undigested portions of the food and bacteria remain in the large intestine and get expelled through the bowel movement action.

## **How to support/align with the digestive process/system**

Let us now examine the natural living practices that can help us to make the best out of the digestive process and system.

### **Eating/Drinking Habits**

Eating and drinking habits play a major role in the digestive process. Best practices we should follow while eating and drinking are explained below:

#### **1) Mastication**

Nature has designed and provided everything with a definite purpose and when we put it to its intended purpose, we can make the most out of it. The primary purpose of our mouth is for eating and drinking and we should masticate the food thoroughly making good use of the jaws, teeth, tongue, and saliva. Chew each bite for the maximum possible time, until it melts away with the saliva (in other words we have to drink the food). Take small bites and eat slowly so that food can spend more time in the mouth and mix with more saliva. Keep the lips closed while masticating for maximum results. While taking liquids, sip small quantities slowly.

Those with teeth issues could make use of their fingers or other support to make the food soft enough to masticate. Enjoy the taste of the food

so that more saliva is produced by the salivary glands. When the digestive system is functioning smoothly, there will be enough saliva in the mouth to keep it moistened and healthy all the time.

While masticating, solid food mixed with saliva initially turns into a paste and then semi-liquid form before automatically moving into the food pipe/ stomach. Therefore, we do not normally feel thirsty while eating, and at least for the next thirty to forty-five minutes after eating. Try to masticate slowly and allow the food to gradually melt away, rather than making a deliberate attempt to swallow.

## **2) Timing and quantity**

We feel hungry when our body, specifically our cells, demand nutrients, and we feel thirsty when our body/cells demand water. Hunger and thirst are the signals from the body that it needs food and water respectively, and the body, particularly the digestive system, is ready to take/process them. This also means that eating when the body is not ready will lead to indigestion and other complications. It is also true that we give full attention to eating and enjoy the food when we are hungry. So, we have to eat when we feel hungry and drink when we feel thirsty.

A healthy person following natural eating won't feel hungry for the next 3-4 hours after a full meal

as his/her body gets enough nutrition from that meal. This is more in the case of a person who eats raw vegetables and fruits as a meal as such foods give maximum nutrition. Whereas a diabetic person feels hungry very frequently because his/her cells are not able to accept/use the nutrients offered and hence crave/demand for the same all the time.

We need to maintain a minimum gap of 3-4 hours between each meal. Three meals a day are more than enough for a healthy person. This time gap will ensure that the body digests and assimilates the earlier meal before a new meal is taken. Also, it gives the body enough time to focus on other important functions, such as repair and maintenance, rather than using all the energy and attention towards digestion, assimilation, and excretion.

Further, we should not drag the eating session with any other activities like talking or using mobile, etc. Close the eating in a time-bound manner – the total time taken should be equal to the time required for proper mastication. There is no reason why a normal person needs more than 30 minutes to complete a meal.

Avoid drinking water just before, during, and immediately after eating food (though eating dry foods may require some amount of water along with it). This is because water could interfere with the digestion as it dilutes the digestive juices and



make them less effective. It is advisable to drink water ~30 minutes before and ~45 minutes after having food. Those who cannot follow this strictly, for various reasons, may take liquids in small quantities or adjust the time gaps accordingly. At other times one should drink enough water. We should not gulp the water quickly, rather sip it slowly in a relaxed manner (in other words we have to eat the water) so that it gets the opportunity and time to get mixed with saliva so that it becomes more healthy and soothing to the digestive system.

Practice moderation – listen to the body and stop eating and drinking when you feel it is enough – don't eat until you are too full and unable to take any more. A person with minimum physical or mental activity may need two-three small meals but a person who does hard physical or mental labor will need more food. The quantity of food and water needed by a person will vary based on the age, body weight, physical and mental condition, nature of the job, climate, type of food, etc.

Also, avoid taking a bath for half an hour before and two hours after the meals. This is because a bath instantly brings down the normal temperature of the body making the body to commit its resources towards restoring the temperature. This adversely impacts the normal functioning of the digestive system.

## **Dietary Preferences**

Every organism becomes the food of another organism once its controlling life force (soul) is separated or when another organism (normally from a different species) takes it up partially or fully as food. This is the order and nature of the universe- the bodies or produce of the organisms become the fuel or raw material for the development and maintenance of the bodies of other organisms.

We may eat any edible substance that Nature has provided us as food. However, if one has created biases against any food item due to religious or any other reason, then it is better to avoid such items because eating them may create emotions of guilt or fear which would not allow the food to be properly digested and upset the digestive system. Best practices in choosing the right type of food and water are explained below:

### **1) Varieties of Natural & Fresh Food**

We need to eat a variety of food to ensure that our body gets all the nutrients it requires. Fresh fruits and vegetables are the healthiest types of food for a human being, followed by grains and animal products. One should eat what is comfortable and affordable and try to choose from the best locally available seasonal foods and include as much variety as possible. We should specifically include foods rich in antioxidants, vitamins, minerals,

and fiber. Raw food, specifically fruits, and vegetables should be eaten for maximum benefits as it digests fast and provides more nutrients compared to cooked food, as some minerals and vitamins are lost during cooking. As raw food is more nutritious, eating it will avoid unnecessary craving for food or overeating as the cells/body do not demand more when all its needs are fulfilled for the next 3-4 hours by what we have eaten (this itself could take care of obesity and many other health issues). Eating raw vegetables and fruits, because of their high-water content, also fulfills some of the water requirement of the body.

Some foods grown at higher altitudes warm the body whereas some foods grown at lower altitudes cool the body. Therefore, it makes sense to use locally available seasonal foods as they help the individual to adapt to the climate of a particular area. Eating natural and tasty foods also helps in the increased production of saliva and other digestive juices and thereby improving the digestion process. Vegetables and fruits ensure that there will be enough fiber content available so that bowel movement and waste disposal become efficient. We need to restrict the use of refined sugar, salt, and simple carbohydrates and try to use natural salt, natural sugars, and whole-grain products whenever possible.

The condition of the food is an important factor and we should ensure, as far as possible, that it is

free from toxic materials. Harmful chemicals, when ingested, interfere with the nervous system/hormones and damage organs and also cause destruction and imbalance in the friendly microbial communities (specifically in the intestine) which have a crucial role in the digestion of food and overall wellbeing of the body.

### **Natural Potable Water**

Equally or more important than food is the water we drink as several health issues are associated with the wrong water or less water. Natural clean spring water is the best, but it is not easily available everywhere, especially in the cities. So the next best thing is to drink available potable water filtered using any normal filter. Storing water in a silver or copper vessel makes it healthier. It is better to avoid prolonged use of boiled and over-treated water.

### **Condition of Mind**

As we have already discussed, the mind controls and manages the body with the help of the nervous system. And nervous communication is accomplished through neural signaling (radiation) where cells directly communicate with other cells and/ or by making glands to release hormones into the internal circulation/ blood, which in turn influence the functioning of the body. With every thought or feeling/emotion, there will be specific events/changes happening

within the body which could be either healthy or unhealthy depending on the type of thoughts/ emotions. Negative (destructive) thoughts affect negatively and decrease the health and harmony of the body whereas positive (creative) thoughts affect positively and increase health and harmony.

### **1) Maintaining a calm state**

While eating, we should try to be as calm as possible. We need to avoid all kinds of distractions while eating because only when the mind is calm, it can guide the nervous system and its linked glands to organize appropriate neurotransmitters/ hormones and ensure proper working of the digestive system. Try to remain in this calm state for at least 30 minutes after the meals. A calm mind helps the digestive system to function at its optimum level leading to proper mastication, digestion, assimilation, and elimination. Also, it is better to wait rather than eat when the mood is not right.

It could be beneficial to eat with a feeling of gratitude by thanking Nature in general and other humans in particular for producing and providing us with the food.

### **2) Focus and enjoy eating**

While eating we should focus our entire attention on eating and enjoy the food. If the mind is focused on something else while eating, then the same will be passed on to the nervous

system/glands leading to the creation of hormones unrelated to digestion. This causes two issues for the body in general and digestive system in particular. On the one hand, it does not produce the required hormones/enzymes, or the produced quantity is insufficient. On the other hand, the body has to deal with those other hormones, leading to confusion and malfunctioning of the digestive system. Therefore, we must avoid all distractions like talking, reading, watching television, and using phones, computers, tablets, etc., while eating.

## Summary

The below table summarizes the relative importance and effects of each of the components of a natural food habit:

<b>Constituents</b>	<b>Effect Percentage</b>
<b>Eating/Drinking Habits</b>	<b>30%</b>
Mastication	10%
Timing and quantity	20%
<b>Dietary Preferences</b>	<b>40%</b>
Varieties of natural fresh food	30%
Natural potable water	10%
<b>Condition of Mind</b>	<b>30%</b>
Maintaining a calm state	20%
Focus and enjoy eating	10%

### **Notes:**

*1) As with everything else, at every stage of evolution our food habits also undergo a change and an evolved person may prefer small quantities of raw foods like fruits and vegetables instead of heavy meals.*

*2) Sometimes we experience hiccups which is a message from the body that there is some confusion going on within the nervous/endocrine system.*

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