

In my extensive search for natural health remedies, i discovered it can be broken down in the following way. The physiological systems represent the entirety of the physical body. Interestingly they can be also be considered and associated through the chakras and the senses.

The crown chakra could be considered a spiritual link with governs our mysyerious consiousness and sleep wake and association with god and the next life.

Our mind and muscles and communication framework and impulses are represented in the third eye and the throat chakra.

The gut and immune system including our thymus thyroid gut and immunity which is mostly located in our gut revolves around the heart the breath and the thymus and gut the solar plexus and our adrenals which is what we let into our life and our body to fuel us and give us nutrition and fend off invaders.

Then the sacral which represents our skin and our genitals and our gender and sex.

Then the root which is finally the habitat and the sacred earth around us according to cultures like indigenous and eastern languages lile sanskrit. Who treat our surroundings with much more respect and reverance than the west who always looks to exoploit and use.

You can further break this us into the senses.

Light heat and state.

Smell taste and nutrition.

And finally

Sound pressure and malluability.

You will notice there is an association between the physiological chakras and the sense and endocrine or the weather our body is exposed to.

Where the upper head region correspond to the waves we recieves and as you move right it moves lower.

The senses are the primary focus as this covers all the aspects of what we can do with our mind and muscle to physically affect our world to live at a higher level and higher vibration. We are living in a unnatural world in unnatural ways with technology and a society that instead of supports us stifles and smlthers us with the ever relentless onslaught of a pandoras box of innovation and a disarray of complex communocation that bewilders instead of enlightens. We are living in sick unnatural times. The solution is then ro recognize how things were meant to be in a state where technology didnt exist and instead where connected with a natural state of our physiological systems.

With a budget of under 800\$.

With mostly easily accessible products if you know what to look for you can do the best you can to completely transform your physical health. After a decade of experience trying nearly everything ive discovered and narrowed natutal wellness down to the following.

Starting with light and heat.

There is research that shows that the rays of the sun especially the far infrared spectrum which is what you feel when you feel the heat from the sun has an ability to get the circulation going improve nitric oxide production and vasodilate the blood vessels and relax. This can improve muscle recovery and feel less pain. We were meant to be out in nature in the elements with little clothing soaking in the rays which naturally helps muscle recovery. Going from shade to light and moving aiding in feeling alive and alert. The circulation on the skin cools off with the air circulating sweat to naturally cool down. But today we are wearing clothes and living indoors cutting ourselves off if this natural order.

Light and heat therapy.

Buy a far inferated t shirt. Reflects imfrared spectrum from your body back on itself. Helps with circulation and such especially for sedetary people. Also helps recovery pain and doms. Invel sells

stuff for 100-200\$. I would recommend a infrared mat over this tho as it seems to have a more profound effect. And i suggest not to use it for too long as it can get stifling.

Alternatively hooga health sells a more expensive far infrared mat that works wonders but you ll likely use less frequently for around \$400

Buy an earthing mat. If it works it works spectaculaty. It doesnt work for everyone and theres a lot of skepticism surrounding it yet from my personal experience it works and recoopetates for 2 to 3 months. It seems to take feeling high strung away.

The following is what i wrote after about a week in.

So i found out about earthing 6 to 8 days ago. I immediately knew that if it were true it could hold potential for maybe healing my chronic gut pain and my tension headache. The first day i just went outside in my barefeet and allthough it was a magical experience where i felt quite connected to nature i didnt know if it was doing anything. Well the next day this grounding mat came and it completely changed my life. I tested the receptical to see that was wired correctly and plugged it in and put my bare feet on it on the back end of my bed. You cant do it with socks its got to be your barefeet. And then i waited. I eventually started

noticing a tingly sensation and pains surface in various parts of my body. I thought i might being electrocuted but then i remembered from previous stretching that was largely ineffective that sometimes there was unconscious pain that surfaced to get delt with. Anyway i started feeling pain in my gut my interstitial cycitis my knee and on various other location on my limbs and torso. It just felt right. Like my body was resolving pain. I nodded off on the mat and didnt get the best sleep. Like they reported. I continued the next day doing it all day. Somewhere during the second day i felt more mindful. Like my body became more unified. And i was mindful of my breath..this brought back memories of reading about right mindfulness in buddhism being aware of the whole body and the breath. Anyway second night was still rough with nightmares but i felt during the day that i was improving. The third night i felt so relaxed and slept like a baby. I hadnt slept that well in ages. I also woke up at the crack of dawn. Ive had a circadian rhythm.disorder for over a decade. And this is supposed to regulate cortisol. So i was definitely noticing a lot. Sometime around this time i thought this also might make it easier to stretch as i was feeling some cool breeziness to. And i felt that before when i stretched. The last 3 days have been nothing short of incredible. My stretching is easy now because i feel light. Its clearing out all that unconscious pain in my body because i can actually stretch. If you re inflexible then that means you have a ton of unconscious pain hampering you down. I feel light. My

tension headache has resolved after some forehead and eye stretches. I cried a lot releasing all that tension in my forehead. My eyes feel relaxed. I sense pleasure looking at things. My apitites returned. Im feeling better and better in my body every day. Its nothing short of a miracle. I now consider that ive had a degenerative disease since i was 7 years old because i wasnt properly grounded and wore myself out at a young age. If you re questioning whether or not to try it out dont let yourself wait any longer. I realize the studies are imperfect and there are critics. And someone who naturally seems to keep their lightness and ismt chronically ill wont notice the difference. But for someone who feels like wojak. The meme. Try it out. Your vibrant health is waiting for you.

The key here is earthing makes you feel lighter and milder.

A warm shower or hottub spa regularly is also an option but only last for 30 minutes to a few hours in the case of a hot tub. And if you dont feel good allready and are sedetary it is not reasonable to expect you ll have the umph to do it on a regular enough basis.

The alternative is to get out in the sun without much clothes or shoes on every day for long peroids of time. But then you got uv and who honestly does that. Im in a cold climate so not realistic for half of the year. Cost free.

From light and heat comes the state or the solid liquid gases exchanged with our body which brings us to breathing and liquids and electrolytes which are vital and absolutely essential.

Breathing comes naturally yet its important to note that the nose breathing helps filter particles and modulstes temperature and promotes nitric oxide production. If through exertion you find yourself breathing through the mouth you are pushing yourself too hard. Step back, catch your breath, and go at a more moderate pace.

As for water if you are trying to drink 8x8 ozes a day or stay hydrated but still feel like crap you re probably doing it wrong.

Look up the 8x8oz of water a day and you ll read how this recommendation is actually a myth and just drinking a lot of water isnt backed up by science. I should know. I drank tea and water all day for years and didnt feel any better. I was still drained and tired most of the time.

From mental floss

<https://www.mentalfloss.com/article/52413/where-did-8-glasses-water-day-myth-come>

So where exactly did this eight glasses of water a day voodoo come from? The very idea of a "minimal water requirement" is

actually a fairly recent notion that first appeared in dietary guidelines published in 1945 by the Food and Nutrition Board of the National Academy of Sciences. The academy spuriously suggested that "2,500 mL [2.5 liter] of fluid should be ingested on a daily basis," although a primary clinical study was never actually cited.

The idea may have been at least partly put forth by Frederick J. Stare, an influential 20th century nutritionist and founding chairman of the department of nutrition at the Harvard School of Public Health. (He passed away in 2002 at age 91.) Stare was one of the first to recommend that humans consume six or so 12-ounce glasses of water a day.

This gets to from all the supplements and magic pills ive tried the only thing that made any difference for me.

Ive struggled with gut pain for decades and ive been to doctors naturalpaths. Ive also had hardly any energy and just felt under the weather. The doctor just felt around my gut and didnt do anything else. The naturalpath recommended i go gluten and dairy free. After buying her product she said it helped heal 80% of patients. The herbalist recommended i try some herbs and such. I tried each one at a time for a month each. None of it did squat. We are living in a world it seems where the so called authorities do very little to nothing until it gets so bad we need surgery or

drugs. Specialist after specialist turns up manufactured solutions that they go to school for 8 or more years for and it does absolutely squat all zilch to teach us the very basic fundamentals which could solve and prevent most issues from occurring in the first place.

Enter the electrolytes. The single biggest thing you can do for your nutrition that is written off as a thing you replenish during workouts or for fasting. There's a reason it's for workouts and the only thing you should be replenishing during a fast. Because amongst scam artists with the miracle story selling the next supplement to drain you of your money in a vain hope it'll change your life. It's the only thing that you can take that has a chance of boosting your energy. It is the gateway to an active life. For whatever reason fit people have this taken care of. That's how you feel good enough to get active.

Let me tell you two short anecdotes about electrolytes.

One I switched to a very pure diet with no processed food. I had the best diet in the world it seemed like on the surface. Mangos legumes nuts seeds etc. Yet it was completely deprived of salt. This went on for must of been at least a week or two. I started feeling really cold and damp. I felt extremely sick and tired. And then in some divine miracle something told me to consume this veggie broth. I started and couldn't get enough of it. I down what must of been 3 1L cartons with 600 mg of sodium per cup. That is

12cups x600 = 7200mg of sodium until my sensors told me i had enough and it didnt taste like i needed more.

I immediately felt this euphoric bliss. Like the most profound joy and contentment and peace and stillness. It just relaxed in deep relief. My concentration became alive. I noticed the minute detail of the music that was playing unlike before where i was going in and out of being able to pay attention in some kind of attention deficit.

I knew about electrolytes but before that incident i didnt realize how absolutely crucial they were for feeling ok and like not complete sedetary misery.

After that there was something in me told me to find quick digestible liquid sources of electrolytes to handle any sort of electrolyte depeltion.

Next story.

Ive had gut pain since i was a kid. Thats decades of pain and suffering trying to find a solution. Ive tried doctors naturalpaths herbalists. Ive tried adoptogens liqorice bitters dairy free gluten free stretching for years in dissaray trying to find a position that would release the pain on and on and on. Ive thought about every imaginable possibilty. Gut microbiome diverse diet. Fruits and veg. Fiber. Gut lining not intact muscus lining. Theres only so

much it can be. The biome wear and tear the food interacting or stress in the muscle. One day in the not to distant past my gut pain flared up again. I got up and all down the front of my belly it flared up in pain. Something told me to try electrolytes to just give it a shot. I had bought electrolyte supplements in powder in the past but they didnt do much except give me a bit if energy.

So i got out my thirsty buddha coconut water. 800mg potassium and around 170mg sodium per 1 and 1/2 cup. I drank two whole bottles of that. Thats 4000mg of potassium. I just downed it. Then remembering magnessium is a muscle relaxant i drank 1 tsp or 200mg of calm magnesium powder.

I layed down and a wave if calm came over me. Like a air or breeze of calmness. Not the kind of euphoria i got when i was sodium depleted. But something else. My gut felt better. I wasnt sure if it was just because i was laying down so i got up and moved around a bit. No pain. I couldnt believe it. Was this really the answer? So ever since then i decided to have an electrolyte centered whole food diet. Where i watch my electrolytes closely and aim for half dv of electrolytes from sources i know have a lot and are mainly liquid.

Food tastes better. Water tastes better and doesnt taste meh. Life feels alive now and not just some dull meaningless experience. It adds color pleasure and positive feelings to life again. It gives energy and life and is helping me return to really living again.

Its the single biggest nutrition hack there is to feel better.

I can only imagine that in the hunter gatherer days they would suck up water from ponds with rich sources of electrolytes or somehow otherwise get an abundant supply that we have somehow lost touch with.

Kids are so alive because they ate tiny and can fill up on electrolytes so easily.

Fit people are so active because for some genetic or nutritional reason diet is enough for them to get their rich supply of electrolytes.

People arent depressed and feel pleasure and enjoy being alive because they are topped up on their electrolytes.

There are two types of minerals in nutrition. The macrominerals and the trace minerals. Macrominerals are electrolytes and you need them in an abundant supply. Too little or too much has disastrous results.

Electrolytes are involved in nerve transmission fluid balance muscle contraction and basically are just as foundational to life as oxygen and water.

Protein carbs and fats come secondary and your body can adapt and burn fat if ur in a short supply. Or go into a healthy fasting state as with low protein like in the fast mimicking diet.

Its so strange we are living in a world with every imaginable diet from the fodmap to the paleo keto vegetarian vegam pescatarian etc etc yet there is no electrolyte centeres diet. This seems like the most insane thing in the world to me and makes me question what world everyone else is living on. Is everyone crazy? What in the actual fuck is going on here. It screams of some kind of underhanded plot from a clandestine group of elites suppressing the world. And everyone is in on it but me and the sick and troubled. But there is no one in the world that smart. I actually think the entire world is crazy insane now.

Getting back to it there are 6 electrolytes

Magnesium

Calcium

Calcium actually helps contract your muscles while magnesium relaxes them

-Biology 30

Potassium

Sodium

Help with fluid balance and nerve conduction.

And chloride and phosphorus

Biocarbonate is another one.

For perspective you need about 800 to 1200 mg of calcium a day.

Magnesium about 400mg.

Sodium hunter gatherers got around only 800mg. Sodium is in all this processed junk and we tend to get too much and too little potassium.

This is a great article on how few people get electrolytes right. Fewer than 1 in 5000 6000.

<https://nutritionfacts.org/video/fewer-than-1-in-5000-meet-sodium-and-potassium-recommended-intakes/?queryID=86dd0359c7a1434b0b94413fe091fe15>

Potassium we need around 3700 but ideal is around 4700mg.

You can check on cronometer which is a fantastic app. But if you are eating a rich diet you may still not be getting enough because for some reason your body isn't absorbing properly or you aren't

eating enough calcs and cant get down enough food. Because in my case i wasnt eating enough because i couldnt i always felt full because i was sedetary leading to me not getting enough mineraks feeding back into not having enough energy to be active. A abysmal self defeating feedback loop.

So i really recommend a liquid source of most electrolytes to get down easily.

Liquid sources of electrolytes. This is the most critical part of the diet.

4 parts to the best natural medicine money can buy diy

Taste smell

Coconut water high quality no sugar added. I buy thirsty buddha. 2000mg 1 l a day of potassium 6 pack 30\$

Calm magnesium 200 mg 1 tsp a day with a splash of lemon juice and maple syrup. Under 50\$.

Calcium fortified orange orange juice and earths own plant milk. 300 mg per cup per day. Cheese skyr yogurt tofu as well.

Phosphorus. Hemp hearts. 2 tbsp 300.mg a day.

Veggie broth high quality.. A good source of easily drinkable sodium. Top up as needed.

Chloride comes from salt and food. Not indicated. But tomato juice has a high source but i dont think this gets depleted.

Get half your daily value from these sources of drinkable electrolytes and the rest from food.

For some perspective for me this is the difference between getting gut pain for decades and no energy and feeling rotten sick cold damp tired unalive.

To when its corrected almost instand relief euphoria energy feeling your best.

Theres all these con and hocus pocus supplements on the market promising more energy and feeling alive and they re all a crock of shit to make a buck. Believe me ive tried almost everything. This is the true answer. And its afforded to us with basic good nutrition.

Eat a whole food diet. Cut out processed garbage.

Fasting is also helpful some of the time but not as important.

We re living in a waste land of hit and miss food supply. With on one hand a product or brand that is good quality and on the other brands that are garbage no one should ever consume. Pick with care and keep trying for the good stuff. The store is litered at

every turn with crap no one should ever consume. Do the smell test. If you cough its pukeworthy. If it smells good stick ot in your mouth and chew for awhile and see if it goes down easy. Thats how we re meant to learn what is alright to eat.

And be on guard cause they use salt and sugar to trick us. They mix stuff together that goes down easy and stuff that you should never consume. Seperate products and try products individually. If it goes down splendidly and deliously on its own then its worth it.

Purge surge

Smell everything! If it doesnt smell good or makes you cough then immediately chuck it. Coughing is a puking reaction which means you could puke it up if you consume it. Smell everything! If your body doesnt suck it up then you probably shouldnt be eating it. If it doesnt taste good without mixing or adding flavoring dont eat it! Thats how you weed through all the junk on the market!.

There are three categories.

The pukish repulsive stuff. Immediately throw this stuff out. A lot of powders and supplements fit in here too.

The tricky stuff.

This stuff tricks us into consuming it yet makes us feel malnourished. Sugar white pasta etc that makes you feel like you need to keep eating more. It just doesnt satisfy.

The off putting.

Stuff that is wholesome but for some reason just doesn't taste good. A lot of bread and grains fit into this category. A lot of sour dough is an exception it seems.

Then there's the good stuff your body absorbs. Potatoes. Veggies, fruits, salads, fatty fruits, cherry tomatoes, olives, and to a lesser more hardier extent edamame, tofu, a good can of chickpeas.

Be ruthless. Your body is a temple. Chuck out everything that doesn't fit into a category of wholesome nutrition!

Essential oils.

Eden's garden make good essential oils. You can also buy a good carrier oil like a coconut oil.

Topical treatment of this has a profound ability to relax.

I was high strung for most of my life. Applying topical carrier oil with 3 to 4 drops of a high quality essential oil made my muscles melt in relaxation. It's like a breath of fresh air. Make sure to wash yourself after some time with it on. As I'm not sure what effect it will have on you after a day. Maybe a day. It's truly incredible how much of a profound effect this can have. Must try!

Exercise. Gravity

Use 4 l water bottles climb stairs phone a friend get moving. Buy a kettle bell. Im just getting to this point in my life after being sick most of it.

Stretch and yoga.

Build flexible strength. Loosen tension. Learn the right postures to build strength.

Buy a book on anatomy and learn what muscles work what and your range of motion.

Atlas of anatomy. \$100

Then learn this simple principle. Up strength. Down. Stretch. Progressively loosen up and become more fit. Having flexible muscles is the key to exercise without pain flare ups.

Reflect meditate explore philosophy contemplate investigate. It brings so much intrinsic and fulfilling motivate to reflect on life and our place in it and what it all means and how to live. Its one of the most rewarding things a person can do.

Notebook and pen under 10\$

Last but included for completeness.

Massage. There's devices you can buy that people seem to be helped by. Then there's human touch.

These are the most important things you can do as an individual for your physical health and wellness and to transform your life into a life worth living.

This is buyitforlife. Not in the sense of durability but in the sense of a way to live with for the rest of your life with meaning quality and this is the utmost best anyone can do to feel good in their body and their mind. The body is your temple. Without our bodies in good functioning order nothing else matters.