

Contents

Foreword by Pankaj Vij, MD	i
Introduction	iii
Section I	
Revolutionize Your Approach to Health and Happiness.....	1
1. Change the Definition of Health	4
2. Accept that You are Your First Doctor.....	7
3. Redefine the Role of Yoga; It's Not Just Exercises	10
4. Shift from Living with Mistaken Intelligence.....	14
5. Transform the Old Adage "You Are What You Eat"	17
6. Change the Way You View Your Whole Body Composition....	21
Section II	
Unfold Your Physical Self: Body	26
1. What is the Concept of the Mind-Body Constitution?	28
2. What Are Different Mind-Body Constitutions?.....	31
3. What Are the Characteristics of Different Types of Constitutions?.....	34
4. What is Your Mind-Body Constitution?	38
Determine Your Mind-Body Constitution Questionnaire.....	40
5. Why Food is Your First Medicine?	50

Guidelines for Dual-Energetic Constitutions	53
Recommended Food List:	55
6. Why the Kitchen is Your First Pharmacy?	60
Recommended Herbs for Your Kitchen.....	61

Section III

Unfold Your Emotional Self: Mind	73
1. Analyze, Accept, and Live in Your Mind Constitution.....	75
2. Attempt to Change Your Quality of Mind —Not Your Constitution	81
Qualities of the VATA Mind Constitution	84
Qualities of the PITTA Mind Constitution.....	85
Qualities of the KAPHA Mind Constitution.....	86
3. Develop a Mental Advantage: Emotional Intelligence.....	91
4. Beware of the Strong Link between Psychology and Physiology.....	97
The Link between Food and the Mind.....	101
5. Understanding the Root Cause of Disease	103

Section IV

Unfold Your Spiritual Self: Subtle Intellect.....	108
1. Realize the Existence of Your Spiritual Self	110
2. Discover Your Spiritual Constitution.....	119
3. Select Paths Suitable for Your Spiritual Constitution	123
(1) The Path of Devotion.....	124
(2) The Path of Knowledge	125
(3) The Path of Action.....	126
(4) The Path of Compulsion.....	128

4. Practical Exercises to Strengthen Your Spiritual Self.....	131
Dry-docking.....	131
Introspecting.....	132
5. Honor the Infallible Laws of Nature	135
6. Go Beyond Your Spiritual Self: The Ultimate Wellness	139
Consciousness Expressing thru the Grossest to Subtlest Elements	140
7. Bridge the Gap with Meditation, Only If You're Ready	145

Section V

Practice Self-Care: Health Promotion and Prevention151

1. Personalize Your Diet to Balance Changes Occurring in Nature's Energy Cycles	153
Diet Adjustments with Your Daily Cycle.....	153
Diet Adjustments with Your Seasonal Cycle	157
Diet Adjustments with Your Aging	161
2. Personalize Your Lifestyle to Balance Your Energies	165
Lifestyle Choices Suitable for Balancing Vata Energy.....	167
Lifestyle Choices Suitable for Balancing Pitta Energy	168
Lifestyle Choices Suitable for Balancing Kapha Energy	170
3. Natural Health Tips	172
Health Tips for Your Daily Routine.....	172
Urges That Should and Should Not Be Resisted	179
Tips on When, How, and How Much to Eat	181
4. Regular Cleansing: Detoxification	184
5. Should I Eat Only Vegetarian?.....	188
6. Natural versus Synthetic, Manufactured Health Products..	191

7. Simple Checks: Is Your Healthcare Practice Working?	194
Final Thoughts	201
Let's Continue the Wellness Journey.....	204
Acknowledgments.....	206
About the Author	208