

Shed Kilos, Become Younger and Get the Energy to Build Anything!

*What Not to Ignore if You are Building Your Start-up!*

**Vineet Sharma**



**AdhyAn Publications**

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*New Delhi*

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*Why You're Sick, Fat & Tired  
& How to get Slim, Fit & Energetic!*

*1st Edition*

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Serial Entrepreneur & Start-up Mentor.**

*“An inspiring read for every wannabe entrepreneur, helping them realise the rarely spoken about importance of energy management”*

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Co-Founder – [www.kidsconcepts.in](http://www.kidsconcepts.in)

“In today’s fast paced world, it is easy to neglect the old adage “health is wealth”. I am glad to see Vineet reminding us of this simple truth, in a fun and accessible manner.”

**SIDDHARTH TATA, CEO and Co-Founder,**  
Purple Chilli

*“Vineet gets it! This book is written straight from the heart, it’s a completely new approach which is both simple & fun to read. If you are a start-up entrepreneur, you are supposed to put in unending hours of work & energy. And if you want to have those everlasting energy levels, read this book”*

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*“An excellent read. I found it to be a guide in transforming your life and bringing your dreams and aspirations in line with your reality. Recommended reading for budding entrepreneurs.”*

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Co-Founder & CEO – GEM , Vapi

*“Vineet comes out as a great storyteller in this awesome book. This real-to-life story binds the reader completely and subtly gives them the ideas of fundamentals to everlasting health. The book is a short read. Entrepreneurs would learn a lot, and have fun doing it!”*

**RITIKA VASUDEV,**  
Life coach, Motivational Speaker, BeautyExpert.

*“This is not your another self-help boring health book. Vineet has binded a real life start-up story in this book touching the reader’s mind subtly about the important role health plays in life. A great new way to connect with the audiences, in this case, all start-up entrepreneurs!”*

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*“Finally, a book about personal health & energy for busy entrepreneurs. The entertaining story made me reading all the pages in just 1 night; long before I realised I was also learning along the way”*

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# Disclaimer

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**T**his book is designed to provide information on health. In the context of this book, the author/publisher are not able to provide legal, medical or any personal consultation advice related to your health or start up. If legal or medical assistance is required, the services of a medical authority or legal advisor should be sought.

The purpose of this book is not to reprint the information already available but instead to supplement, compliment and amplify it. Readers are urged to read all the available material, learn as much as possible, experiment and tailor the information to individual needs.

This book does not provide any short-cuts. Anyone who decides to achieve weight loss and higher energy levels must expect to put a lot of time and effort into it. Some people become more successful than others but usually it is a direct result of the amount of efforts they put into it.

All efforts have been made to make this book as complete and as accurate as possible. However, there may be mistakes, both

typographical and in content. Therefore, please use it only as a general guide and not as the ultimate source of health information.

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WHY YOU'RE  
SICK, FAT &  
TIRED



*Shed kilos, become younger and get  
the energy to build your startup!*

& HOW TO GET  
SLIM, FIT &  
ENERGETIC!



*What not to ignore  
if you are building your start-up!*

VINEET SHARMA

# Contents

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<i>Is this the Right Book for You?</i> .....	xiv
<i>A Forward by Dr. Irfana Akther</i> .....	xvii
<i>A Doctor Speaks</i> .....	xix
<i>Introduction</i> .....	xx

## **Vijay & His Start-up Story**

The Party .....	2
The Mood .....	7
Announcements .....	12
The Mumbai Trip .....	18
The Alumni Reunion .....	23
Entrepreneurship: Naresh's Advice .....	27
Everything Changes .....	30
Inspiration .....	34
Energy Pill .....	40
Argument .....	43

Slimming Centre .....	50
The Ghost Returns .....	57
Joining the GYM.....	61
Slimming Powder.....	65
The Real Opportunity.....	69
Persuasion .....	72
The Slogging .....	75
The Crisis .....	78
A Ray of Hope, Finally .....	82
The Second Advice.....	87
A Different Experience .....	90
Application Form .....	92
Initial Appointment.....	96
First Impression.....	104
The Decision .....	106
Harish’s Story in 27 Points: An Introduction on Health.....	108
Our Beliefs and New Information .....	117
The Most powerful Machine in the World .....	127
The 5 Fundamentals of Health .....	135
Fundamental #1 – Plant Based Nutrition .....	137
<i>1<sup>st</sup> Aspect: Raw Foods</i>	
<i>2<sup>nd</sup> Aspect: Body Cycles</i>	
<i>3<sup>rd</sup> Aspect: Proper Combining</i>	
<i>4<sup>th</sup> Aspect: Dairy &amp; Meat Myths</i>	

*5<sup>th</sup> Aspect: Concentrated / Processed Foods*

*6<sup>th</sup> Aspect: Cut back on Animal Products*

*7<sup>th</sup> Aspect: The Raw Foodie*

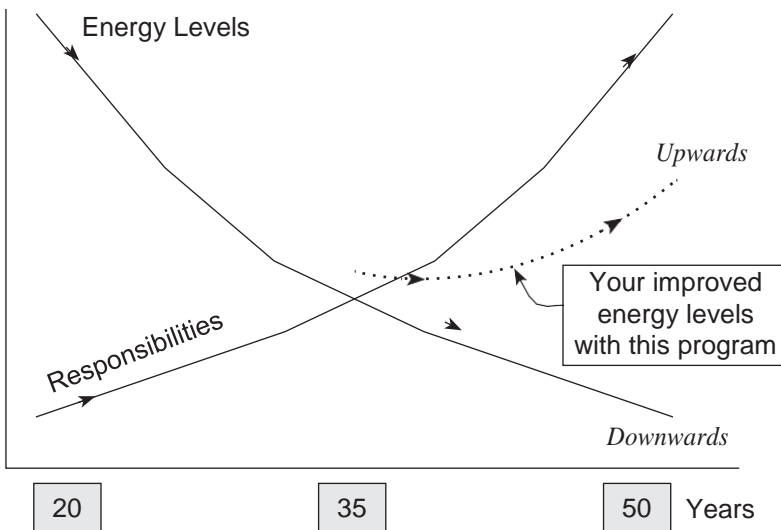
The Dilemma.....	178
Tanvi's Asthma .....	180
Mahesh's Visit .....	184
Harish's Advice.....	187
Fundamental #2 – Internal Cleansing .....	190
What's a Detox Diet? .....	198
Vijay's Progress .....	208
Fundamental #3 – Proper Sleep, Rest & Exercise.....	210
Explanation .....	216
Fundamental #4 – Healthy Physical Environment .....	218
<i>1<sup>st</sup> Aspect: Clean Air</i>	
<i>2<sup>nd</sup> Aspect: Abdominal Breathing, Water, Sunshine</i>	
The Visible Killer .....	220
Burning in the Society.....	224
Fundamental #4 – Continued.....	227
The Campaign .....	234
Fundamental #5 – Healthy Mental Environment .....	238
Medical Results .....	242
Meeting with Mahesh & Charles.....	245
The Decision to Start.....	249
Vijay Builds up his Business.....	254

Diagnosis & Visit to Harish.....	257
Detox (Disease Prevention & Disease Reversal Programs).....	261
The Disease Reversal Routine .....	265
Introduction to Health Products.....	269
Detox Routine .....	275
A Practical Metro Lifestyle.....	279
Fast Forward 2040.....	289
<i>A word from Vineet.....</i>	<i>294</i>
<i>Free Bonus.....</i>	<i>297</i>
<i>About the Author.....</i>	<i>298</i>
<i>Acknowledgements .....</i>	<i>300</i>

# Is this the Right Book for You?

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**B**efore you start reading this book, let me share with you what this book can do for you and what it cannot, so that you will have a fair idea whether this book is worth spending your time & money.



Let's take an average human's life cycle in 3 Patches - At 20, 35 and 50 years which are also the peak of his working life & Career, considering 60 years as retirement age.

At 20 years, he has the highest energy levels with lowest responsibilities.

At 35 years, his energy levels drop but the responsibilities increase manifolds. This includes running a family, paying the bills, upbringing of children, school education, house & Car loans.

At 50 years, the energy levels further drop significantly and the responsibilities are at peak. It includes college education for children, their marriage, taking care of ailing parents and managing a team at work. The stress levels are at peak resulting in many life style ailments as well.

If this has been your story, what if you find a life style program that not only stops your draining energy levels but significantly enhances it in long term so that it starts going up again along with your ever increasing responsibilities. (See the dotted line)

If that makes sense and you feel that it will help you in managing your life with more control & peace, then look no further, this is the book for you!

What is the other thing where you need the highest energy levels – when you are building something! And building your business, building a start-up takes highest amount of energy levels.

That's why this book is also written primarily for every entrepreneur, who needs high energy levels to build initially and sustain it long term. Most of the young guns start their entrepreneurial journey, completely unaware about how to maintain vibrant health & energy levels and suffer in long term when they are stuck with life style diseases and ailments.

This book is written with an entertaining story line keeping in mind the young audiences. I hope this book helps every aspiring entrepreneur maintain a high energy life forever!

# A Forward by Dr. Irfana Akther

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**I**t is only when you get sick that you understand the importance of health.

“Health is wealth”. We have been hearing this adage since our childhood. “Human beings are energy systems”, is yet another adage that echoes in our ears quite often. If you have no energy, you become a dead duck. Every task that modern life demands consumes a lot of energy.

However, when it comes to our body’s health & energy levels, we grow up assuming doctors have all the answers regarding our health. But, who knows the body better than the one living in it? We have to start taking responsibility. We need to learn to feel what our body is doing and listen to what it is saying when we become injured or ill.

The surprising fact is that many people think that restoring health and curing diseases are solely the responsibility of the medical professionals.

When we submit ourselves to the care of another person (for example, a doctor) we must not place full responsibility on that individual to “make us well”. It is imperative that we take responsibility for our own healing and learn everything we can about the illness or injury.

In the holistic health system, responsibility for falling ill and getting well both rest primarily with the patient. The Physician can at best be a therapeutic partner and guide. The effort of the patient is decisive for recovery and healing.

It is in this perspective that this book becomes so important. With its gripping story, this book places the emphasis on health, not on diseases. It empowers the reader to take responsibility and control of their health in their own hands.

If you have never felt those energy levels where you can feel that you are on top of the world, this book will show you the way and unveil the hidden principles.

Finally, I am confident that this book will be a health guide for all its readers, especially start-up founders & working professionals, and it will be a powerful instrument to achieve vibrant health & everlasting energy levels.

**Dr. Irfana Akther**

MBBS, MAHM (UK)

Founder – ICAM Well Care Clinic, Bangalore

[www.icamwellcare.com](http://www.icamwellcare.com)

# A Doctor Speaks ...

**W**e make our choices daily, whether it is health, relationships, and money – the sum total of all these choices make our life. Things also do not just happen to us. All the happenings are consequences of our choices made in past.

As a doctor I want to emphasize that latest trends in the healthcare is about prevention of chronic diseases by using healthy life style, which seems an easier to talk but difficult to practice.

This book talks about those practical issues leading to a chronic health problems and prevention of same by adopting healthy habits. There are many books written by several authors on life style modification but this piece is unique as it is in story format and would keep you engrossed till end.

One can experiment by following simple guidelines mentioned in the book and get magical results.

**Dr.Prashansa Agrawal**  
MBBS, MHA

# Introduction

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The world has changed drastically during the last 15 years.

With the advent of technology and new Job creations, an entire new upper middleclass has emerged. The trend to migrate to the metro cities has given birth to the concept of Nuclear families.

The fast-paced life in the metro has contributed to tremendous stress on young parents & children. The introduction to chemical laden fast food, hectic lifestyle, daily commuting in heavy traffic, corporate pressure and exposure to all types of environmental pollution has further added to the misery.

No wonder then, lifestyle diseases are on the rise. Obesity is a common problem in young nuclear families. You can find young people suffering from hypertension, high bad cholesterol, heart diseases and cancer within your own family and among friends, something which was completely unheard of a few decades back.

This demanding lifestyle and increasing responsibilities towards their young children as well as their old parents require young people to remain super fit & energetic. However, the kind of lifestyle choices most of them make (including the dietary choices) on a daily basis basically increases this energy gap and they end up creating more stress in their lives.

This lack of energy and negative stress wreaks havoc in family life on a day to day basis. Husband and wife are both unable to cop up with the ever increasing demands of their family life and engage in daily quarrels. The underlying reason is always the same – lack of energy.

Imagine this:, The husband comes home late in the evening after a long tiring day, and just wants to be left alone or actually expects his wife to care for him, may be with a short massage. Wife, on the other hand, having gone through all the household work (getting the kids ready for school, seeing them off and picking them from the bus stop in the afternoon, helping kids in the homework and making the meals for the entire house) now expects a dinner outing. Both have expectations from each other but do not have the energy to fulfil them. The result; an argument breaks out. The situation becomes all the more complicated if the wife is also working, because it leaves her with even lesser energy after coming home.

In the same scenario, if the husband comes home with loads of energy, he will look forward to playing with the kids, and then take the family to a dinner outing. When the wife has surplus energy, she will not demand a dinner out, rather she will be happy to care for her husband.

There is another strong trend, this first generation of youngsters, mostly in the age group of 30-40 years, is experiencing; to start on their own.

Having spent their energy and skills for the most part of their life in the corporate world, now they want to start on their own. For some of them the motivation is to become their own boss, for others it is the passion to pursue their own ideas or even pursue financial freedom.

The work for any start-up execution needs tremendous amount of energy & passion to succeed. Unlike the old age belief that the rich sacrifices their health to become successful, the new age entrepreneurs now believe that it is possible to have both health & wealth at the same time.

Happiness and fulfilment are the end goals for most of us, yet we often lose sight of that when dealing with our health & wellness.

Most of the time, we fall back on the Medical industry which mainly focuses on diagnosis and treatment of a condition with drugs and pills. Often the importance of addressing the cause of a problem (which is, more often than not, the lifestyle) is not stressed.

I have attempted to write this book on three different tracks. The first is the deep complex emotional issues families struggle with because of health issues, weight loss and lack of energy. The second is the role health, wellness & energy play in building a start-up. The last is the nuts and bolts of attaining supreme energy that allows you to organise both the tracks - Your family life and your dream start-up.

I didn't figure this out overnight. It took me a long time to experiment and realize the truth myself. I myself used to be fat, sick and lethargic, and realized the role energy played in leading a happy life. Sadly, I think many people never learn it themselves and leave their entire health in the hands of prescriptions, pills and medical doctors.

Years later, through lots of self-guided education through books and continuous experiments, I figured out what was most important in maintaining health & wellness. It wasn't until I was confronted with my own severe health issues, wife's post pregnancy sickness, seeing cancer patients within my family and working on myself and later helping hundreds of people with practical results that I learned what really mattered.

I learned that people, including me, don't care about the latest diseases, drugs and researches in medical science. What you and I care about is leading a life with our families without any health issues. We want to and have to possess supreme energy which provides happiness in personal life and fulfilment in work life. What we want is to live extraordinary lives. This is what this book is about – a guide for enjoying supreme energy to achieve all our dreams and live an extraordinary life.

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# Vijay & His Start-up Story



# 1

## The Party



Vijay was rushing down the stairs so fast that he almost slipped. A shiver went up his spine when he thought of the prospect of his not so small body hitting the stairs with a thud. There hadn't been any time to wait for the lift to arrive. He paused, took control of himself and hurried to the basement car parking and nearly smashed into his car, exhausted.

He looked at his watch. The dreaded thing showed 5:55 pm. "Man", He murmured, "I'm in trouble!"

It was his 7<sup>th</sup> Marriage Anniversary. Vijay had loved giving surprises to Divya on all special occasions during their initial years of marriage. But, with his hectic work life coupled with worsening traffic in the city, almost everything had to be pre-planned. The surprise romanticizing had almost come to a halt in their married life.

Vijay had booked Marriot Courtyard for a special get-together to which they had invited close friends and families. The party was to start at 7.30 pm.

Divya loved him dearly but did not approve of his habit of turning up late, and this was an important occasion. Flashes of her standing at the door with closed arms and toe tapping came to his mind.

Worse still, her silent treatment during the drive and during the party would spoil the evening for sure.

Being an engineer, his mind was racing with time calculation. “Even if I drive like Michael Schumacher, there is no way I can reach home in 30 minutes to pick up Divya and Tanvi. The earliest it would take is 1 hour, and then coming back to the venue might take another 1 and a half hours. That would mean we would be at the venue not before 8.30. The invite says 7:30 pm. It will be really awkward for us to arrive late when we are hosting the Party”.

It was not that he was careless today. His promotion was due.

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“Look Vijay, this is the most important project we have received in recent times, and if you can do a good job completing this in time to the satisfaction of our customer, you have your pending promotion”, his boss, Charles, had told clearly last month when he had a long appraisal discussion with him.

And today was the day! He surprised senior management with an early submission of the Project report which was only due 5 days later. And then he had a late afternoon meeting with the HR Head. His promotion was confirmed – from Project Manager to Customer Relationship Manager.

“How could I miss this meeting with my HR Head today”, he murmured to himself, justifying the delay.

Vijay was still breathing hard. He couldn't recall when he had last used the stairs for his 4<sup>th</sup> floor office. The car was not moving. Whitefield traffic is notorious for its traffic woes.

“Screeeeeeeech” Vijay pressed hard on the brake. He was about to jump a traffic signal and saw the cop right there in the middle.

The traffic sucked his energy. “Why could this anniversary not come on a weekend? Why did it have to come on a Monday? At least I could have had the energy to survive.”

For a moment, he thought that if he had a choice and if God appeared and provided him a bed right there, he would just crash into it and fall asleep!

He had thought of asking Divya if they could celebrate a day before on Sunday, but he did not ask for the fear of upsetting her. Last year, when he had asked Divya to celebrate his own birthday on a weekend, she had become very upset.

“Vijay, it looks like you just want the convenience. Important occasions need to be celebrated on that day.” And then she had started her standard tone, “If you are asking for your birthday celebration to be adjusted, you would want mine and Tanvi’s too to be celebrated on other dates”.

“Look, you have changed so much! You were not like this. Earlier you used to be so romantic and gave lots of surprises. Now you want the dates to be adjusted for the celebrations”.

It was not that Vijay had turned un-romantic. He just did not have enough energy to cope with life’s responsibilities. His job, his demanding boss, his daily commute in the awful traffic, weekend outing demands by Tanvi, dining out demands by Divya, responsibility towards his ailing parents and pending weekend household work were having a heavy toll on him. It seemed to him that there was never ending work to be completed and there was a huge demand-supply gap in his energy levels to carry out his life’s responsibilities.

Still stuck at the traffic signal, he sent a message to Divya – “Honey, I am on the way. Got a little late”. The

“whoosh” sound assured him the text delivery. Texting was always safer in such situations, he knew. But his mobile rang immediately.

“You had to text me.” It was Divya, without even saying hello. “Why did you not call and where are you?”

“I am on the way”. Vijay still tried to hide the truth that he had just started 10 minutes back.

“OK, what time are you reaching home? We are ready.”

This was always a standard question by Divya. “What time you are reaching home?” and Vijay always avoided answering this directly, because if he got late, then sooner or later a fight was due.

“I do not know, but I am at the signal, and it is not moving at all. May be, I will reach by 7:30 PM”.

“What? 7:30 at home? That is our invite time, for everybody to come in. We would reach the venue by 9 then”.

“Maybe, we should meet at the Hotel”, he suggested biting his lips.

There was a long pause at the other end.

“I am sorry, baby! The afternoon was crazy!”

He heard a big sigh.

“Alright! We are starting straight away. See you there.” Divya’s voice was firm.

“Love you darling”, he said, but he was not sure she heard him.

## The Mood



# 2

Vijay felt better. He could make it to the Marriot well before 7:30. He knew that once Divya reached there, she would calm down. He always had a couple of extra dresses in his car for unforeseen circumstances like this one.

It was 7 pm when he handed over his car at valet parking. He would need 10 minutes to get ready. He would be still having 20 minutes to oversee the arrangements before guests would start coming in.

He entered the men's toilet to change. There was a life size bathroom mirror. He watched his image closely in the mirror.

He was 35, but looked like 45. His belly had bulged so much that it was an effort for him to see the ground. And yes, shopping for clothes was always for oversize clothes.

He had bought this dress 2 months back and now it could barely fit. His waist had crossed 36 inches. “I am fat and with this dress, I cannot even hide that”, he thought. “We are an oversized family”.

Worries have this uncanny ability to queue up. His concern for his appearance was now overtaken by the thought of waking up at 3 am to catch an early morning flight to Mumbai. Having confirmed the promotion, his new Boss based in Mumbai, had called him for the orientation.

“The meeting starts sharp at 9 am tomorrow” He was told and that meant he would have no time to check in at the Mumbai Hotel.

He had to wake up, get ready and board the morning 6 am flight and upon landing, had to rush to the office.

And then on Thursday evening, they had their college alumni meeting in Mumbai. Vijay did not want to miss that. All 28 classmates would be meeting at Hard Rock Café to reminisce through the good old times and to catch up with the latest developments in their lives. This reunion was one of the reasons he was a little bit more excited to reach Mumbai.

“Thankfully, the next day is Good Friday and I will find time to crash and sleep once I return to Bangalore”,

Vijay thought and finally felt a little relieved. “Why did God put in place only 2-day weekends, why not 3? Wish I could have 3-day weekends every week”, he murmured like a child.

He reached the small banquet hall, they had booked. He saw Divya & Tanvi standing there.

“Papa.....”, shouted Tanvi, and came in Vijay’s lap.

“My sweet betu”, he hugged his 5-year-old daughter, and kissed her.

“Papa, we are waiting here for long time and Taxi driver uncle left us on the other side. We had to walk across the road”, Tanvi explained. Vijay knew what was coming.

“I am sorry, Honey”, Vijay reached to Divya trying to soothe her down. Divya was upset for all the trouble she had dealing with the arrogant taxi driver, and then waiting alone in the banquet hall with Tanvi all the time wondering whether Vijay would be able to make it on time.

“Do you know what an idiot that Taxi driver was? He did not have the courtesy to drop us at the hotel. He dropped us at the other side stating that he would have to take a full 1-km U-Turn to reach the hotel. I and Tanvi crossed the road after standing 10 minutes in all the pollution.”

Divya was firing from all cylinders and Vijay was completely apologetic. He knew he had to save Divya’s

mood for this occasion. “I promise, I will never let it happen again. We all will go together to all the functions”.

“Promise? Promise this to Tanvi. At least you will not break that.”

“How am I looking? You did not even notice.” She was still not completely in a mood for truce.

Vijay watched Divya carefully. Once upon a time, she was slim & gorgeous. He had fallen in love 7 years back just by looking at her proposal photo. Now the reality was so different.

Divya had tried to hide her belly carefully by a light make up and dark sari. But, one careful look and anyone would declare her a Fat Hen. The fat was visible everywhere, on the chin, on the belly, on the thighs, on the waist, it was everywhere. She was 32, but looked 42. Most new acquaintances would call her ‘Aunty’.

“Am I looking fat?” Came the bouncer from Divya.

Vijay knew there was no honest answer to this question that any woman would like. But in their case, the lie would be too much to believe.

“Yes. We are a fat, oversized family. I, you and our Tanvi. All of us. And my parents.” Vijay wanted to tell, but he dreaded the reaction. The Party was yet to start and he wanted to save the occasion.

“No, not at all. You are looking gorgeous.” replied Vijay.

“You are lying. Even I know I am fat. Can’t you be honest with me, Vijay? At least that much I expect from you, an honest feedback, not a lie.”

This was how the flow of conversation on this topic always would progress. But now Vijay was mature enough to know how to handle this. Last time he had confessed to Divya on these lines and she had stormed out of the dinner. He could not take a chance today.

“Look, you just have a little fat. But with the dressing sense you have and with the light make up you have on your natural, glowing skin, you look gorgeous. That is what I meant. And the pink lipstick you have, you are just perfect for today’s occasion.”

Vijay knew he had connected the bouncer at the middle of the bat and hit it with perfect timing for a SIX. Divya loved when Vijay noticed small things about her dress, lipstick, hair and complimented her on such things. Vijay’s word meant a lot to her.

The first genuine smile on his lady’s face slowly took shape then. “Oh, Vijay”, Divya coloured a little more and planted a tender peck on Vijay’s left cheek.

“I am all yours this weekend”, Vijay said. “And”, he declared proudly, “I have some great News”.

Divya declared back, “I too have”.

# 3

## Announcements



**B**oth Vijay & Divya were giggling like school kids. They decided they would do the announcement for each other.

Friends started coming in. Vijay & Divya played the perfect hosts. Soon there were 2 groups. Ladies were chatting in open and the Men were in a corner.

And then the large 10-pound cake arrived. Children were hogging around the cake. It was almost impossible to stop the children from poking their fingers into the cake.

As both of them cut the cake, the congratulations started pouring in.

Divya took the charge and broke the first News, smiling. “Hello everyone, our 7<sup>th</sup> Marriage Anniversary, has become all the more special with some good news I got to know myself only in the evening. Vijay just got his promotion today.” With the whistles being blown loudly, Vijay announced, “And to add to that, today is also the day Divya turns an Entrepreneur. Her Online Boutique opens from today.”

The Crowd cheered on, and soon there were *Cake, Burger, French fries, and Coke* – all coming as snacks especially for Kids. Vijay could not resist the temptation and took 1 plate of snacks. Then he sneaked into a corner biting the cake and observed the guests. A few families were like them, trying to hide their obesity, yet a few others were normal. However, every eye was around Prem & Rachna and their son. They were the most senior in the crowd yet the most attractive.

“Prem should be 45, but he looks 35. And the same goes for his wife Rachna”.

To his surprise, he found Prem’s 12-year-old son spontaneously rejecting most of the food items other kids loved. He wanted to ask Prem about the secret of their youthfulness but resisted the urge. He did not want a discussion on Obesity to spoil the mood in the Party. “Divya would hate it”, he thought. Currently the topic among the ladies was Divya’s online boutique. She was evidently enjoying all the attention she was receiving.

Vijay observed Divya from a distance. If she had been slim, like she was 7 years ago, Divya could have easily

given all the other ladies a run for their money. A sense of pride swept through him for his choice. Divya could still be a stunner if only she took care of her body. And today she had started her online boutique. Wow, her wife had turned into an entrepreneur! A Combination of beauty & brains!

“Papaaaa.....papaaaa.....” Tanvi ran towards him shouting!

“I can’t find Mumma, and Shreyansh is calling me Baby Elephant”, Tanvi blurted out. Suddenly there was pin-drop silence.

You can hide the truth from adults but not from children. Tanvi looked like a 10-year-old though she was just 5.

“Uncle, we all are playing Jungle – Jungle. I am tiger and we need an elephant also. That’s why Tanvi is a baby elephant”, explained Shreyansh, the 8-year-old.

“Ok, but then where is the monkey? I think you forgot to find the monkey.” Vijay turned around to see Prem coming to the scene and enacting a full monkey jumping scene on the spot. All kids surrounded him and were blown over by his monkey mannerism. Soon there were giggles and laughter.

Prem played with the children for the next 15 minutes. His energy was amazing. Vijay could not believe it. His own body was signalling for a crash by this time. He thought, “Here is a man, 10 years older than me, running with children for 15 minutes after coming from the office and driving in the same mad traffic and not a sign of tiredness!”

“Dinner is ready”, Divya came back after discussing with the banquet manager and announced. The children were being escorted by the parents towards the dinner tables. Vijay’s and Prem’s eyes met. Vijay’s eyes conveyed a silent thanks for saving the scene for Tanvi, and Prem’s eyes were reassuring. This is how a man would express his thanks to his buddy. Prem had earned tremendous respect in Vijay’s eyes. “And look at him”, Vijay thought, he was still in awe of Prem, “15 minutes of pure aerobics and no sign of any exhaustion!”

The Party ended at 10:30 in the night and by the time they were able to clear from the hotel, it was already 11 pm.

Vijay wanted to talk about the incident that happened in Divya’s absence, but he knew that soon the obesity issue would haunt the entire family including both of them. It was a very sensitive matter for Divya, directly related to her self-esteem and he did not want to hurt her.

Divya loved late night outings and then going to coffee shop to talk her heart out. She rarely got such chances.

“Can we go for a coffee”? Divya asked, with sparkle in her eyes.

Vijay just wanted to crash in the bed. *He had just finished a full plate of fried chicken with mashed Potatoes and 2 bowls of ice cream.*

“Have you forgotten that I have a flight to catch tomorrow at 6 am? I have to wake up at 3 am, take bath, get ready and have to work for the next 12 hours without

getting any sleep. And you are asking for a coffee now. We could have ordered a coffee in the hotel itself. What's the logic of wasting another hour?" Vijay wanted to shout at the top of his voice.

But he knew that coffee was not the objective. Divya wanted to savour this time together and today being their marriage anniversary, he needed to be extremely well-behaved.

"Sure, why not? Let's go." They stopped at Coffee Day. It was about to get closed, but Vijay requested to take their last order.

Divya wanted to talk, talk and talk. About the party, about her business, about his promotion and a little bit of gossip. She was on the top. After all, she was taking the next day off.

Vijay had no energy left to participate in the discussion. But he knew he needed to match the enthusiasm or else it would show that he did not care.

"Why are you so silent"? came another bouncer from Divya.

"Nothing, I am thinking about something". Vijay answered.

"Thinking about what?"

"May be, we can start thinking about a house." Vijay knew, it was a masterly straight drive.

“Oh, Baby!” Divya got up and hugged him tight.

“You are the best husband. I love you so much!”

She was bowled over. It was the perfect ending of a great occasion and a great party.

“I am sorry, I completely forgot that you have to catch the early morning flight. We are so late. Let’s rush home.” Divya got up from the chair. When they reached home, it was 12 O’ clock.

# 4

## The Mumbai Trip



Vijay crashed into the bed. He was yearning to crash since afternoon.

“Beep, Beep, Beep” Vijay heard the growing sound of his mobile alarm.

It felt like he had just lay on the bed, and he had to wake up immediately without even sleeping for 5 minutes. He stared at the mobile, it was 2:30 am.

He longed to sleep on, but there was no option.

For a second, he thought, “Can I cancel this trip”?

Immediately he had a flash of the HR Manager, who had asked him to report to his new boss tomorrow after handing over his promotion letter.

“No way”, and he dragged himself to the bathroom.

The flight was right on time and he went straight to the security with the pre-booked boarding pass.

By the time he reached Mumbai Office, it was already 9:30 am.

His new Boss, Mahesh, was waiting for him.

“Congrats Vijay, welcome aboard”! Said Mahesh.

“How was your flight?”

“All well, thanks!”

“Well, then lets join the discussion room. I have huge expectations from you in this role” Vijay followed Mahesh.

Vijay had heard about Mahesh from his other colleagues. He had quite a reputation of being a task master.

Vijay had donned the new role of Client Relationship Manager. Now he had to travel a lot and meet customers to fetch new business.

Vijay could hardly survive the day beyond 6 pm. Mahesh wanted to take him out for dinner but he just excused himself and reached the hotel.

He ordered room service. His favourite - *Chicken tikka with Mashed Potatoes with Coke & French fries. Followed by chocolate ice-cream.* By 7 pm, he was in bed.

“Ding dong”, the room bell rang. “Housekeeping, sir. Any laundry”?

He woke up and saw his mobile. It was 8 am.

“No thanks”. He said to the housekeeping lady.

“And I am still not feeling fresh after sleeping for 13 hours. What’s the matter with me”? He murmured.

He reached the office by 9:30. He checked the register. Mahesh had an entry at 8:30 am.

“If your boss reaches an hour earlier than you, it may not be a good start for your day.” He knew that.

“Good morning Vijay”, a sharp voice came from behind. Vijay was trying to sneak into his desk unnoticed, but it seemed Mahesh was waiting for him.

“I do not know about Bangalore, But Mumbai office works from 8:30 am. Sales managers need to report on time, so that they can do early planning for the day and leave the office by 9 am to meet the customers. You know, Sales is the most important function of any company. If we do not do our job right, company shuts down”, declared Mahesh.

Vijay nodded. He did not want to argue with his new boss. He knew every Boss had a unique working style. Mahesh was coming true to his reputation of being a task master.

Vijay survived the day with multiple coffee breaks. Next day he had to go out with Mahesh on some customer joint calls.

When the next day came to an end, Vijay took a big sigh of relief.

He reached the hotel room and lay down on the bed. He saw his mobile. There were 4 missed calls from Divya at different times during the day.

He dialled up. Divya answered on the 1<sup>st</sup> ring.

“Where are you?” Divya’s voice had a mix of worry and anger.

Vijay just realised they had not spoken for the last two days. It had never happened before.

“Just came back to the hotel room.” He replied.

“I was so worried. You know, I called up your Mumbai office today, but they said you had gone out.”

“Yes, I was. The last 3 days have been crazy. I am sorry, I should have called you, but I was so damn tired.” Vijay said in an apologetic manner.

“Papaaaaa....we are missing you so much. When will you come back”? shouted Tanvi on the Phone.

“Yes, my betu. I will come tomorrow and I will also bring a Barbie for you. And then we will also play in the Garden.” Vijay suddenly realized how much he missed Tanvi at that moment.

Vijay told Divya how he was extending his stay for their Alumni gathering the same night. He was going to use his hotel points to extend the stay for 1 night, and would catch the morning flight the next day. It was Good Friday, a holiday, and he would reach home late morning.

Vijay looked at his watch. It was 6:30 pm. The Alumni WhatsApp group was abuzz. The person reaching last at Hard Rock café had to pay the bills for the entire group.

“I surely don’t want to be the last in that case”, Vijay thought.

“I am coming, can’t wait”, he typed in alongside a huge smiley.

# The Alumni Reunion



**I**t was a good 12 years since Vijay's College Batch mates had last come together.

The atmosphere was ecstatic.

And then came the shocker!

“Shilpaaaaaa.....” Vijay could not believe his eyes.

“Vijaaaaaaay.....” Shilpa had the same expression as Vijay's.

Vijay did not know what to say. Shilpa was the beauty siren of their batch, very close to stunning. And now with an extra 25 kg, she was barely recognizable.

“What has happened to you? You used to look gorgeous, slim and fit. How come all of this and the double chin?” Vijay wanted to ask but he was not sure if this was the first question he should be asking while meeting her after 12 years.

And Shilpa had the same thoughts going on in her mind. “Vijay, you used to be the stud of the batch! Whatever has happened to you, has happened to me as well. The belly, the double chin and the distortion of the body ... You look like an uncle now!” But she also remained quiet.

Vijay could sense that and hence could barely say, “You have changed so much”!

“You too!” came the instant reply from Shilpa.

Most of the people in the batch were in the same category, bald, fat with double chins.

Vijay was relieved he was not the only one in that list, but there were a few of them who had not changed much and looked like just a replica of their past.

There was another surprising statistic among their group. Eleven out of the twenty-six Batch mates had left their Jobs during the last 2 years and had set out on their own entrepreneurial journey.

Five of them had got their story published in “Your Story”. The atmosphere was electrifying.

On Group request, each of the 11 members started sharing how they had started feeling burn-out in their job

and why they started doing what they loved. Majority of them had set out to solve the problems they saw in the market and ended up starting on their own.

Suddenly, there was a loud spontaneous applause. This was their batch's rule to welcome the last comer, and for this occasion, the one who would choose to pay the bill.

Naresh came and with a large smile announced, "Yes, old habits die hard!"

Naresh was the back bencher of the class and was always late at the college. He could barely manage to pass.

"However, I must add that College rules do not apply to the real world! Today being a late comer, I am happy to sponsor this reunion. All bills on yours truly ..."

With this announcement, he circulated some magazine copies as well.

"And to add to that, some more reason to celebrate as this batch's back bencher is featured on Business world's latest edition."

Naresh was not joking. His start-up, of organic greens & vegetables was featured in the Top start-up stories after he had raised an investment of 2.5 million USD. Suddenly, he was the new poster boy of the Media.

Vijay instantly felt extremely proud of his batch. He went ahead and hugged him.

The next moment he felt extremely disappointed with himself.

“If Naresh, the back bencher of the class, can go so far and build a start-up, what am I doing, wasting my time, finding excuses and living a desperate life of 9-5?” His mind was putting bouncers after bouncers and he was getting bowled with every question.

The drinks were now being served and *Vijay picked up his favourite beer*. Surprisingly, Naresh only ordered fresh lime. Vijay couldn't help notice.

“How come no beer, Naresh?” Vijay asked.

“Long story, will tell you later”, Naresh replied with a large grin.

After a few drinks in the group, there were jokes everywhere and the batch mates lost all the inhibitions. The gossips included the time during hostel life, secret crushes, ragging episodes and bunking classes. The most hilarious time was the live mimicry of their HOD & few of the lecturers.

Vijay ordered the speciality – *double sided fried cheese chicken burger with spicy chicken wings*. *He ate heartily. The dessert was creamy chocolate caramel*. The party went on till late in the night and finally everybody agreed to meet again, this time may be with families.

Vijay caught up with Naresh before leaving and shook hands.

## Entrepreneurship: Naresh's Advice



# 6

“Naresh, let me tell you, you are an inspiration. And I have realised today that college marks have no relevance in life’s success and especially with financial success. Your story has woken me up, buddy. I will be in touch.”

When Vijay said those words, Naresh hugged him and came out to see him off.

“Can you share what is your greatest learning in entrepreneurship? How did it all start?” Vijay asked, on a departing note.

“Well, as you already know, I am a first generation entrepreneur. Both my parents

are from a Bank Job background. However, I grew up with a neighbour family that was into business. I was awed, inspired and influenced by the first-hand observation. It provided me with much clarity about the entrepreneurial process.” Naresh was sharing his journey.

“On my parent’s insistence I took up my first Job. The more I spent time on my Job, the more I realised that I wanted to become my own boss. I also felt very limited by the corporate structure. I found it a waste of my working energy convincing multiple people and attending all mandatory internal meetings before moving forward with a new idea.

However, I took the decision to become an entrepreneur because of my Passion, because I loved doing it and this was something I could do 24x7 for the sheer joy of it, even if I did not get rewarded for it. This Passion is so important on your start-up journey, because it adds to Tenacity despite failure.”

“Building an organisation means hundreds of unsuccessful attempts before you find the right successful way of doing it. And if you are not passionate enough, you will quit on your first failure.”

“Of course, along with passion, you also need to have execution intelligence and product focus to sail through.”

“Another important factor is your overall health and energy levels. When you fall sick, you cannot think straight. Taking good care of yourself will make sure you are not sabotaging your own success.”

“What do you mean?” Vijay asked.

“I have known people who exhausted themselves in building their organisations so much so that their body gave up just when they were on the threshold of success. It is important to invest in good diet and lifestyle habits and take proper sleep and rest so that you build up your energy reserves for lifelong.”

Vijay wanted to ask more questions on this but realised they were already late into the night. All the way to the hotel, his mind still lingered on Naresh and what he had said.

# 7

## Everything Changes



“Beep... Beep... Beep...” His mobile alarm alerted at 6 am.

Vijay just didn't want to wake up but he had to catch his flight back to Bangalore.

“What's the need to get ready and take bath? Anyways today is a holiday”, he thought and snoozed for another 30 minutes.

Vijay nearly bounced off the bed when the room telephone rang. This was a wakeup call reminder from the house keeping. He knew now that a few minutes' delay could cost him his flight.

He hurriedly checked out from the hotel. Luckily, he had done his web check-in the day before, so he knew he could directly go to the security with his hand baggage at the airport.

After security check, he saw the bookstore at Mumbai Airport. He could see India Today edition with Naresh on the cover. This edition had an exclusive coverage on Indian start-ups. He bought five copies of the magazine.

The economy class always made him struggle to sit in those smaller seats for his bulkier body, but he had no other choice. The Jet flight came with a free meal option. *He opted for non-veg; chicken biryani with chocolate caramel pastry.* After eating, he could barely remain awake and instantly dozed off. He was woken up by a lady co-passenger shortly, “My baby is unable to sleep. You are snoring too loud.”

The effect of the previous evening’s reunion was profound. Even during sleep, Vijay’s mind hovered around Naresh and his start-up. It was more inspiration and less jealousy. “If he can do it, why can’t I?” This was the question he was trying to find an answer to.

“You need to have an absolute passion and an unwavering state of health to work towards it.”

The parting conversation with Naresh was flashing in Vijay’s mind. Naresh had placed primary emphasis on two points – Passion and Health & Energy.

Vijay ran a quick check: “Do I have the passion to build something? Do I have the energy levels to support building it?” He murmured to himself.

“Passion – Yes, I want to start something on my own. That is clear. And I want to be my own boss. But I do not know what I want to start.”

“The second part - Health & Energy – This is sure something I do not have. How is it impacting my life currently”? Vijay started thinking about it.

Pictures of his daily life came in front of Vijay’s eyes. He required lots of energy; the energy to wake up early and go to his Job, the energy to come back home and play with Tanvi in the garden, the energy to take Divya for weekend shopping, the energy to live up to the expectations of his New Boss and **the Energy to build his start-up!!**

Suddenly, Vijay was smiling wide. This was true! How could he miss on something as basic as this? Why it did not come to his mind earlier? His eyes were sparkling – like a kid who had found the treasure.

The building blocks became very clear in front of his eyes what it would take him to build something of his own.

When he reached home, Divya opened the door.

He took her up in his arms and kissed her. Divya was surprised and smiling.

“What happened”? she asked with a glitter in her eyes. “What’s the Good News”?

“The Good News is that”, Vijay explained, “I have got the answer!”

“What? What Answer???” Divya asked with a puzzled look.

By that time, Vijay was humming. Tanvi came out from her room running. He took Tanvi into his lap and moved out of the house towards the Garden, still humming his favourite song.

“I hope all is well with Vijay, the last time it happened to me was when I fell in love with him initially!” Divya murmured to herself.

# 8

## Inspiration



**N**ext morning, when Divya woke up, she did not find Vijay in bed.

It was quite unusual as he used to sleep till late morning on weekends. She could finally see Vijay with a pair of scissors and Fevicol in their study.

“Honey, you are up so early!” Divya was still rubbing her eyes.

“Yes Baby! You could say I am in love, again!” Vijay teased.

“With whom?” Divya came closer to see, all her sleep was gone!

There was a collage on the cardboards and there were lots of pictures posted on

that, mostly selfies of Vijay with another person. Vijay was looking at least 10 years older than the other person in those pics. As Divya came closer to see the pics, the Printer produced one more colour picture.

She also saw the cuttings of India Today Magazine with the same person on the cover.

“Ok, with this gentleman?” she had understood Vijay’s joke by now and wanted to match it.

“But what is there in him which you don’t find in me? Has he got longer legs than me”?

Vijay had not expected Divya to come up with such wit at that time of the day. Both of them looked at each other and laughed their heart out.

“He is my classmate Naresh and I met him after 12 years in our reunion the day before.” Vijay replied, still smiling. “I am unable to get him out of my head.”

Vijay narrated all the details of their get-together. The success stories, the electric atmosphere and the new poster boy, Naresh.

“So, this Naresh is kind of a celebrity now!” “And are you sort of his fan”?

Divya asked, still curious to know the reason why he was doing all this. She remembered when she was in Class 9 and Titanic was released, she had put Leonardo’s poster in her study room. She had become his fan during those days.

“Look honey, when I met him, after the initial happiness, I was immediately disappointed with myself. I had two choices; one was to be jealous, remorseful and brush away the success of the back bencher of our class, the other was to accept his success, learn from his journey and draw inspirations from him. I chose the 2<sup>nd</sup> option.”

“This collage now will remind me that if he can do it, anybody can do it, me included.”

Divya nodded in agreement. She knew a man sooner or later becomes, exactly the company he keeps. And being an entrepreneur herself, this was very motivating for her too.

“Mumma, Papa, I was looking for you”. It was Tanvi standing right behind both of them.

“My betu”, Divya took her in lap and showered kisses on her cheek.

Tanvi was very excited to see the pictures and the collage.

“Papa, who is this uncle?” She asked.

“Beta, he is my college friend, like Isha is your school friend,” explained Vijay.

“But why have you put up so many photos here?”

“Well, I will try to explain. That uncle has done something which I also want to do.”

“Ok. So you mean to say that this uncle is your hero”?

Vijay was thinking. Till now, his male ego had not allowed him to accept this simple fact which Tanvi had stated.

“Yes beta. I think he is my hero because I want to become like him.”

Tanvi was satisfied with the answer. Vijay got up and went to take a shower.

By the time he came on the breakfast table, Divya was reading ET. Vijay had never seen her reading newspaper in the morning before this.

“You are reading newspaper, honey?” Vijay asked.

“Your friend is here as well. A half page story on him and his start-up”. She handed the newspaper to him.

It was an interview with a detailed story on his start-up. Naresh had shared his starting journey, his failures, his challenges and his learnings.

“It is not an overnight success. It is an overnight recognition of my hard work of many, many years” Naresh was quoted saying.

Vijay was feeling a rush of adrenaline through his veins.

“Naresh, the back bencher”, Vijay was thinking. “If Naresh can do this, I can do this ten times. I cannot waste my life anymore in this 9-5 rat race, working for somebody else and paying the bills, living the life of quiet desperation.”

When your mind is focussed, you see only what you want to see.

The cover story had multiple quotes from other Young achievers with a concluding note from Jim Carrey – “If you give up on your dreams, what’s left?” Vijay felt various emotions making a rush inside his nerves.

When he went into the study, he saw Tanvi pasting all their family photos on the wall. The family album was almost torn and all their photos were lying on the floor.

Vijay was about to scold Tanvi, but keeping his cool, he asked Tanvi.

“Betu, what are you doing”?

“Papa, I am also putting lots of photos”.

“Yes, I can see that.”

“Because YOU are my hero. I want to be like you!”

Vijay’s eyes turned moist. He hugged Tanvi tight. Tanvi also hugged him tightly.

“Papa, we will go to the sand pit area and make a big castle now”, demanded Tanvi.

*Vijay was in fact feeling sleepy after the big breakfast he had just finished – eggs, toast, cereals and lastly some fruits. He actually wanted to lie down.*

“Wait, let me grab a cup of coffee”, he said.

Gulping down the coffee, his head was filled with only one thought – Energy.

He could now move. Tanvi held his hands and almost dragged him to the Garden.

On the way, Vijay was thinking – “I need energy, and lots of it; something like what this coffee gave me instantly. But I need it 24 x 7, not for just 1 hour. I need it to fulfil my responsibility as a father, a husband, to fulfil my dreams, to live life on my own terms, and to build my start-up!”

“And I do not have much time to think now. It is high time I find a way out. Time to figure it out.”

# 9

## Energy Pill



Vijay was not particularly fond of cricket, but when there was a match between India & Pakistan, he surely wouldn't miss it. They were playing a T20 match, and the bonus – It was Sunday!

The entire table was set up. *It had Popcorns, Cold drink, Chips and roasted peanuts. And finally, Divya was making "Hot Pakoras."*

The Indian Captain came up with a century and Vijay whistled so loud that it almost woke up Tanvi.

The next moment, there was an ad on TV and Vijay could not believe his eyes.

His favourite cricketer was promoting an energy pill.

“Take this pill and get your energy boost. I take it on a daily basis.” The star claimed.

“Wow, it is so simple!” Vijay was thinking. “When it can help him, it surely will eliminate my problems.”

Vijay could not hide his happiness. Getting Energy back into his life meant he could do anything. Yes, he could be a super Dad, play with Tanvi, take Divya to shopping, work tirelessly to make his new boss happy, and yes, he could even build his start-up!

India cruised to a thrilling win and Vijay was on cloud nine. Like every Indian, victory over Pakistan meant a celebration for him!

It was late into the night, but Vijay did not have patience. He went to the nearby medical store and bought a full 1-month course of this New Energy pill. He did not want to wait any longer.

The next day he took the pill after his breakfast as suggested in the advertisement.

Whether it was the real effect of taking the pill or it was a placebo, Vijay felt a significant improvement in his energy levels.

And Divya & Tanvi did not fail to take note.

Vijay came from office and took Tanvi to the Garden to play. The next day they all went out for dining. Earlier it

was impossible to expect this behaviour from Vijay during weekdays.

However, after 3 days, Vijay felt that his energy levels had dropped back to the earlier levels.

“May be I should increase the dose”, he thought and started taking double the quantities. But, after experimenting with this pill for 2 weeks, he found his exhaustion back to the earlier levels.

“This Pill is not working and I need to find out a better way!” he told himself, though he was quite frustrated with the results and the expectations he had.

Looked like he was losing control of his life. But he was determined to find a way out. “I will find another way”, he promised to himself.

# Argument



# 10

In his new role as customer relationship manager, Vijay had to travel a lot and meet important customers every day. The role required him to access CXO level and win the new business for the company.

Mahesh, his new boss was planning to come to Bangalore that week and Vijay was busy seeking appointments from top clients. It required hard effort to secure the appointments at the top level. Most of the CXO had busy schedules and securing their time slots and then coordinating the travelling itinerary was almost intimidating.

On top of it, Mahesh had his own demands, and he was a task master. The demands of the new role, new boss and increased travel in Bangalore traffic were taking a toll on Vijay's stress levels.

Meanwhile, Divya's online boutique had started well and she wanted Vijay's help initially for shipment of her new orders.

"Honey, can you come back early from office today? I have lots of orders and I need you to drop them to the courier office today", Divya asked while Vijay was leaving to the office.

Vijay was almost feeling exhausted in the morning itself and to compound his woes, Mahesh was in the town.

"I will try honey. Mahesh is in town. If not today, I will do it tomorrow". Vijay rushed to his car.

The day was very hectic and Vijay could only get free late night. To make life difficult, Mahesh was further staying next day till afternoon; planning to return to Mumbai only in the evening.

It was 11 pm by the time Vijay could reach home. Divya opened the door.

"So late! How was your day?" Divya knew Mahesh was in town.

"Very hectic", Vijay wanted to just go to bed and crash.

Divya wanted to talk. In his new role, Vijay had become extremely busy.

“How is your new boss”? She asked.

“He is a no non-sense guy and extremely focussed about his work. People call him Ring Master. He expects people to give their 200%”. Vijay wanted to cut it short, desperate for the sleep.

“And how is your relationship with him?” Divya still persisted, hoping to spend some time with Vijay finally.

“Look Honey, I am extremely tired. Let’s talk about it later. Right now I just want to crash”, Vijay tried to be as polite as he could.

“I thought we could go for a Coffee.” Divya tried one final time. She terribly missed the fun they used to have together. She craved for the time and attention Vijay used to give her.

Vijay was irritated, but at this point of time he was too tired even to argue.

“May be tomorrow”, he said and headed to the bedroom.

“Beep.... Beep.... Beep .....” The mobile alert jolted Vijay in the morning at 6:30. Vijay wanted to get up but just thought to take a nap for 5 more minutes.

Next, it was Divya, almost shouting “Vijay, Don’t you have to go to office today”?

Vijay woke up and checked the time. It was 8 am.

“Shhhhhittt ....” He shouted. Mahesh’s face came in front of his eyes. He did not like his subordinates coming

late even by 1 minute. There was no way he could reach office by 9 am and they had a meeting at sharp 9:30.

Vijay got ready in 5 minutes, skipping the shower.

“Listen, you need to come early today. I need your help for the courier and we also have to go to Shreyansh’s birthday party.” Divya was saying. Vijay did not even care to listen and was almost running.

In spite of literally running, Vijay could reach office only at 9:15. Mahesh’s hard stare welcomed him when he entered in the office.

The next 30 minutes were pure torture for Vijay. Mahesh gave a lengthy lecture on the importance of discipline in life. They were late for customer meeting by 15 minutes. Mahesh even went to the extent to blame the delay on Vijay in front of the customer.

Though Mahesh left in the afternoon, the day was emotionally draining for Vijay. He was angry partly on himself and partly on his boss, Mahesh.

He drove back home feeling a severe headache and uneasiness.

Divya & Tanvi were ready in their party wears. Divya was expecting to get a compliment from Vijay on her new dress, but Vijay hardly noticed her. It was a tough day and he was drained out both emotionally and physically.

“Look honey, I know there is a birthday Party but I am too tired. I am sick of this hectic everyday routine, this

daily traffic & commuting, this everyday pressure and this sales stress”, Vijay said. “And today was a hard day. You could have woken me up a little early at least. It could have saved my day.” Vijay blurted out.

Divya’s mood was spoiled. First, Vijay did not even notice her new dress. Secondly, he said no to the Birthday Party which she had intimated to him in advance. But the last line, a blame from Vijay for the bad day, made her completely mad.

“And I am sick of you always being absent. You’re never with us anymore. Do you expect us to go alone to the Birthday party where all the families are invited? And, what am I supposed to say if people ask about you? Should I say my husband feels tired? Everybody will understand that you did not want to attend this Party. Why can’t you take up even ordinary responsibilities that every husband does?” Divya retorted.

“We are not going to this Party”, Divya pushed Tanvi so hard in anger that she almost fell.

“Mamma, why are we not going to the party and why did you push me?” Little Tanvi had big tears on her cheeks.

Whenever there was an argument between Vijay & Divya, Tanvi was an easy prey for Divya to vent her anger and frustration upon and she made her cry, something that she always regretted later. However, this behaviour of Divya was completely unacceptable to Vijay.

“I woke you up in the morning and instead of thanking me, you are blaming me”, Divya paid no heed to the weeping Tanvi. She was still on, badly hurt.

Vijay was mad seeing little Tanvi crying. He was very fond of her. However, he tried to control his temper. He took Tanvi in his lap and kissed her realising he should not have said the last line. “Honey, I did not want to blame you”, he tried to back paddle but it was too late. He knew it would now take considerable time to explain and say sorry to Divya before she could be normal again. He did not have the energy to be patient for so long.

Divya’s phone rang. It was her customer. She was very apologetic on the phone.

“What happened?” he asked.

“Nothing. You go and sleep.”

“Tell me please, what happened?”

“The Customer has cancelled the order since I could not ship it in time. It was my largest order till date.”

Vijay recalled. She had been requesting him for this for the last two days.

He felt both guilty and helpless. He knew now that Divya’s mood had completely gone for a toss and he would have to spend more time to get her back to normal. But he felt drained out to even make an attempt at that. He put Tanvi down from his lap and headed towards the bedroom, silently and distraught.

Divya was expecting that at least now Vijay would heed and console her. But seeing Vijay walking to the bedroom without even putting any efforts gave her only one message - “He does not care. Is our relationship dead?” She was exhausted. It was all getting too much.

The next thing Vijay knew once he lay on the bed was that Divya was crying. He rubbed his eyes. “What the hell this day had led to?”

# 11

## Slimming Centre



Next morning Vijay tried to talk to Divya a couple of times, but she did not respond. Always in a hurry in the morning, he left for the office.

While on his way to the office, Vijay was thinking – “There has to be a way out. I cannot live my life like this. I have reached a stage where I am not even able to fulfil my responsibility as a normal husband.” Divya’s words of last night were echoing in his ears.

Later in the day, while he was waiting at the reception for a customer meeting, he picked up the Newspaper and browsed

through it. There was a full page ad of a Slimming Centre. “Millions of people have rediscovered themselves. Come, be part of this change”, the ad said. It also had lots of pictures of people who had lost weight with quotes that swore and declared that they had regained their youth & energy.

Vijay saved the numbers in his mobile.

After the meeting, while returning to his office, he dialled the number. The receptionist insisted that he should come to the centre immediately for a detailed consultation. He got an early morning appointment for the next day.

When he reached home, it was late evening. Vijay again tried to talk to Divya. He knew if he could propose coffee out, things would be normal. But, he reminded himself that he had to wake up early tomorrow and he could not survive the next day by squeezing his sleep.

Divya expected Vijay to at least turn up by now with a full apology and spend enough time with her, and coffee out. But seeing Vijay retiring to bedroom, she only had one thought in her mind – “Vijay really does not care for me. Worse, he does not even love me now!”

Vijay was in the slimming centre the next day at 8 am. He could see people like him in the centre getting the treatment done. The receptionist at the centre gave him the package options. She insisted that if he signed up immediately there would be additional discounts.

Vijay wanted to talk to the doctor and nutritionist first. However, the receptionist asked him to complete the payment formalities first insisting again that there would be a discount.

Vijay started getting uncomfortable. It was being hurried and he at least wanted to have a consultation first. He insisted to have a word with the centre head first.

The centre head came after a good 15 minutes and Vijay explained that he would like to consult the doctor and nutritionist first before making the payment. Finally, it was agreed and Vijay proceeded to fill up the application form.

While filling the application form, all the family medical history was asked in detail. The last column in the form asked about the current health and medical issue faced. Vijay wrote – “Obesity and Complete lack of energy”.

He entered the Doctor’s cabin. After having a glance at his medical history, the doctor took his blood pressure. The exercise was repeated a 2<sup>nd</sup> time and then a 3<sup>rd</sup> time.

“Your blood pressure is high. You should be on medicines”, said the doctor.

“I didn’t know. I never got it checked.” Vijay could murmur only these words.

The doctor prescribed a few blood tests and asked him to see her the next day.

Vijay wanted to tell this to Divya on phone but he thought he would reach home early today. Divya was surprised to see him so early back from his office.

Vijay handed over the Doctor's slip. There was a surprised look on Divya's face.

"I have high blood pressure, and the Doctor has advised a few more blood tests."

Divya's chin dropped. "Are you all right? How bad is it?" she asked, vision of him getting hospitalised running through her mind.

"I'm fine. Nothing to worry. Doctor has advised some pills", Vijay replied.

Divya hugged him. The fear about Vijay's health completely melted her. Her anger and hurt had vanished. She could not imagine her life without Vijay.

"Shall we go out for a coffee?" Vijay asked.

"No. No coffee any more. And tomorrow I will come along with you to see the doctor." She insisted.

Next morning, while taking the blood report, Vijay could see lots of red circles on the test reading.

The cholesterol was high.

"My fears were right. You have a high blood cholesterol as well." The Doctor stated with a concerned look on her face.

"But don't worry. I am prescribing you the pills which have to be taken every day." she tried to reassure.

“For how long doctor?” Vijay asked.

“For the rest of your life, I guess”, replied the Doctor.

“But are there any side effects?” Vijay wanted to know.

“Well, side effects are there for every pill in medical treatment, but if you do not take them, the main effect could be fatal. There is no choice”, she said.

Vijay & Divya looked at each other. There was no choice.

Vijay filled up the treatment program sheet. The packages were designed for the weight loss in KG – 5, 10, 15 and even 20. Vijay chose the highest weight loss package available – 20 kg. It included consultation with the dietician and a total of 24 weight loss sessions in 3 months’ time.

When they heard the cost of the package, their jaws dropped. They could buy a new 2 wheeler with that amount. Vijay wanted to settle for a cheaper package, but Divya insisted.

“Nothing is more precious than you and your health in my life, Vijay.” Divya had turned into a completely new avatar and Vijay could sense it.

He was not sure whether it was her love or her fear of loss that made this change so dramatic but Vijay loved the attention and care he started getting from Divya. This unexpected turn of events concerning Vijay’s health had brought both of them closer.

The next 3 months were spent in full discipline. Before starting the program, the centre asked Vijay to submit his current photo. The Dietician planned Vijay's full diet around calories and portion counting. Vijay had to maintain a diary about the food taken during the day and his weight was monitored on a regular basis. Twice a week, the weight loss treatment was given.

Vijay started losing weight. The changes were noticeable. Even his colleagues at the office started complimenting him.

However, Vijay had cravings for large portions and for sweets. He missed his regular meals. During this 3-month period, he was invited to 4 parties. However, keeping his weight loss goal in mind, he reined in his voraciousness.

Divya was very supportive during this process and never insisted on going out for dinners. In fact, after seeing Vijay's results, Divya was toying with the idea of undergoing the same treatment herself.

Finally, it was the last day of Vijay's 3-month program. He was ecstatic after losing 20 kg. It was sort of a dramatic transformation. The centre insisted he posed for a photograph.

That weekend, Vijay posted "before" and "after" pics on his Facebook wall. The likes and comments started pouring. At last, Vijay began to feel confident and happy.

**56** *How to get Slim, Fit & Energetic – Vineet Sharma*

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When he posted his pics in his Alumni Group, the comments reached epic proportions. A compliment from Shilpa further reinforced that the Goal had been achieved.

That night, Vijay felt like a winner and slept like a child.

## The Ghost Returns



# 12

Next morning, when Vijay woke up, he went to his wardrobe and admired himself in the mirror. The sense of achieving the goal and the pride of being successful filled him with inner joy.

Divya was excited too. She wanted to follow the same course. However, Vijay wanted her to wait to see the long-term result.

When Vijay travelled to Mumbai next week for the Quarterly planning meet, the weight loss was evident. This time Vijay made sure he reached Mumbai office at 8 am.

“Hello Vijay! Wow, what a transformation!!” uttered Mahesh entering office at 8:30.

Mahesh was a tough nut to crack and a compliment from him was an utmost validation for Vijay. Explaining about his goal and how he achieved it gave a new high to Vijay.

However, during lunch, Vijay found it very hard to resist the cravings after seeing the lunch menu options in the canteen, but he convinced himself on the need to remain disciplined. Most of the people complimented him in his new avatar, but there were a few who told him in person that he had lost the shine on his face and that his skin looked dull. One old fat fellow told him that he had done these experiments enough in his life and had now accepted his fat looks as it kept his shine on his face. Vijay was quite amused by this theory. He himself, was not happy about a few changes in him.

First, though he was unsure about losing the shine on his face, one thing was sure that Vijay was feeling a loss of energy in spite of losing weight. His whole idea and all the effort to go for the weight loss program, was based on an assumption that he would feel super energetic after losing weight, but the reality was completely different.

Secondly, there was not much improvement in his high blood pressure problem. He was still taking the pills and according to the doctor, he might have to take them for the rest of his life.

Last but not least, after 3 months, when his weight loss goal was achieved, he was finding it increasingly difficult to control his cravings for all the foods that were banished from his diet.

It looked like God was testing Vijay's will power about losing weight.

The next weekend in Bangalore brought an invite to the house warming ceremony. A family friend had booked a villa overlooking the lake. The party was really grand and the family had got the chef and cooks from their native place.

When they arrived, there was a *strong aroma of Ghee & spices. The cuisines had multiple varieties. It was a fusion dinner of north, west and southern cuisines. The starters consisted of delicacies from freshly made samosas & Jalebis to khamman dhoklas & bakharwadi to fried rava idlis & appam to Ghee dosas. The main course was made up of special thalis and a separate counter of Chinese varieties. The dessert consisted of varieties of fresh payasam, Gulab Jamun, khubani ka meetha and ice cream & frozen desserts.*

The aroma pierced through Vijay's nostrils and he could not resist it. The weight loss goal was achieved and he wanted to celebrate his success by allowing his cravings to binge on the same food which was abandoned during the last 3 months.

Vijay ate like he had not eaten for a long, long time. He had a feeling of filling and satisfaction, his stomach

was really full now. By the time they reached home, Vijay had begun to suffer from a strong sense of guilt. However, he justified his indulgence as a reward for the efforts and sacrifices he had made in the past 3 months.

Human mind is a strange but super intelligent machine. It innovates and brings the stories, excuses and justifications to suit and defend its actions. Over the next 3 weeks, Vijay kept giving justifications to himself about his cravings for his old food habits and choices. His waist size quickly shot back to its original shape, from 32 to 36 inches and after 2 and a half months, he was back in his original shape. Worse, his energy levels were continuously falling and he felt cheated by the results he got in end.

Mahesh, his boss, came to Bangalore the following month.

“Hey Vijay! You are back to square one! What happened to you?” The instant reaction from his boss was a reality Vijay was struggling to get used to.

The FB Friends, his office colleagues and practically everybody had a sympathetic look for Vijay and he started hating it. He was hugely disappointed and was getting kind of depressed with this entire experiment. Even before, during and after the program, Vijay had never felt a surge in energy that he had expected out of this program. The new clothes he had proudly purchased in the recent past could not be worn anymore and they teased him from inside the wardrobe.

The weight loss turned out to be a temporary phenomenon and it came back very strongly.

## Joining the Gym



# 13

Vijay soon weighed the same as he did before he had joined the weight loss programme. More than the reverse weight gain, it was this overwhelming feeling of failure and frustration that was sucking his happiness. He felt more tired than before.

It was Divya who kept him motivated during this entire period. She was observing Vijay's behaviour closely and was able to understand his mental agony.

Finally, she decided to talk about it. After putting Tanvi to sleep, she came and sat on the bed.

“Honey, what’s the matter? You seem to be upset these days.” Divya knew the reason very well but she knew that the problem has to be acknowledged and uttered by Vijay himself first.

“Divya, you know it well.”

“Tell me please.” Divya probed.

“You know it Divya. This entire experience of losing and regaining weight, I am not happy about it.”

“It has not helped me at all. I still feel fatigued for the most part of the day and life cannot go like this.”

“I know, but let me tell you I have also seen people not losing weight in spite of joining the slimming centres.” Divya went on to cite multiple examples in her friend circle. “You did that in the 1<sup>st</sup> place instantly, and I am proud of you.” She wanted to cheer Vijay.

“Actually it is not all about losing weight alone .” Vijay started opening up. “I opted for this program because I thought that by losing weight, I could regain my energy levels. That did not happen. And with this fatigue, I will fail in my Job, I will fail as a husband and father and I cannot even think about starting on my own. I will die with my dreams inside.”

“Vijay, I know you for years and I also know you are a fighter. If you set your mind on something, you will get it, come what may.” Divya knew Vijay needed emotional support this time. “It is this strength of yours which makes

me feel proud of you. You have still got this strength inside you, I am just reminding you about it.” She kissed Vijay on his cheek and hugged him tight.

“Why don’t you try joining a Gym with a good personal trainer? May be that can help.” Divya suggested.

Next morning, when Vijay was reading the newspaper, he saw an ad about a fitness club.

“The Diamond Gym”, the ad read “with a personal trainer”. Vijay made a mental note of the address and decided to check it out.

That evening, Vijay found himself in the fitness club. The club had an array of packages, and Vijay opted for the package which had a personal trainer. He enrolled for a 1-month program.

Waking up early at 5:30 am and reaching the gym by 6 was quite a task for Vijay considering his hectic Job routine, but Vijay had to take action now. The trainer did not have much information on the fatigue and energy part. He recommended Vijay saw a doctor. However, his explanation on losing weight was simple; Calorie in and Calorie out. “Whatever calorie you get from the food, you need to spend more calorie in comparison and you will start losing weight.”

The trainer further explained, “Even if you eat 1 Samosa, it gives approx. 200 cal and if you do treadmill for 45 minutes, you burn 150 cal. So you still have a balance

of 50 cal left in your body and hence need to be really careful about the choices.”

This explanation centred around the food portions and calorie counting. This was on the similar lines Vijay had heard in the slimming centre. He knew it was a theory focussed on deprivation which could not be sustained in the long run.

However, while in the slimming centre, the weight loss was achieved by heating & sweating, here it was supposed to be done by running, aerobics & sweating. Since Vijay was on medication, he was advised to take up light exercises.

The weight loss did not happen much though Vijay was feeling relaxed after the exercise. The program went on for a month.

Around this time, Vijay had to go to Chennai to attend some important meetings, and Divya’s parents came to stay with them. A break of 10 days disrupted Vijay’s routine and though he knew Gym would benefit him, the change was not drastic enough to push him to go for it in a focussed manner.

He was busy in his high pressure job again managing his work and his life – trying to make a balance, but it looked like the real answers to his problems were not close anywhere yet!

# Slimming Powder



# 14

**I**t was fiscal year-end, and the pressure at work was mounting day by day.

Mahesh's trips became more frequent and it almost became bi-weekly. In the meanwhile, Divya's clothing business had started picking up and she longed for Vijay's support for expansion but Vijay did not find much time and energy to get involved and support her.

He went to office early morning, dropping Tanvi to school on his way, and by the time he came back, it was almost 10 pm. Life had become a routine affair

and he was not finding enough time to spend with Tanvi as well.

Vijay still had Naresh's pics on the collage and now they had a WhatsApp group for their college alumni as well. They all were planning to meet again. Seeing other classmates' success stories, Vijay was sometimes inspired and sometimes feeling desperate – the pain of carrying all his dreams inside him was too much to bear.

It was becoming a life of quiet desperation for Vijay. He was lost managing his Job, his Boss, his family, and now Divya had also started reminding him about the house that they wanted to buy. It was a dream home for Divya. Vijay also wanted to buy the house but this new demand meant that he had to start hunting for it. It would be a long process and would take a few months, especially all the weekends.

Vijay wanted to have the energy so that he could go back to his life and do all of this. His cholesterol and blood pressure pills were still on. The slimming centre experiment was not successful and joining the GYM again did not appeal to Vijay. His mind was actively looking for some solution which could fix his problem quickly.

It was during this time that he came across an ad in a popular magazine. It was about a slimming powder. The powder was not available in India. It had to be imported. There seemed to be lots of customer testimonials around it. It had to be taken 2 times a day and it would dissolve

body fat and increase the energy level. It also mentioned that it had only minimal side effects, which were possible with any drug and that it was completely safe.

Vijay was so desperate for something like this that he did not bother to check further. His first 2 experiments were public failures and this time he wanted to keep it a secret affair, so much so that he did not even inform Divya about it. He wanted to play it safe. If it works, it will be a great story that he was able to do it on his own. There is nobody else to be given credit to, all credit will be to himself like so many customer testimonials published in that magazine. If it does not work, at least he does not need to face another public humiliation. It will die a secret death.

That night Vijay filled up all the details on the website. On punching in the credit card details, the 6-digit OTP number appeared on his mobile. Vijay took a long breath. The price was high, but this time he was doing it privately. He was trying his best to solve his issues. He punched the OTP and pressed the enter key. “Please do not press back / refresh this page”, the message blinked on the monitor.

Vijay’s mind was still racing.

“Shall I press the back button? Have I made the right decision?”

Before he could think further, the message was displayed –“Your transaction has been successful. Please check your email for further details.”

Vijay checked his mail box and there was an email from the company. This was a legitimate email and Vijay finally took a sigh of relief.

That night when he went to sleep, Vijay was all smiles.

“If this works”, he was thinking, “I would be able to move on in my life.”

# The Real Opportunity



# 15

**I**t was the last week of the year end closing. There was still lot more to be done to record YOY growth. Vijay had no time to relax. Two of his major customer contracts were still pending to be closed.

When he was just coming out of the conference hall after the team call by Mahesh, he saw Charles, his ex-boss, waiting for him outside.

“Hey Charles, How are you?” Vijay asked.

Vijay was so busy in catching up with his new Job that he barely met Charles

after his role change. However, he always had that rapport and comfort with Charles having worked with him for a good three years.

“I am great Vijay. I want to spend some time with you. May be during lunch?” Charles suggested.

“Why not boss, anytime!” Vijay replied.

Charles took Vijay outside for lunch.

Vijay could not believe his ears. His ex-boss Charles was talking about entrepreneurship and his start-up. And he wanted to bring Vijay on-board.

It was an idea about an ambitious project. Charles was talking extremely passionately about it –something which would change the course of citizen rights in this country – The Online Voting System.

The problem was very simple. A significant portion of urban population does not cast their vote. One of the primary reasons is the migration of population. People who migrate to another city for jobs or business opportunities fail to vote in an election because they are registered voters back home. They cannot travel back to cast their vote. Besides, there are people with health issues who won't be able to cast their vote on a particular day. The online voting system will eliminate any need to travel and people would be able to cast their votes sitting at home, even if they are unwell on that day.

This will change the course of this country. However, there were multiple issues – security and safety concerns, political will and initial funding. The concept was to build a prototype and test it in a pilot projects and later present it to the Government.

Charles was looking to build an initial core team. Based on their dedication and output, the roles and responsibilities will later be defined and carried out. The first few pilot project tests had to be done on their own and then they could pitch for VC Funding.

Vijay had goosebumps as Charles unfolded his plans.

He looked at Charles with a side glance. Charles was 52, yet looked in his 40s. He was full of energy & verve. He had proven experience, a solid reputation, a track record of success and he sounded extremely passionate about his business idea. Any possible venture capitalist would look to his personal credibility very positively.

# 16

## Persuasion



Vijay was so excited that he could barely sleep the entire night.

It was a dream come true for him, to get an opportunity to be on his own. However, building something new while doing a full time job was never easy.

The first sacrifice would be family time. With his day time travelling job, he was not sure by what time he would be reaching home and then working from home till late night on his start-up. That would mean no time for Divya and Tanvi.

Images of Divya's silent treatments with seething anger almost pushed Vijay into thinking mode.

"What could be the other option?" he thought.

The only other option was to squeeze time during the weekends. Either way he had to stretch himself if he wanted to build his start-up.

Vijay knew he had to play some drama, but the efforts would be worth it and finally he could start his journey about building something on his own.

So the next day, when he returned home, he was completely silent.

"What's the matter?" enquired Divya.

"Nothing". Vijay was playing it very carefully and brought some more melancholy to his face.

"There is something you are hiding, what's that?" insisted Divya.

"Nothing much to discuss. You know my ex-boss Charles. He is now starting on his own and he wants to onboard key people to build his core team." Vijay pretended with a causal tone. "However, when he asked me if I was interested, I told him I was not sure."

"But why? You did not like his plan?" asked Divya.

"I liked his plan. What he is setting out to do is very ambitious and exciting. However, to be able to commit to

him would need two things – Time & Effort. You know, I cannot leave my full time job at this point of time.”

“So, where is the problem exactly?”

“The efforts part, I can manage. I will slog it out and work more. However, the time part – either it has to be squeezed from the week days or during the weekend. Either way, it is yours & Tanvi’s time which will be sacrificed, and so I told him I might not be able to do it. What’s the point of doing something which takes away our family’s happiness?” Vijay had bowled the googly.

“Vijay, when you can think about our happiness”, Divya came close to Vijay, “why can’t we think about your happiness?” She put her arms around Vijay’s neck.

“Give us at least one outing in the week and we will not complain”, Divya reassured.

“By the way, how long is it going to last?” Divya asked.

Vijay knew this was an important question and had to be answered carefully.

“I am not sure, but I guess at least 3-6 months to begin with”, answered Vijay. He knew if he told that he was going to do this any longer, Divya might change her mind.

“I think, Tanvi and I can do that much for you”, Divya replied.

“Thank you Honey!” Vijay was smiling, knowing that the next innings would be interesting.

## The Slogging



# 17

**D**uring the next few months Vijay worked tirelessly day & night. Managing the job and his work at Charles's start-up was not easy.

Mahesh's visits to Bangalore had become more frequent and it meant Vijay needed to be on his toes always. His numbers and pressure in the sales job had increased two folds. Now he used to start early for office and would come late in the night. Sometimes there were late night phone calls with Charles as well about their project.

Meanwhile, the slimming powder had arrived at Vijay's office address. He had been able to hide this perfectly from everybody. After taking the powder, Vijay used to feel very thirsty. The instructions on the cover unambiguously said a lot of water had to be taken along with the powder.

In spite of working madly and always exhausted & short of energy, Vijay was still very happy from the inside. Whenever he was pissed off with Mahesh's sales pressures and illogical customers, he just engrossed himself into his project and spoke to Charles.

Divya was observing the changes in Vijay's routine as well as his ever busy schedule. She was now concerned about his pace.

"Vijay, you are working too hard. Slow down." She came into the study room late one night.

"I will Divya. A few more months' slogging, and then hopefully we can have a new beginning." said Vijay.

"Look Vijay, I am concerned. I do not know if you have observed the changes in yourself but you have gained weight significantly, at least 15 kg more from your earlier weight. On top of it, your physical exercise is zero and last time you were diagnosed with high blood pressure and cholesterol. I feel very scared sometimes." Divya came closer to him.

"And now you have started hiding things from me as well", it was almost a complaint.

Vijay was dumb struck. “How did Divya see it? In my Bag?” His mind was racing.

“Oh that powder, I just ordered it to experiment honey.” Vijay’s mind was still trying to find a logical explanation on having been caught red-handed.

“Next week, we are going to the doctor for your full body check-up. No more excuses”, Divya declared.

“Not next week dear. Because, we have a presentation on our final prototype. But the week after, for sure, as per your order, me lord!” Vijay smiled.

Divya smiled back, a frown still creasing her forehead. Vijay tried not to stare – she always looked pretty that way.

The Pilot had progressed fast and after five months of sweating, their initial prototype was planned to go live next week. So much so that Charles had arranged for a meeting with potential investors.

They had done the final testing and the prototype was ready to be presented the next morning. Vijay slept early that night, so that he could remain alert next morning.

It was going to be a big day for their entire team!

# 18

## The Crisis



**T**he alarm went off at 6 am.

Vijay opened his eyes but he could not get up. He tried hard but he was at a complete loss of energy. Moreover, he was having excruciating abdominal pain.

Vijay had to shout for Divya, who finally woke up and seeing vijay's condition panicked at first. However, she soon dialled for ambulance.

Divya left Tanvi with their neighbour and sat in the ambulance along with Vijay.

Though Divya had put up a brave front, she was shattered from inside. Her worst

fears had come true. While she was sitting beside Vijay, she had a close look at him - There was, to all appearances and by the accepted standards, nothing wrong apart from the obesity which was visible.

The doctors moved Vijay to the ICU and ordered all the tests. It was cirrhosis of the liver, coupled with the excruciating pains of neuritis, which was definitely not something to ignore.

The doctor advised six weeks of complete bed rest followed by more tests and monitoring.

Divya was still not satisfied.

“What do you mean by more monitoring?” she asked the doctor.

“I do not want to give a false assurance to you. We are taking all possible measures. His condition is bad. He has been carrying a condition called fatty liver disease alongside his obesity, which has now caused the cirrhosis. Cirrhosis of the liver is not completely curable. Liver transplant is the only option available. However, your husband’s condition is not that bad now. But, you need to be very careful and go for a complete life-style change.” The doctor said coldly. “Do not give him anything which would put a burden on his liver, for example, alcohol. His blood pressure and cholesterol levels are high. They must be under control to avoid any further damage.”

Divya’s heart was sinking. But In her moment of panic, she became determined to do anything to keep her family

intact. She called up Vijay's parents who immediately flew in from Pune.

Vijay was discharged 3 days later and was asked to come for routine check-ups thereafter.

However Vijay did not recover from the setback quickly. He saw clouds in the horizon. He found himself on a shaky wicket. He realised that if he does not have energy and vibrant health, he cannot do anything – no job, no business. Deep in his subconscious mind, he also became aware of the fact that all of his previous efforts to regain his health & energy had not yielded the desired results.

Divya tried her best to put up a brave face. She tried to demonstrate that she was in control of the situation and pretended as if it was not as bad as it was being perceived. She knew that all her tenacity and courage would be put to test in the coming days. Often she had to attend to the calls from her customers while busily engaged in some other work with the ear phone plugged in and the phone tucked into the pocket of her apron. When alone in the kitchen, she wanted to cry. She began to feel the pangs of guilt for not having been conscious of her husband's health needs. She was worried about Tanvi's emotional wellbeing too.

Tanvi on her part was ignorant of the real seriousness of the situation. She was told that her father would not be able to play with her and pamper her like before, at least

in the immediate future. However being just 5 year old, it was a bit difficult for her to come to terms for it and understand the actual reason. Also she was emotionally close to Vijay. However she found new companions in the house – her grandparents.

The presence of Vijay’s parents in the house did not help much in the beginning. Vijay’s father himself had obesity, high blood pressure and diabetes and was on severe medications. However he started spending some quality outdoor time with Tanvi. Soon, they became very fond of each other.

Vijay’s mother had arthritis and was unable to do much work. However Divya found someone with whom she could share her stress and it helped her becoming calm. Vijay’s mother morning prayers and chants in the house started bringing positive vibes and Divya realised that in spite of not being able to help, the presence of Vijay’s parents gave her lot more emotional support.

# 19

## A Ray of Hope, Finally



Vijay applied for a long leave from work on medical grounds. Mahesh phoned him to enquire about his health.

Charles also visited Vijay at his home. Charles updated Vijay that the meeting that day had gone quite well. However, Vijay was unsure whether he would be able to contribute further to the project at that point of time.

Couple of weeks passed by but Vijay's recovery was very slow. He was still unable to regain his strength and his days were passed in much pain and weakness.

Divya wanted a clear information from the Doctors but they were still kept on a wait and watch mode. Finally, she was able to impress upon one of Vijay's doctors that she would be better off if she had the real picture about Vijay's health. The doctor took her to his office, made her relax for a while and then informed her that although Vijay's condition does not seem to be deteriorating, the sorry part remains that he wasn't making progress towards recovery and that there wasn't much that could be done at the moment. "He should be in bed for at least a few months", he said with a tone of finality.

It was exactly 16 days from the date of discharge, when their neighbour Prem returned from abroad and dropped in to see Vijay.

Vijay always admired Prem. Prem was one of the most vibrant, energetic and healthy individuals in their neighbourhood. He was almost 45 but looked at least 10 years younger.

Vijay opened up with Prem about his hospitalisation and his current medical condition - cirrhosis of the liver, accompanied by excruciating pain of neuritis.

"Cirrhosis is a progressive disease, developing slowly over many years", Prem declared. "The liver carries out several essential functions, including the detoxification of harmful substances in the body. It synthesises vital nutrients. Cirrhosis is a reflection of what all wrong is going on inside the liver for a long period of time."

“Have you been feeling extremely tired of late?” asked Prem.

“Are you a medical doctor man?” Vijay was amazed at Prem’s knowledge.

“I am not a medical doctor, just a student of health”, Prem was smiling.

Vijay’s mother peeped in and said a feeble ‘Hello’ to Prem and disappeared into the kitchen. Prem called out to her and said he would not have anything to drink.

For Vijay, It was a relief to finally have someone to talk to about everything. He found himself opening up about all his experiments with Prem, his hide and seek play with his body weight and his continuous experience of feeling loss of energy for the past few months and his experiments– starting from energy pills, slimming centre, the gymnasium and the slimming powder.

“I think I have a unique problem. Whatever I try does not work. Either my body is not supporting or I am doing something fundamentally incorrect.” More than looking puzzled, Vijay’s face had feelings of pain and frustration.

Prem had a sparkle on his face.

“I can understand your situation”, said Prem. “Because I was exactly in the same situation 8 years back.”

“Really?” Vijay asked in surprise.

“Really”. Prem opened his wallet and handed a business card to Vijay. “I suggest you consult with this person.”

Vijay took the card. “Harish Bhat.”

“I highly recommend him. He’s a health & wellness coach.”

Vijay looked at him blankly.

“Health coaches are a new breed of health professionals. A Health coach is a supportive mentor and wellness authority who works with clients to help them feel their best by making healthy lifestyle choices. Whether the goal is to lose weight, increase energy or sleep better at night, a health coach motivates individuals to make lasting changes and feel their best”, Prem explained.

Vijay was not completely convinced.

“But why a health coach? Isn’t the doctor enough?” He asked.

“There are two issues here. First of all, traditional doctors and physicians study the disease in a major field called as Pathology. The main focus is on after-the-fact; repair and damage control. Certainly, that is most important once you have already fallen sick. However, there is no focus on before –the- fact; what needs to be done so that you stay healthy. So much so that there is not even a word in modern medicine about study of health - Prem explained.

“However the time is changing now. Many of the traditional doctors and physicians have started incorporating nutrition and health with their practice of

medicine. They take a keen interest in it but they do not always have the time & resources to help their patients build the healthy habits and change their lifestyle. Less than 3% of doctors' visits are spent discussing nutrition. Trillions of dollars are spent on healthcare, yet less than 2% of that goes for prevention. One in five people will die of obesity and every year there are over 30 million preventable health related deaths worldwide. Relationships, exercise, career and spirituality are factors sometimes as important to our health as what we eat and yet the current system fails to address that.”

There was an uneasy calm in the room. This was a new information and Vijay was still processing it in his head.

“Does that make sense?” Prem asked after allowing enough time for his message to sink in Vijay’s mind.

“It does, actually.” Vijay nodded his head. It was time to figure it out, for his life to work.

“Can he help me for a speedy recovery from Cirrhosis?”

“He is an expert on weight loss, disease prevention and lifestyle disease reversal. Cirrhosis is a progressive disease attributed to lifestyle as well.”

“Is he expensive?”

“You will be saving more money in the long run by eliminating the root causes.”

Prem’s words were making sense and after a long time, Vijay felt better and more in control of his life.

## The Second Advice



# 20

As Prem was about to leave, Divya returned from the market. She had gone out to buy the new medicines prescribed by the doctors.

Divya had told Vijay not to try anything new without involving her. She was kind of scared after Vijay's hospitalisation. Although when Vijay told about Prem's recommendation, she listened to it attentively, her mind wasn't yet open to go for a new experiment.

“Vijay, why don't you take advice from Naresh as well? He is your good friend and

somebody who was talking to you about the importance of health and energy.” Divya asked.

Vijay realised it was time he spoke to Naresh and sought his advice. He had tried everything but nothing was working out.

“Naresh should be able to help”, Vijay agreed with Divya.

Vijay called up Naresh. Naresh said he was concerned about Vijay’s health and that he had come to know of his illness from the group, although he didn’t know how serious it was.

After listening to Vijay patiently for half an hour, the recommendation from Naresh was similar he had heard before. Naresh too advised that he needed to consult a health coach.

“Health coaches consider all areas of a person’s life and address a wide variety of wellness factors. They work in conjunction with physicians, nurses and dieticians and serve to fill a void in our current healthcare system. Health coaches serve as wellness mentors who help people find foods, relationships, fitness routines and lifestyles that make them feel their best.” Naresh explained.

“Any good reference in Bangalore?” Vijay asked.

“There is one gentleman that I personally know of – Harish Bhat. He is very passionate and down-to-earth. He has helped hundreds of people achieve their health goals and should be able to help you as well.” Naresh replied.

“You have always been a fighter, Vijay. You have always been positive. I can see you coming out a winner this time too. Do let me know if I could be of any further help.” Naresh reassured.

“Thanks a lot Naresh. You are already proven helpful. Will catch up with you soon. Bye”, Vijay already seemed to be on the way to recovery.

Divya did not fail to notice it and turned her face sideways to rub off the lone tear that had rolled down from the corner of her eye.

“So, that saves us the difficulty of taking a decision now. We have this common recommendation from two reliable people.” Vijay had seen Divya fighting her tears. He took her hand in his hands and gently massaged it.

“I have put my wife and the entire family into a very difficult situation. I appreciate the way you have risen to the occasion. And that gives me the strength to fight on. You are my strength, and your courage is my armour”, Vijay said feeling Divya’s untrimmed fingernails.

Divya buried her face in his lap and cried.

Vijay ran his fingers through the silk hair of his wife. He couldn’t open his eyes for the fear of revealing the moisture there.

# 21

## A Different Experience



When Vijay dialled Harish's number, there was only a recorded voice message which seemed somewhat strange to Vijay. The voice explained that Harish accepted only very few clients and they had to fill an application form. Harish would then review the form to determine if they would benefit from a one-hour orientation appointment.

After putting Tanvi to sleep, Divya joined Vijay who was browsing through the site. It was very informative. It clearly explained what a health coach is and how they help. There were a number of

testimonials as well. Vijay saw Prem's picture also among the testimonials. There was a section dedicated to FAQ.

After downloading the application form, Vijay just opened the PDF file.

“Too long”, he said.

Divya was also surprised. “How long is that?”

“It's several pages long and only after we fill and submit this, he will confirm if he can meet us.”

Vijay gave the print command.

“Then if he agrees to meet us, we have to get an appointment.”

When Vijay had called up the slimming centre, his appointment was immediately fixed. The receptionist was almost insisting on immediate payment. Here on his website, it was a complete contrast. It was written that he only accepted clients he thought would benefit from him, and the objective of the first meeting was to know each other well and determine if they could work together as a team for a long-term relationship.

“I am feeling like I am applying for a Job”, Vijay said, slightly discouraged.

# 22

## Application Form



**T**he application form was long and unlike what Vijay and Divya had seen before. Divya wanted to check it out too.

This was nothing like an ordinary medical form. Apart from the fields for regular medical history and current medications, there were fields for detailed description of their daily and weekly lifestyle habits, Diet, Exercise, Sleep & Rest, Relaxation, Relationships, even career and spirituality. It also asked where they lived, what kind of surroundings they had, and whether they had access to clean air, water, and sun shine. They had

to tick if they spent any time close to nature, in parks or in woods.

It took over an hour for Vijay to write in detail about his food habits, his daily work life, time taken in commuting in traffic and time taken to watch TV. After completing this first section, there was a self-assessment – “How healthy and energetic do you feel right now?” Vijay gave himself a rating of 1 on a scale of 10.

Section 2 had the essay-type questions. The starting question took considerable time and thinking for Vijay to answer. It started with a statement – “Being healthy is not a goal, it is a lifestyle choice”. “What would you do if you get vibrant health and supreme energy? What goals would you want to achieve?” It further asked, “If health was no issue and you had unlimited energy, what are the 3 important things you would want to do, want to have or wish to achieve in your life?” And yet another one asked, “How important are these 3 goals for you in your life? Are they plain wish list, or are you serious about them? How would you feel if you are able to achieve these goals within a stipulated time period?”

Answering these and the rest of the questions on the application involved lots of thinking and soul searching. Vijay wrote his first priority about having a disease reversal of Cirrhosis and attaining vibrant health & unlimited energy. He would like to build his own start-up. It was his dream. He wanted to become his own boss and it would

bring satisfaction to him, to be able to create something on his own.

His 2<sup>nd</sup> goal was to be able to have enough energy to spend quality time with his family – Divya & Tanvi. He wanted to be an ideal husband and an ideal father to his family by making sure he spent enough time with them in spite of his busy schedule.

His 3<sup>rd</sup> goal was to feel happy from inside. He had tried so many approaches and had failed in all of them. He felt he was not able to take control of his life. If he could find a way out and succeed, it would bring internal joy, satisfaction and mental victory for him. Further, he could help and inspire others who are in through the same struggling journey.

Writing these answers made Vijay really think about what he wanted in life. Becoming healthy was not a goal, it was a tool, a process to live his life fully. After he finished, he scanned and uploaded the form online. Instantly, he received an automated message that the application would be reviewed soon, and he would be notified if he merited an appointment.

Vijay felt like he had appeared for his engineering exam again and was waiting for his results. He was anxious but at the same time hopeful. Whatever insight he had gained from the whole exercise made him feel reassured. Further, he felt satisfaction after the ‘self-discovery’ exercise which, he realised now, had reinforced his motivation to work on

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*Application Form 95*

his health issues. He knew that he was looking forward to hear back from them.

Finally on Friday he received an email confirmation about his application having been accepted. This was followed by a telephonic confirmation from his assistant.

# 23

## Initial Appointment



**D**ivya insisted she would accompany Vijay on his first visit to Harish's office as she wanted to be with him on this important occasion. She understood the importance of this meeting and wanted to know how she could also pitch in. She craved for those happy days of the past. She was hopeful.

It was a new experience for Vijay. To begin with, sending an application form and then doing an online payment for this initial meeting was very new. Then he was invited to Harish's house which was also quite different from the established

protocol. He was also advised to bring all his test reports and records pertaining to his recent hospitalisation.

Vijay had remembered his first meeting at the Slimming centre. Within 10 minutes, the receptionist had got him to sign up the program. He was now clear of one thing. He was not going to sign up for any program without discussing it with Divya privately.

It was a modest yet decent 2-storey house in HSR Layout and the basement served as the office. The surroundings had thick vegetation and the front had a small cute lawn with beautiful flowers.

Harish, a lean man in his 40s, in Jeans and half sleeves check collar shirt, with a radiant smile welcomed them at the door. He ushered them to the drawing room. He had a glow in his eyes and on his skin. “Welcome, and thanks for coming”, he said. “We can discuss in the basement office. But if you prefer, there is a terrace garden as well with enough shade and sunshine and today is a beautiful day.”

“Terrace garden would be a better choice” Vijay replied.

It was a beautiful terrace garden, almost hidden from the front view. It had colourful flowers and different types of plants & herbs in earthen pots. Vijay & Divya were surprised with this informal setting and environment, but they were at complete ease.

Harish went to the chairs placed around a round table and waited till Divya and Vijay made themselves

comfortable. Divya was looking at the white, yellow and red Bougainville that lined the terrace.

“During the next 1 hour, I am going to ask you lots of questions to find more information about you and to find whether I can help you. If I feel that we can achieve good results, I will explain how I work. Please feel free to ask any questions that you have in mind. Do you have any questions before we start?” Harish said when he saw his guests were relaxed.

Vijay was hesitant in the beginning but the informal set up and Harish’s smile made him at ease.

“I am glad to meet you Harish, but you are not exactly what I had expected to see!” He exclaimed.

“Oh”, Harish said, “What had you expected to see in me?” With a wide smile now.

“Actually in our family and circle, portly and imposing men are considered healthy. You are too thin to be a good example for your teachings. I know I am obese but you should be much heavier!” Vijay was actually in awe of seeing a fit Harish, but he was presenting the same argument which he heard on a daily basis.

“Oh really”? Harish replied. “You never have a headache, indigestion, acidity, heartburn, gas or liver trouble? Did you ever see a fat race horse? My body is of the race horse type, never troubled with any of these disturbances.”

“But aren’t they natural conditions which everybody is subjected to?”

“Not at all. Once you lose 10-20 kg, you would realise that these conditions which you call natural are, literally indications of a sick body.” Harish explained.

“In fact”, Harish added, “there are many degrees of health.” Someone says, “Oh, I am doing pretty well!” Another says, “If it was not for my joint pains or Acidity or Gas problem or Constipation, I would feel fine”.

Yet another one may say, “I have just returned from a visit to the doctor. My doctor says there is nothing wrong with me. I wish he could feel the same way I feel right now, then he would know.”

“How many of us, when asked, how are you today? Can honestly answer- I am right on top of the world. That is what vibrant health is all about.”

Vijay was sure he was talking to a man who was an epitome of supreme health.

“Any more questions?” Harish asked.

“Nope.” Both Vijay and Divya replied in unison now.

“Great. I have gone through your application carefully, but let’s begin by you telling me what brought you here today.”

“To be specific, we have come here for a speedy recovery from cirrhosis of the liver and from this excruciating pains

of neuritis as you would have seen in the hospitalisation reports.” Vijay explained.

“Cirrhosis of the liver and neuritis are progressive diseases largely contributed by lifestyle. They are symptoms of what is going inside your body. How was your day to day health and energy levels before this hospitalisation?”

Vijay explained his experiments and struggles and his continued fatigue and loss of energy.

“So, in addition to the speedy recovery from current ailments, what else do you want to achieve?”

“I want to achieve a constant state of vibrant health, the way you just explained, so that I can experience this feeling of being on top of the world with unlimited energy. That will help me doing the things and achieving my goals I care about”. Vijay fixed his gaze on Harish.

“And what are those goals”? Harish asked.

Vijay spoke about his start-up dreams, how he needed to manage his work life and how he wish he could spend more time with family. Harish was all ears.

“And how would achieving these goals make you feel”?

“Well, achieving these goals would bring so much joy. It would make me happy from inside. I want to have a feeling to be able to create and contribute in this world through my start-up. It will give me a sense of purposefulness about my life. And spending time with my family is a bliss.” Vijay had started smiling even while talking about it. He went on talking about it for quite some time.

“All right”, Harish said when Vijay finished. “I can see achieving these goals is important to you. Remember, it is extremely important to have clear goals which would keep you motivated to bring out the changes you are seeking in life. Being healthy in itself is not a long term goal. It is more like a tool, like a process. What all you can do after becoming healthy, after that newfound energy, what would you like to be, have or become – that is what your goal needs to be and something which will drive you from inside for long term.” Harish explained.

“Now let’s see how far we can get with the basics.”

Harish started with specific questions like, “Do you have any other specific medical issues?” And some very broad philosophical questions such as, “What would it take to live the life you’ve always wanted?” Some of these questions were things Vijay had not considered and he had to think about them.

Then Harish went into some of the specifics about medical history, recent hospitalisation reports and current lifestyle choices regarding food, sleep, rest, exercises etc. Vijay talked about all the experiments he did for weight loss and how it was always a temporary success. Also, how he felt like a failure and loser after trying so many ways out. On this Harish said, “Failure is not bad. In fact it is the stepping stones to your success.” Harish went ahead to share some of his life experiences about failures.

It was well past 1 hour when Harish said, “I think we could work well together, so I’m willing to take you on as my client”.

Harish's words had already begun to instil hope and confidence in Vijay and Divya. Divya was only listening till this point of time.

“But we do not know anything”, she said.

“That's true. But if you would have figured it out yourself, you wouldn't need me.” Harish smiled. “I receive multiple applications every day but I want to work with those people who are genuinely interested in improving their lives. Your sincerity towards filling up the application form and the time you spent getting all the information together prove your strong desire to improve your health. Further your clarity about the goals you want to achieve makes you a committed person and it will be my privilege to help you out in this Journey.”

Vijay was happily smiling. “What next from our side?” he asked.

“Next, if you want to schedule a meeting again, you can do that or if you first want to talk about it internally, you can go home, discuss it out and then schedule a meeting if you would like to work with me.”, Harish replied.

Vijay was impressed with this down-to-earth approach and he felt completely at ease.

He looked into Divya's eyes. Divya's eyes were reassuring and satisfied. She closed and opened her eyes in a way that only Vijay could understand and it meant 'Yes'.

“We would like to schedule an appointment now while we’re here”, Vijay suggested after getting this secret nod from Divya.

“Great. You will be able to save some time as my schedule fills up fast. While you are back home, you can discuss more and I would be happy to answer any questions when we meet again”, Harish said.

They fixed the next appointment for early next week.

# 24

## First Impression



“I was thinking about the same but your nod gave me the encouragement to book it right away”, Vijay said while smiling at Divya driving back.

“You know honey, I get the vibes very easily and my hunch is never wrong”, said Divya. “His eyes had a glow, he made us extremely comfortable and he was genuinely interested in knowing more about you and your health issues.” She continued.

“You are right. He did not force us for any sign up. It was me who did most of the

talking. And the kind of questions he was asking was very intriguing and thoughtful. In fact, it is almost opposite to the experience I had in the slimming centre, where I was chased up to sign the program.”

“So, shall I sign up with him?” Vijay asked.

“Well, when both you and I get agreed on something quickly, it definitely means it is special and not ordinary. And this person falls into that category”, Divya was smiling.

“In fact, I am also very hopeful that you will be able to get a quick recovery from Cirrhosis of the liver. And I see myself enrolling to his program too”, she continued. “I think he understands your situation very well.”

“All right, let’s do it”, Vijay said, pressing on the accelerator. It felt like a very smart decision.

“But wait, we did not ask his fee”, Vijay recalled all of a sudden.

“Hmmm, Hope he is not expensive. But anyways, even if he turns out to be expensive, I think we have not much choice left and it will be our smartest decision off late”, Divya replied, almost like reading Vijay’s thought.

# 25

## The Decision



When Vijay and Divya went to meet Harish the next time, he took time to explain in details how his health consulting engagement will work. He went through line by line and made sure both of them understood everything.

When they were done, Harish took out his fee letter and quoted his fee. Both Vijay and Divya looked at each other. It was the same amount Vijay had spent on his slimming course for 3 months engagement. Harish explained how an investment on disease prevention and disease reversal would save them lots of

money in comparison to the treatment of only symptoms. When they signed, they knew it was one of their best decisions so far regarding health.

# 26

## Harish's Story in 27 Points: (An Introduction on Health)



**T**he starting session was an orientation session on health & belief system. It started with Harish's personal story.

“I am an engineer by profession and about 10 years back, I was diagnosed with type B Diabetes. I hit the nadir of my health during those years, so much so that I had a nervous breakdown and was admitted to hospital.”

When Harish started sharing his experience, Vijay and Divya listened attentively. Vijay started writing all the

notes in his diary. He summarised the entire session in 27 points.

1. "Adversities are good. They force you to take note and change yourself, something my health issues did for me. I started doing my studies and research. I found lots of contradictory information about health. That is the time I started experimenting on myself. And I learnt to listen to my body's signals".
2. "Human body is a marvellous machine. It is our greatest friend. I learnt about internal cleansing and nutrition. And I started experimenting. In a few months' time, I cured myself naturally and it has been an amazing journey for the last 9 and a half years. I have been in extremely good health without even a single episode of headache".
3. "I also committed lots of amateur mistakes in the beginning due to my innocence, like advising and preaching. Later I came to realise that unless people are seeking out, they are not ready for any new information. Moreover, human beings learn and change through their own mistakes, it's an evolution process and normally they will aspire to change after going through a vicious cycle of pain and suffering. I myself went through the same process".

4. “I realised these things over time, and now as you could see, I help only those people who are willing to help themselves and mostly, these are the people who have suffered a lot. Only when you are at the bottom, you say to yourself – enough, I cannot go down further. I can only rise up now”.
5. “Achieving health cannot be a goal. Having supreme energy cannot be a goal. What you will do with that health, with that energy, that becomes your goal. Then it becomes an inner driving force”.
6. “In my case, I realised helping other people achieve their potential would give me inner satisfaction & joy, and that became my goal – letting people know that vibrant health is possible and is every human’s birth right. And for that, I am a living example – a person who had been diagnosed with Diabetes and hospitalised for the nervous breakdown at one point of time”.
7. “Sometimes I wonder, had it not been for my health issues, I might not have discovered this path at all”.
8. “We live in a cause – and –effect universe. Every action has a reaction. Things do not just happen to you. They happen as a consequence of the action you took earlier. Obesity, lack of energy, pain, discomfort or lifestyle diseases – all are the direct result of either doing something to your body or not doing something that could have prevented a problem.”

9. “After-the-effect or when a person becomes ill, that is entirety of a medical school curriculum. They teach doctors how to treat sick people after they have fallen sick. Before-the-fact is prevention. What to do when you are well to ensure you stay that way. Prevention based on ideal lifestyle is not even a subject of study in medical schools.”
10. “What is it that heals a cut finger? Is it the bandage? No. it is the body. Human body is self –repairing, self –healing and self-maintaining.”
11. “In every area of our lives, health, relationships, and profession – we are constantly making choices, and the sum total of all such choices shape up our lives.”
12. “I was never taught how to eat for my body instead of exclusively appeasing my taste buds.”
13. “Dieting is a frustrating waste of time because it never addresses the real problems. It does not present an intelligent, long term solution to the problem. Dieting is a short term, temporary solution that carries within it the seeds of their own failures.”  
Harish was sharing his journey.

Vijay was spellbound. Each word Harish uttered, it looked like it was Vijay's story unfolding.

Vijay had watched helplessly as each kg he fought so hard to lose returned with vengeance. That was the worst

part of it, knowing that the weight was going to come back and there was nothing that could be done about it.

He had thought of one thing and one thing only throughout the length of the dieting – food, and when he could eat again. Whatever Harish was sharing, it was making complete sense now.

Harish continued and Vijay started putting notes again.

14. “Diagnosis, emergency medicine, trauma care and surgery – these are what members of the medical community focus on. This is probably because the medical profession evolved according to the needs of the unhealthy person rather than that of the healthy person. The doctors encounter a person only when they are diseased and the role of the doctor becomes confined to getting the patient rid of the (symptom of) disease”.
15. “The basic foundation of modern medicine is after-the-fact treatment .It does not focus on the cause of the problem, it focuses on reducing the symptoms of the problem. A medical student studies pathology (study of disease) and deals with sick people, not well people. Medical doctors interact with people after their health has been compromised. Prevention of long term chronic illness is beyond the scope of modern medicine. This requires a healthy lifestyle aimed at preventing the person from falling ill. This is before –the-fact treatment.”

16. “Exuberant, vibrant health is our birth right. It is part of the grand gift of life. It is the normal, natural state of our being. Pain, ill health and disease are abnormal and are not our natural state of being. You can have control over your level of health. You can have a say in the length and quality of your life. In fact, taking control and being in charge of your health are not all that complicated.”
17. “Put in fuel and the car will run. To keep the car in good condition, the oil has to be changed periodically. Else it will become silted up with sludge, and will eventually break down. No amount of external cleaning will substitute for inner cleaning. You can wash, shine, polish and paint the car until it is the best-looking car. But it won't run if the inside engine is filthy”.
18. “Like a car, our body depends on fuel (food), which it converts into energy. And as with a car, our body needs to be cleansed from inside. A certain amount of toxic residue or waste is daily generated, first by daily replacement of billions of old cells with new ones and secondly from the food and drink we consume daily.”
19. “Millions of people suffer from constipation, skin problems or high blood pressure. Others have respiratory problems or other lifestyle diseases. All these are symptoms of dirty toxic bodies.”

20. “The body can remove the toxins only to a certain extent. If the rate of toxic coming into the body is more than the toxic leaving, it spells pain and disease. Millions of people lose their lives due to clogged arteries which contain sticky, toxic waste matter which the body wanted to get rid of but could not.”
21. “The cleaner the body, the better it works. Sadly, in hospitals, millions of dollars are spent on healthcare, but the entire expenditure is on expensive screening tests & drugs for the diseases after they occur. The subject of prevention is not given any importance and the importance of keeping the body hydrated, cleansed and detoxified is completely ignored.”
22. “Human beings are energy systems. We cannot hold this energy in our hands, but we surely know when someone around us has it. Nothing can be performed without energy. Everything we do needs energy.”
23. “The body is always striving for its highest level of health possible. Health is the normal, natural state of our body. Ill health is abnormal and unnatural. As long as body is alive, it is striving for health in the quickest and most efficient way.”
24. “The human body has a built-in mechanism for giving out warnings. The more critical the problem, the more intense the warnings. Unfortunately,

these warnings are not recognised by most of us as such. They are either ignored or masked with drugs.”

25. “Keep in mind that health is natural and illness is not. The body always strives to maintain a healthy state.”
26. “The body’s number 1 priority at any given moment is self-preservation. Your body will never give up on you. All you have to do is not stand in its way.”
27. “We have all been conditioned to respond to pain with drugs. It’s so easy. Feel pain, take a drug and it goes away! Drugs don’t heal anything. Although they can block symptoms that can be life-threatening, mostly they are overused and misused. Drugs mask symptoms, that’s what they are for. “There’s no pain, so there must be no problem”. It provides a false sense of security.”

“Are you against the dependence on drugs?” Vijay was a little concerned.

“I am not suggesting that you stop taking whatever drug you are taking and never take another one. Drugs have their own place and under certain circumstances including emergencies, drugs fulfil their role. But that happens only sometimes, not every time. We have started drugging the population since infancy and childhood, continuing into adulthood- something which has compounded the problems.” Harish explained.

“When do we start our program for Vijay’s speedy recovery and healing?” Divya asked. She wanted to start it immediately without losing further time.

“Alright! Since you want to focus on disease reversal, which in your case is cirrhosis of the liver and neuritis, we will not wait for our theory part completion and instead start the implementation right away so that you can see the results soon. I do understand that you might have lots of queries and questions. Just bear in mind the fact that every action we are taking has a scientific logic behind it which will become clear to you as we move to the Health fundamentals one by one.” Harish clarified.

Harish spent the next 30 minutes explaining to both of them specific instructions & program to address Vijay’s current ailment. Vijay & Divya had lots of questions to ask, but as per Harish’s instructions, they noted all of their questions in their diaries and waited for Harish’s theory part to get completed first which by design was supposed to answer all their queries.

## Our Beliefs & New Information



# 27

The next day, when Divya & Vijay arrived, the extended introduction was about the human belief system.

Harish asked them, “How do we normally respond to new information?”

“Mostly with doubt and scepticism”, answered Vijay.

“Right”, said Harish. “Our mind begins to search related matters and tries to find out the similarities. If these is no match found, mostly the new information is met with scepticism or even an open attack.

Healthy scepticism is okay. But how do we know if it is the truth? If it works in real life?” Harish turned to Divya.

“By experimenting”, Divya responded, still not quite sure about her answer.

“That’s right. It is simple. Put it to test”, Harish added further. “Science is that which works. Any new information which stands out in practical implementation becomes the truth.”

“By the way, have you guys heard the story ‘The Monkey & the Banana?’”

Vijay and Divya looked at each other and said almost in unison, “No”.

Ok, let’s begin by listening to the Monkey and the Banana story:

“Start with a cage containing five monkeys. Inside the cage, hang a banana on a string and place a set of stairs under it. Before long, a monkey will go to the stairs and start to climb towards the banana. As soon as he touches the stairs, spray all of the other monkeys with cold water. After a while, another monkey makes an attempt with the same result - all the other monkeys are sprayed with cold water. Soon, when another monkey tries to climb the stairs, the other monkeys will try to prevent it.”

Vijay and Divya laughed their hearts out. Divya opened her handbag and brought out a handkerchief to wipe her tears. Harish was smiling.

“Now, put away the cold water. Remove one monkey from the cage and replace it with a new one. The new monkey sees the banana and wants to climb the stairs. To his surprise and horror, all of the other monkeys attack him. After another attempt and attack, he knows that if he tries to climb the stairs, he will be assaulted.”

Divya leaned over the desk. She was listening as a 4-year-old.

“Next, remove another of the original five monkeys and replace it with a new one. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the assault with enthusiasm! Likewise, replace a third original monkey with a new one, then a fourth, and finally the fifth.”

Vijay took a deep breath. He didn't have the slightest idea what was coming. The story was interesting.

“Every time the newest monkey takes to the stairs, he is attacked. Most of the monkeys that are attacking him have no idea why they were not permitted to climb the stairs or why they are participating in the beating of the newest monkey. The present set of monkeys had never faced the cold water treatment.”

Vijay now understood that the story had something to do with human behaviour.

“After replacing all the original monkeys, none of the remaining monkeys have ever been sprayed with cold

water. Nevertheless, no monkey ever again approaches the stairs to try for the banana.” “Why?” Harish asked.

Divya wanted to say that they were just following the general tendency of the rest of the group. But it was Vijay who responded – “habits?”

Harish nodded and smiled. “Because as far as they know that’s the way it’s always been done around there. Replace monkeys with Humans and we see the same behaviour.”

Harish continued, “There have been centuries old habits, beliefs which were probably relevant to those times but we still follow the same without applying our reasoning and logic in the name of tradition.”

“We are the same monkeys who have never seen cold water spray, but somehow have been conditioned to believe that going to the stairs is forbidden because it has been that way since long.”

“God has given us the intellect, the power of reasoning and the ability to apply logic. It all forms up the ‘Common Sense’. We have forgotten to use our reasoning, our logic and our common sense and have started trusting age old beliefs blindly, just because it has been that way since long.”

Now Vijay understood clearly what Harish was driving at. Habits get formed and turn into beliefs. Divya also liked the story and decided to tell to Tanvi at bedtime.

Such a simple story with such a profound revelation – She was thinking.

“And that is the reason we see a doctor’s son becoming a doctor and an engineer’s son becoming an engineer. It is about the belief system, the atmosphere in which a child is brought up and what his/her human mind can conceive as possible.”

“When you discuss about it in the Health & Wellness scenario, mostly the doctors would blame it on the heredity, on the genes. Actually most of the time it is a heredity of similar lifestyle choices. And this is exactly why you will find obese parents having obese children. Heredity and genes sometime do play a limited role, just like the loaded gun. But pulling the trigger is a choice that we have, called human will.”

Vijay wondered whether Harish was a health coach or a philosopher. What he said was making a lot of sense. ‘He has an uncanny ability to hit the right nerve’, thought Vijay.

“However human beings have one unique difference from animals. The reasoning, the intellect and the conscious logical mind set them apart from other animals. It’s a pity that we are so conditioned in the society that we stop using these special gifts. We stop experimenting and we become victims of our past habits and beliefs.”

Divya now knew that the task at hand was enormous, yet not difficult. She realised that they would have to be

ready for some drastic changes in lifestyle. Yet, she found herself having loads of trust in the person she was listening to now. There was conviction and sincerity in his words.

“In this program, you will be receiving drastic contradictory information in comparison to what you have been conditioned to believe regarding healthy habits, lifestyles and food choices.”

“You have already conditioned us to believe in what you are going to say”, Vijay chided.

Harish smiled innocently.

“You can cooperate with nature by unlearning what you have always believed to be true. And there is only one way to know whether this is the truth or just another new theory.”

“Experiment. Science is that which works. And your body is your greatest friend, your greatest ally. It can never lie to you. Learn to listen to it.”

Vijay & Divya nodded in agreement.

“If you go to the doctor and you have a headache, even after the doctor certifies you to be fit, you know that you are not completely fit. Similarly, when you are feeling fit and energetic from inside, you do not need a physician’s certification for it. You just know because your body does not lie, because you have started listening to it.”

“We leave our health into authority’s hands. But unless the medical authority have studied health and wellness

themselves, the entire emphasis is going to be on after-the-effects which does not help in life style disease prevention or reversal.”

A cool Bangalore breeze was blowing outside. Vijay and Divya could sense an easing of stress within them. Vijay sent silent thanks to Prem and Naresh. He was going to call them and thank them once this session would be over.

“We have been told to believe that sickness is normal. It is not. Being healthy is our birth right. Health issues arise when we violate nature’s laws. Life is naturally healthy. The body is designed to perform normally and healthily from the start. It requires long term abuses of the body to produce a state of impaired health called disease. It is easier to have good health. The closer we live to the laws of the nature, the better off we will be. We are naturally equipped to live healthy.”

Harish didn’t seem to get tired. Vijay envied this man’s energy. With every passing moment, Harish seemed to be growing in strength and enthusiasm.

“Healing is a biological process. Whatever may be the problem, the body will fix it. The truth is that our body is a self-healing, self-maintaining mechanism. Just as a football submerged in water rises to the surface as soon as given a chance, and as a plant deprived of light reaches out with all its might to the light source, the human body is always striving towards health.”

Harish gazed at both of them. He had somehow begun to like this couple. He understood how much they loved each other. He was happy that he would be helping out these wonderful beings. In Vijay he could see the image of his own old self. Harish knew he had to wind up the session for now.

”Your body is completely capable of keeping itself healthy, if you let it!”

Then Harish asked Vijay & Divya to do the “Empty the Cup” exercise.

They both were asked to stand up and hold their cups tight and then empty it by turning it upside down. They were asked to do it three times until it was empty.

“No practitioner should be treated as the ultimate and only authority on the subject of healthcare. Each can offer you the benefit of what he or she has learned, but it is up to you – using your common sense, past experience, present needs and future goals - to decide whether it is true and helpful. It is so powerful to remain in charge of your own health.” Harish concluded the session with these final words, “I do not ask you to blindly believe the methods of even this program. Just experiment and listen to your body’s response.”

Harish got up finally. “I am quite impressed by your commitment and motivation. I can already see you feeling on top of the world soon”.

Divya and Vijay also stood up.

It was Vijay who spoke first. “I am already beginning to feel better. I have always known since we met first that I am in safe hands. Thanks for helping.”

Vijay and Divya said goodbyes to Harish and walked out into the evening sun. They were holding hands. They were feeling good.

Meanwhile, at home, Vijay’s mother had installed the photo of ‘Lord Hanuman’, one of her favourite gods, in Vijay’s bedroom and performed Pooja to him regularly. The diyas in the room had created a purified atmosphere. Divya liked the divine smell of purifying diyas, it was calming and soothing her senses. She was praying to God to give her the strength and guidance to sail through these difficult times. She wanted her happy days to return.

That night when Divya had finished the monkey and the banana story, Tanvi had gone on jumping on the bed trying to mimic the monkeys. Vijay and Divya hadn’t seen Tanvi so happy in recent times. Tanvi had started sleeping with her grandmother of late, and after an exhaustive display of the ‘monkey business’ she ran out enthusiastically to narrate the story to her grandparents.

Vijay understood that the long philosophical session they have had was intended to prepare his mind to accept the fact that he could do it. Harish had succeeded in that. In fact, that belief had already begun to make Vijay feel

better physically. He knew that his body had already started on the path to recovery. The drugs would continue to further prevent aggravation of the symptoms, and Harish's programme would assist the body to regain its lost health.

As Vijay and Divya lay in bed holding hands, they heard loud laughter from their parents' room. Tanvi must have finished her story with the monkey jumping mimicry, Vijay thought.

Of late, Vijay's parents had begun to smile and show signs of an ease in their mood. They had seen their son and daughter-in-law take control of the situation responsibly. They knew things were going to be better.

# The Most Powerful Machine in the World



# 28

The second session with Harish was about inserting new beliefs about health.

“Now when we know the importance of our belief system, it’s time to replace our old beliefs with some new ones.” Harish started.

“Contrary to what we have been told during our times, human body is not designed to be sick at all. We are born in the “Pill” culture, wherein we are brainwashed by TV Commercials to start

believing that it is normal to remain sick and we need pills to feel normal, happy and healthy.”

“The reality is absolutely opposite of that. Human body is designed to be healthy by nature. It is designed to heal itself automatically. It is designed to last more than 100 years. It is the most powerful machine on this planet and it is our greatest ally, our greatest friend.”

“It keeps tolerating the systematic abuses that we hurl at it day in and day out, and still keeps working, though it does give warning signs being the most intelligent machine as well. However, we fail to listen and even when we are forced to listen and take notice in form of pain, mostly we just suppress its voice by focussing solely on the symptoms and treating them with drugs and painkillers until one day when it can no longer bear the brunt and conks off. And then we ask ‘Why me?’ and complain to GOD for not being kind.”

This was radically different approach and information for Vijay and Divya from the way they used to think about their bodies and health.

Harish continued, “How does this machine work and what does it need? Primarily two things – Cleansing and Nutrition. Are we taking care of this machine? Mostly not. And when we are not, then what are the excuses we give to ourselves? That we have no time and we are too busy. Let us first consider what the value of the human body is.

Imagine that you have discovered the knowledge how to turn food into blood. You discover how to make blood from an apple. Once you patent this process, how much will you be able to earn from this patented process? Or, let's say you invent a glue which is so strong that it can bind the bones. How much for that? Any person having these inventions discovered in a lab will turn into a billionaire overnight."

Vijay wasn't exactly getting what Harish was arriving at. "Human body is full of these amazing inventions already". Now let's see the value of our bodies in our own eyes. Consider this: What's the dream machine you want to own? A Rolls Royce or a red Ferrari? What if I asked you to give me your right eye, just 1 small organ, in place of this red Ferrari?

Would you give this?"

"No way", came the instant reply from Vijay.

"Leave aside the eye, if I ask you to give me your right thumb, will you give it?"

"In fact, whenever a beggar comes and asks me money, I ask them – 'Why are you begging and not doing some work to earn?' And if he answers – 'Because I am poor', I give him a counter offer. 'How much money do you need? 'Whatever the amount he guesses, I multiply it by 100 and then asks him to donate his right eye in return. Not a single person has come forward to this proposal yet."

“By the way I do not do this to offend them, I do it to make them realise that they possess a human body worth millions of rupees and begging is not the solution to their financial problems, working can be.”

Vijay and Divya were smiling.

Harish continued, “We have a body which is invaluable, yet most of the time we take it for granted.”

“Worst still, we abuse it, mostly by ignorance but sometimes even wilfully. Taking cue from your Red Ferrari, How do you take care of it? Very much, you would say, right?”

Nodded Vijay and Divya.

“What if you get it cleaned only from outside but never from inside. Will it continue to run? Or what if you put ordinary fuel into it? Will it continue to run?”

“No way”, Vijay replied.

“In fact, you would take effort to get the right fuel even if it meant driving 50 km more. And you would never miss a service, when it is to be cleansed from inside. Because if you do not do it, it will simply conk off.”

“Compare this to the human machine. How many times have we cleaned it from inside? We take bath every day and if we do not bathe for a few days, it starts smelling. No bath for few weeks, and we start stinking. We have almost never tried to clean our body from inside.”

“Worst still, we put all type of junk fuel into it so much so that it gets abused day and night. Can you imagine putting ordinary gasoline or kerosene in your Ferrari and then expect it to run?”

“Yet, the human body, the most powerful machine in the world, survives all such abuses. It has this unique ability to survive all types of abuses for a prolonged period of time. But the end result is that almost every time it is taken for granted”.

“It is not only the most powerful machine but the most intelligent as well. So, when it is being hurled abuses day and night, it starts giving warning signs. It starts showing symptoms that the treatment it is receiving is improper and it should be taken care of”.

“What are those symptoms generally? It could be pain, tiredness, loss of energy, headache, acidity, heartburn, indigestion etc”.

“And how are those issues addressed generally? By a visit to the Doctor who prescribes the drugs. And what do those drug do? They hide the symptoms. They create an illusion that there is no pain anymore and we are fine.”

“It is like an alarm bell in the house which goes off every time a burglar tries to break in. Since the alarm bell is continuously ringing and asking us to take an action (which actually would be to prevent the burglar from entering the house), what do we do? We go to a mechanic and tell him about the problem – the alarm bell is ringing frequently. And the mechanic provides the solution – he

chops the wires of the Alarm bell. The problem seems to have been solved.”

“As the basic cleansing and nutrition needs are not met, the body, being the most intelligent machine, goes into survival mode and tries to give more warning signs. You could imagine it is shouting on top of its voice to attract your attention so that you address those basic needs.”

“What does it mean? What are those symptoms? Severe pain, loss of energy, fever. And again how are those issues addressed generally? Again by taking higher doses of drugs, so that they again try to hide those symptoms. But what is completely ignored is the basic need for cleansing and nutrition.”

“The cycle continues, becomes aggravated and one day even the most powerful and the most intelligent machine also conks off. And you are diagnosed with heart diseases, liver diseases and even Cancer! Then you ask the question to God – ‘why me?’”

“Those diseases were not chosen by God and transferred to you. It was the result of long term prolonged abuses, depriving the body of its basic needs which prompted those conditions.”

“Consider the human body a large thick glass window and the daily abuses as pelting of small stones that happens every day. In the beginning, nothing happens but slowly the stone size starts increasing and it is thrown at the glass window with more force every day. Finally after a

prolonged period of time, one day when the size of stones becomes too big to endure, it breaks”.

“Now for some people, this is the wakeup call. This stage is the bottom most for their health – it becomes a question of survival. And depending on their will power and motivation to live life, they take action. They study health & wellness and there are thousands of real life stories of people, who have turned it around completely. For others, they still keep giving the control of their health to medical authorities. And sadly, they go down the pre-determined path.”

“For me, it was an ongoing battle against pain, excess weight and lethargy. I suffered from excruciating abdominal pains, frequent headaches, numerous colds and a perennial lack of energy. I chose the first path.” Harish looked at both of them.

“Human body is a design marvel. 100 trillion cells working in harmony. 207 bones and more than 600 muscles helping us move in all the directions. It is the wisdom and power of the body that heals. This energy which miraculously heals wounds, is always striving for your highest possible level of health under all circumstances. It is also self-preserving under all circumstances. As an insect approaches our eyes, we blink.”

“We have 70 thousand meals to be consumed in a lifetime and the quality of water and juices we consume is the determining factor in acquiring and maintaining vibrant health. Billions of cells die every day and are

replaced by new cells. The building blocks for their replacement come from the foods we eat.”

“Food and water are the number one factors affecting our health. However, other factors i.e. clean air, exercise, rest and sleep, sunshine, loving relationships, self-love and inner peace too are equally important for wellness.”

“The increasing chemical exposure that we receive from air, water and food, coupled with foods that have been irradiated, microwaved or grown from hybrid/ genetically modified seeds have increased body’s demands for nutrients to detoxify these multiple toxic agents.”

Harish concluded the second session.

# The 5 Fundamentals of Health



# 29

Vijay and Divya were highly satisfied with the initial two sessions from Harish.

Their beliefs about their body and sickness had taken a huge turn and they were now very confident about the work their bodies were doing.

They had the confidence that this knowledge was not only going to address their current ailments, but also transform their lives as well.

They were full of hope and confidence now and eagerly looking forward to their next session.

When they arrived the next day, Harish explained the purpose of their meeting that day – starting on the five fundamentals.

This meeting, would be a bit different than the others they'd had because it would be more educational.

“Almost all health problems stem from not following these Five Fundamentals I'll be introducing to you,” Harish explained. “It'll take several meetings to cover all five. They serve as a starting point for everyone and we will work on each one thoroughly before moving on to the next.”

“You are going to be exposed to a new healthy life-style where every day is a joy and a pleasure to live. Your life will be free of diseases, nagging ailments and discomforts. You not only become free from suffering but will become free of the fear of suffering from them as well. It will be a pain-free, disease-free existence. You will realise that pain, discomfort, ill health are abnormal whereas vibrant, glowing health is natural.”

“Some people do ask about my credentials and the effectiveness of this program. If you make use of something and it works for you, what other proof of its effectiveness do you need? Positive results in people's lives are my credentials, and I believe they are the only credentials to aspire for.”

Vijay and Divya nodded. Harish's talks made a lot of sense.

“Let us cover the first fundamental and all its 7 aspects today so that we have a fast start” Harish explained.

# Fundamental #1 - Plant Based Nutrition



# 30

Harish pulled out a piece of paper and started a list. He wrote down the first fundamental.

## 1. Plant Based Nutrition

“Oh, eating plants you mean?” Vijay said, after reading Harish’s words.

Divya became earnest. “I think it means more of salads and vegetables.”

Harish nodded. “Plant based nutrition is a vast topic. It has got 7 aspects. We will cover 1 aspect each day.”

**1<sup>st</sup> Aspect: Raw Foods**

“The first aspect is eating raw food. Any idea what is raw food?” Harish asked.

“Like Salad?” Divya replied with a question.

“Raw food is also known as alkaline food, High Water content food, Living Food or sometimes as clean food. The food which is made by nature and not cooked, heated, processed or destroyed.” Harish replied.

“But Human Species have survived on cooked food for ages, haven’t they?” Vijay did not seem to believe.

“Yes, Human species have survived on cooked food for ages, not **because of**, but **in spite of**”, Harish clarified.

“The fact that for generations millions and millions have lived and are living purely on cooked foods does not prove that their being alive is the result of their healthy eating habits. As a matter of fact, they are in a state of continuous deterioration of their bodies.”

“How else would you confirm and justify the overcrowding of hospital facilities, steep rise in lifestyle diseases, high rate of heart troubles, diabetes, cancer and wide spread of obesity? Or billions of pain killers sold now on a daily basis?”

“The human body, the most intelligent and powerful machine of the world, has been designed with a colossal amount of inherent tolerance. When we fail to eat food

that would nourish our cells, we not only starve them, but also infuse poison into them which the body absorbs from the accumulated debris.”

“When we eat anything which does not meet our nutritional requirements, we suffer. The body gives us enough warnings by tiredness, pain and cramps and if we fail to address the root cause, the suffering gets manifested as one of the lifestyle diseases. Such sufferings and punishment may not manifest immediately due to human body’s miraculous tolerance, and will be kept waiting for days, perhaps months or years, before the long –term degenerative diseases pop up for violating nature’s laws.”

“Body’s live cells need live nourishment which is not possible from cooked and devitalised foods. Due to the excessive quantity of the inorganic food that we eat, we do not properly nourish these cells. Just because each human body is such an elastic and powerful machine that it can take punishment for years, we, either through ignorance or indifference, can survive on the foods which are satisfying only to the tongue but are destructive to the body.”

“Each cell furnishes us with power and energy, exhausts itself and get replenished by the corresponding atoms obtained from the food we eat. It is on the quality of this replenishment that we build our health.”

“Nature’s food, in their natural, raw state contain life within the atoms and molecules that compose them. This atomic life is classified as enzymes.”

“Enzymes are the life-principles in the atoms and molecules of every living cell. Enzymes are dead at 52 degree Celsius. Food which is cooked above 52 degree C loses its nutritional value. Though such food can sustain life in the human body, it does so at the expense of progressively degrading health, energy and vitality.”

“It is impossible to regenerate organic cells in the body with inorganic dead matter. The foods we eat must not be subjected to temperatures. The atoms and molecules in cooked foods become inorganic when heated by cooking. One may eat 4 or 5 big cooked meals a day, yet the body may be starved through the lack of vital elements in the food and disturbance of the enzyme balance. Ultimately it will lead to progressive degeneration of the cells and tissues. Our cells need live replenishment.”

“I can tell you from my experience”, Harish said. “When I ate my vegetables raw, I felt well and ambitious, and my bowel movements were quite good. But every time I ate those same vegetables cooked, the next day I slowed down perceptibly. My mind was less alert, and my bowel elimination decidedly less efficient.”

“So, what you are saying is that the choice of food plays an important role in our health”, summarised Vijay.

“Just not an important role. Infact one of the most important role. How old are you?” Asked Harish.

“36 years”, Vijay replied.

“See, you did not get into this condition suddenly, overnight. You are the sum total of all the food you have eaten all your life, and of the lack of care and attention which you should have provided to your body on every day of your existence.”

“Every day, if you took on an average 3 meals, in those 36 years, you have taken about 36000 meals till now. I also assume that like most people, you have eaten almost all that food which everybody else eats. For the most part, that has been canned, cooked, processed or frozen and rarely, if ever, you had a sufficient quantity of fresh, raw food or a complete meal made of nothing but fruits and vegetables.”

“The question for you now is how many of those 36000 meals you have had were actually able to furnish the cells and tissues of your body with live, vital nourishment required for regeneration or replenishment?”

Just look closely at yourself in a life-size mirror and the answer is written in every line on your face and neck, in every pore of your skin and in every contour of your body, most probably in all the wrong places.”

“It is impossible to regenerate organic live cells in the human body with inorganic dead matter. While the dead food can sustain life, hardly any nourishment in organic form was eaten to regenerate the cells of the body. Dead matter cannot do the work of live organisms. Any food heated above 52 degree C loses its live, nutritional value because the enzymes are destroyed.”

“Enzymes are the fundamental basis of nutrition. They are the life principles in every live, organic atom and molecule and they give the spark of activity to every cell and tissue as well as to their functions, so long as the body is alive. In a nutshell, live replenishment is the sequel to good nutrition.”

Vijay leaned back on his chair. He felt burdened by the guilt of having abused his own body as well as those of his family members through the unhealthy food habits he had established. He felt terribly guilty for Tanvi.

“Does it mean we should only eat raw foods?” He asked.

“Well, majority of our food needs to consist raw fruits & vegetables and juicing. And this topic is going to be greatly covered in our workshop” Harish replied.

## FUNDAMENTAL # 1 -2<sup>nd</sup> ASPECT

### 1. Plant Based Nutrition

#### 1<sup>st</sup> Aspect: Raw Foods

Harish wrote and circled the 2<sup>nd</sup> aspect.

#### 2<sup>nd</sup> Aspect: Body Cycles

“So, what is the learning you have about breakfast so far?”

Asked Harish smiling wide.

“That it is the most important meal of the day and must not be avoided”, replied Divya.

“Where did you get that information?” Harish continued asking.

“Well, everywhere, but especially on TV and newspapers. And in all cereal ads”, Vijay responded.

“Good observation. Well, breakfast is the most important meal of the day to avoid! If you eat a huge breakfast, your body is going to use up available energy. The energy available to digest the food here was supposed to be used for elimination cycle. That’s where after having a huge breakfast, you are compelled to reach for your morning caffeine dose so that you remain awake. Ill health is the only possible result in such a scenario.”

“Let me first explain about the body cycles”, Harish continued.

“Body cycles or Circadian rhythms are the rhythmic occurrences of different functions of the body at certain times during the 24-hour period. The body’s utilisation of food consists of 3 distinct approximately 8-hour cycles.”

Harish pulled out a chart and displayed it for Vijay and Divya.

Eating, Digestion and Assimilation – 12 to 8 pm

Absorption and Use (during sleep) – 8 pm to 4 am

Elimination of waste and debris – 4 am to 12 noon

“Though all the 3 processes happen simultaneously, one or another of them is predominant at different times. A Swedish scientist named Are Waerland in the 1940s observed that if blood tests were to be taken every hour for 24 hours, it would show that the blood stream is most heavily burdened with the waste and by products of metabolism during 4 am to 12 noon, as blood is the

carrier of waste materials to all 4 channels of elimination – bowels, bladder, lungs and skin.

No wonder then, that when you wake up in the morning, you find your tongue coated with waste, sometimes bad breath and you rush for bowel movement.”

Divya and Vijay nodded in agreement.

“However please note that elimination is not just one bowel movement, it’s the overall waste elimination from every tissue and cells. The elimination cycle is without question, our greatest ally in health preservation and disease prevention. It is our body’s in-built mechanism for cleansing itself daily. If the toxic waste that regularly builds up in the body can be effectively removed regularly, our system will be clean from inside. We must not interfere in its function.”

“Consume only fruits & vegetable juices till 12 noon. You won’t need an expert to tell you that you feel better. You’ll know! There is no better proof than good results.” Harish concluded.

## FUNDAMENTAL # 1 - 3<sup>rd</sup> ASPECT

### 1. Plant Based Nutrition

**1<sup>st</sup> Aspect: Raw Foods**

**2<sup>nd</sup> Aspect: Body Cycles**

Harish quickly moved to the 3rd aspect & encircled it.

**3<sup>rd</sup> Aspect: Proper Combining**

“Have you been to a buffet, in a marriage or in a party recently?” Asked Harish.

“Yes”, Vijay could remember the recent housewarming party where there was a buffet with plenty of food items.

“How did you feel after completing your meal?”

“Ooh, had it not been for the coffee, I could not have survived afterwards.”

Vijay recollected how he badly needed a sofa to lie upon every time after consuming a big meal.

“So, you remember that heavy, bloated feeling after having the buffet. It could even turn into heartburn or gas pain or acid indigestion and even a stomach-ache”, explained Harish.

“The entire process of digestion and metabolism, the breaking down of 70k meals, extraction and utilisation of nutrients, elimination of waste, all interactions among the organs and the metabolic process that turns food into blood, flesh and bone will need more energy in our lifetime than all other uses of energy combined. And that’s where food combination becomes crucial.”

“Raw fruits & vegetables are not concentrated foods and requires very less energy but proteins (Meat, dairy, legumes, nuts) and starches (bread, rice, grains, cereals, potatoes) are high concentrated foods requiring significant amount of energy for digestion. Proteins need an acid – based digestive juice for digestion, whereas starches need

an alkaline based digestive juice. When both are taken at the same time, the digestive juices are neutralised, causing the digestive process to come to a halt.”

“The solution is very simple. If you want to eat a protein-rich food, take it with vegetables and salad, no starch. If you want to eat a starch-rich food, have it with vegetables and salad, no protein. And it’s done. The more streamlined the digestive process is, the less the pain and discomfort.”

“But does it really work?” Asked Vijay.

“Want to have a real proof? Try eating proteins and starches in the manner I have just described and in a few days you will have all the proofs ever needed. If you really want to confirm how effective food combining is, after one week of properly combining meals go back to mixing proteins and starches at your meals. That will be the clincher.” Harish smiled.

“Remember, Science is that which works. And use the greatest laboratory on the earth for all the experiments – Human Body! It will never lie.”

“What else we can do to help in digestion?” Divya asked.

“Another way to free up energy is to give the digestive tract lots of rest. With less work to do, energy required to be spent on digestion will automatically be used for the body to cleanse itself of waste. Hence, juicing becomes

probably the most compelling and potent tool to prevent overloading the digestive system.”

“The less work the digestive tract has to do, the healthier and longer we will be able to live. You can even observe this in animals. Whenever there is something wrong with an animal, it eats much less food than normal. Its body has automatically reduced its food intake so that it will have the energy to correct whatever is wrong.

A similar reaction is noticed in children. They lose their appetite when they are ill, though parents keep pushing the food down their throats not understanding that they are actually interfering in the body’s natural process of rectifying an error. Loss of appetite is probably the single most obvious indicator of a body striving to cleanse and repair itself.”

“A ripe fruit carries its own digestive enzymes. It should be eaten alone, empty stomach.” Harish further added.

“What about fat? How can they be combined?” Asked Vijay.

“Fats are necessary requirements and carriers of Vitamin A, D, E, and K. Fats need to be emulsified for assimilation. But overheated fats cannot be emulsified. Overheated fats means loss of nutritional value and fatty food which later clogs up the colon.”

“Fat is required to lubricate the joints in the bone structure of the body as well as to act as lubricants to the

intestinal tract. Only unheated and unprocessed fats are quickly and completely emulsified and oxidized when digested and assimilated by the body.”

“Foods cooked in overheated fats and oils i.e. doughnuts, hamburgers, pancakes, or hot cakes cause the rise in creaking, painful, agonising bones and joints. Also, they cause severe constipation.”

“Then which fats can be beneficial for the body?”  
Divya was curious to know.

“Cold pressed oils are the only oils which are definitely beneficial and constructive. Avocados and raw nuts are the finest source of fat we can put in our body. You can also make plant-based nut butters at home. Fats, oils and greases which have been heated during processing have their constructive nutritional value destroyed completely. Temperature of oils and fats used for cooking food varies from 175-250 degree C. Olive oil, when used to fry food is heated to 175 degree C. Excessive heat completely destroys the value of fat. Hence avoid any food which has been fried.”

“The pancreatic juice processes the fats present in the composition of the food, making them available for use, storage and distribution by the liver. When the fats have been heated in excess of 52 degree C, any food cooked fails to be treated by pancreatic digestive juices and will not be utilised by the liver.”

“Moreover if the enzymes in the food have been destroyed by cooking with excessive heats, there is no vitality in the food and the metabolism involved in their processing in the body is under stress. All proteins and amino acids are broken down in the process of digestion through the alimentary canal, into the simple atoms and molecules composing them. These separated elements reach the liver as individual atoms and molecules. Like all other foods, no fats can be utilised by the body unless their molecules are broken down into atomic elements. When these elements get out of balance, fat get deposited as adipose tissue in all parts of the body.”

“Any fried flour product, especially one fried in super-heated oil, is completely indigestible. Fat-saturated starch cannot be converted into any sugar easily. It produces uncomfortable gas in the system while giving a pretentious feeling of fullness and satisfaction at the same time. The end product of the undigested foods cooked in fat is putrefaction and fermentation of the residue by the time it reaches colon. When you eat such food, you are in receipt of malodourous gas, constipation, an offensive bad breath and fatty tissues in the midriff and around the thighs.”

It was very informative brief for Vijay and Divya who understood about proper food combining and also the important difference between cooked and uncooked fats.

## FUNDAMENTAL # 1 - 4<sup>th</sup> ASPECT

### 1. Plant Based Nutrition

**1<sup>st</sup> Aspect: Raw Foods**

**2<sup>nd</sup> Aspect: Body Cycles**

**3<sup>rd</sup> Aspect: Proper Combining**

“The 4th aspect that we will discuss today is about Dairy and Meat myths”, Harish said. Let’s start with Protein myth first.

**4<sup>th</sup> Aspect: Dairy and Meat**

### Protein Myth-

“So what do you believe is the best source of Protein?” Harish asked.

“Till now what we have heard is Chicken, egg and fish.” replied Vijay.

“Yes, and the meat industry has really spent millions of rupees spreading this message through TV, Magazines, and Newspapers.” Harish was smiling. “In fact, one of the questions most frequently raised when the matter of vegetarianism is discussed is” Where do you get your protein? It shows utter lack of knowledge concerning the rebuilding of cells and tissues in the body.”

“Over the years we have been heavily conditioned to believe that protein every single day – in fact, every single

meal – is absolutely essential for the health and that the animal products are the best source of that protein. So, millions of people are running fat and cholesterol through their arteries, 3 times a day.”

“Let me ask you a few questions on this”, Harish said.

“What do you think? What about the chicken meat eaten for its so called perfect protein? What did the chicken eat in the first place to build that protein?”

Vijay and Divya looked at each other. This surely amused them.

“Ok. Did the chicken eat meat to build the protein?”

“No”, Vijay replied.

“You are right. It ate grass and grains.” Harish was smiling wide. “Interesting, isn’t it? Where did the chicken, the buffalo and the goat get their protein from?” Harish asked.

“Well, I mean, we never thought of challenging all those ads and information bombarded on us day & night”, Vijay replied sheepishly.

“And does it help that we did the belief session and ‘Empty the Cup’ exercise before this program?”

“Oh yes, it makes more sense now”, replied Vijay.

“Well, first of all, protein is not built in the body by eating protein. Yes, you heard it right. Protein is built from the amino acids in the food. The only extent to which

protein is built from protein food is how well the amino acids are utilised. The idea that you can eat chicken and it will become protein in your body is absurd. It is like you eat a rusted iron rod and it becomes iron in your body. Or, you eat chalk and it becomes calcium in your body.”

“The idea that it is difficult to obtain sufficient protein from the plant kingdom is an outright falsehood propagated by the animal product industries and their hired” experts. There are no “essential” amino acids that animals did not derive from plants. That’s why all the animals of strength got their amino acids by eating plant life. Elephants, horses, oxen and gorillas have not become extinct due to protein deficiencies.”

“Check the gorilla, 3 times our size but 30 times our strength. They eat nothing but fruits and leaves and can push a rock if they want to. How do they get their proteins?”

“But how come a lion eats a deer and turns it into protein? You may ask. First of all, a lion’s digestive tract is designed to transform flesh into protein and glucose. The meat is eaten raw so the amino acid chains are broken down easily. When cooked, amino acids fuse together making the protein unusable. That way meat eater animals fed on only cooked meat become sickly, diseased and unable to reproduce. Even the task is so energy consuming that the lion sleeps 20 hours a day. In contrast, orangutans eat only fruit, and sleep only 4-6 hours a day.”

“So, what is the protein requirement of the human body and which are the ideal sources?” Divya asked.

“An infant requires a great deal of protein during the first couple of years for the “building blocks” (for which mother’s milk is the best source), while the protein requirement of an adult is constant and limited chiefly on maintenance and replacement.”

“Amino acids are the building blocks that make proteins. When we eat flesh, we cannot use either the concentrated protein or the amino acids that compose such flesh. They must all be reduced to the atoms composing them, so that these atoms can be reorganised by the body to build its own amino acids and proteins. All vegetables and fruits contain the necessary atoms from which amino acids are formed in the human system. The human body cannot utilise the flesh products of any kind in the form of complete proteins.”

“The most constructive protein is available in fresh raw vegetable juices. Carrot-celery-parsley-spinach juice is one of the richest source of protein. Garlic has the highest concentration of protein in vegetables. Plant seeds i.e. Sesame seeds, Sunflower seeds, Pumpkin seeds etc. are excellent sources of plant proteins as well.”

“Every amino acid needed to build human protein is found in fruits and vegetables (the source our digestive tracts are biologically adapted to utilise). Do not waste time or money on complete proteins. Natural protein is less costly and more beneficial.”

“Many people still believe that human body needs meat. What are your thoughts on this?” Vijay asked.

“You are right Vijay. Many people are still conditioned to believe that human body needs meat. Firstly, the meat is poisoned when the animal is slaughtered as the adrenal glands release poison when the animal is terrified of its killing. Secondly, such meat is a dead product deteriorating every second after the death of the animal. In addition, the meat and amino acids are still further destroyed by cooking.”

“The China Health Project study done by Dr. Campbell and researchers from Oxford University and Chinese government is unique as it observed 6500 Chinese citizens for 6 years to obtain the widest possible range of data on death rates for more than 50 diseases making it the most complex study ever conducted of a single large population during 1983-1990.”

“It showed that a ‘low fat low cholesterol’ diet protects against heart disease and cancer. The more animal products eaten, the greater the risk to human health. “

“We will talk more about animal products in our upcoming session since we have to cover a couple of more myths”, Harish said.

### **Calcium Myth:**

“Ok, so what do you think is the best source of Calcium?” Harish asked.

“Well, cow’s milk is what we have heard of. But I am sure after listening to you this much, this must have been

another marketing ploy. Real answer would be different.”  
Vijay replied smiling.

“And that’s true. Because, cow’s milk, contrary to the marketing and advertisement you have seen and believed, is the most mucous-forming food in the human diet. From infancy to adulthood, it is the most insidious cause of colds, flu, bronchial troubles, asthma and sinus trouble.

Cow’s milk is for the calf. Cow’s milk was never intended for a human infant. Cow’s milk is vastly coarser than human’s milk as it contains 300% more casein than human milk. Cow’s milk is intended to double the weight of the calf in 6 to 8 weeks, whereas a child’s body needs 6 to 8 months to double its weight. Cow’s milk is designed to build a weight up to 500 to 1000 kg for the calf on maturity. How many man or woman are ambitious to attain a weight of even 120 or 150 KG?”

“The need for cow’s milk as necessary part of the human diet is purely and simply advertising and marketing propaganda with no basis. The recommendation of its use by any member of the healing profession is indicative of a lack of knowledge for the physiology of nutrition and a lack of perception to the fundamental cause of excessive mucus in the system.”

“Nature did not go wrong. It placed the necessary ingredients in the milk of each type of animal best suited for the growth of its young. Pasteurisation of milk is even worse. It only prevents the milk from souring.”

“The way we have been conditioned to think of ‘meat’ whenever the word protein is mentioned, we have also been taught to believe that dairy products are the finest source of calcium and the best way to prevent osteoporosis. Billions of dollars have been spent by the dairy industry and their paid ‘experts’ to propagate this falsehood.”

“It is a well-established fact that high protein content of meat and dairy products turn the blood acidic, which leeches the calcium out of the bones, causing the body to lose or excrete more calcium than it takes in. The deficit must be made up from the body’s calcium reserves, which is primarily the bones, resulting in osteoporosis.”

“The countries of the world that consume the largest amount of dairy products have the highest incidence of osteoporosis. The countries that consume the lowest amount of dairy products have the lowest incidence of osteoporosis. The US is among the world’s highest consumers of dairy and have high incidence of osteoporosis whereas the Chinese do not even have a word for this disease in their language.”

“The Chinese health project study makes it obvious that animal protein and dairy products contribute to osteoporosis. We can get all the nourishment that we perhaps thought was provided in the milk by turning to nature and having fresh raw vegetables and fruits which are rich in calcium and all the other minerals necessary for good health. Among the richest calcium foods are carrots, turnips, spinach and dates.”

## **Iron Myth:**

“Any idea about the best source of Iron?” Harish asked, moving to the next.

“Definitely not Red Meat”, answered Divya with a big smile.

“Your guesses are turning right”, Harish smiled back.

“Another panic tactics by the animal products industry is that red meat and other animal products are the best source of iron and the exclusion of these from the diet can lead to anaemia. The studies reveal that vegetarians or ‘vegans’ have as high or higher iron levels compared to meat eaters. Moreover, vitamin C which increases iron absorption is found in plant food and not in animal flesh.

China health project also states that those with the highest fibre intake also had the most iron rich blood. Red meat or any animal product contains no fibre. An average Chinese who shows no evidence of anaemia gets their iron from plants.”

Dr. Campbell, the mastermind behind China health project states that for disease prevention, “Change the diet so that 80% to 90% of protein comes from plant products, only 10% to 20% from animal products. Build meals around plant foods such as fruits, vegetables and grains. The idea is to use animal products as flavours and as an accompaniment, not as the main focus.”

“We must come to realise that we are basically a vegetarian species. The study suggests that whenever industrialised societies such as ours can cure themselves of their meat addiction, it may ultimately turn out to be a greater factor in world health than all the doctors, health insurance policies and drugs put together”, he sums up.

“It would be interesting to get more information about China health Project” Vijay was curious. “However I still have a primary question about meat eating habits since human evolution. There are lots of example in human history for caveman hunting and meat-eating. What about that?”

“Very interesting question and that leads us to our next myth – Caveman myth” Harish chuckled.

### **Caveman Myth:**

“The Caveman myth as you asked is presented as an argument that human being during the evolution process survived on hunting and meat-eating.” Harish started.

“However the important points to note is that Human evolution dates back to at least 40 million years ago , an evolution process which started from anthropoids to hominoids to hominins to, finally, Homo sapiens, better known as the modern human.”

“Over the course of human evolution, our lineage didn’t have the resources or, more importantly, the life-

or-death need to eat meat. When humans engaged in effective hunting 40,000 years ago, they did so owing to leaving their warm ancestral homelands in Africa, which would have been replete with plant-based sources for food. When they moved to the new and colder environs, they were now dependent upon the resources available in those region mainly in Southeast Asia and Europe. Food scarcity in those regions likely drove the need for sophisticated tools to hunt animals. Early humans survived by adapting to these harsh environments by eating meat.”

“This is, however, very different than saying, “Humans evolved to eat meat.” These early humans made weapons, hunted, killed and ate animals for survival from starvation and not because this was in their “genetic makeup.” Had these early adventurers found macaroni , burgers or coke lying around those forests and hills of yesteryear they would have consumed that too because those would have been sources of precious calories.”

“The early humans from 40,000 years ago, who are the same subspecies of humans as modern humans, were not significantly different in their biology or anatomy than the ancestors they evolved from. Their biology was consistent with a 40-million-year evolutionary process that was suited to eating plants, and not animals.”

“The carnivorous departure and hunting times is a fairly new phenomenon and only represents 1 percent of the human evolutionary timetable any diet that says

we should eat meat overlooks the other 99 percent of human history when we weren't eating meat. If we were to compress human evolution onto a single calendar month, humans would have only started eating meat on a regular basis on the last dinner of 30th day."

"Just because we have evidence that cavemen ate meat doesn't mean we should make it the foundation of our diets. Just because it happened in the anthropological record, doesn't mean we should replicate it with every meal for a lifetime, unless we want to specifically live like a caveman, doing away with our clothes, houses and our smart phones." Harish explained smiling.

"What is your first reaction if you see a cute bunny?" Harish asked Vijay.

Harish explained further , "Do you want to cuddle it or want to tear it off , dig it into its gut and suck its bones and blood like a true carnivore will do?"

Vijay nodded. He agreed with the logic and the example presented in front of him.

"Humans can eat meat because mostly the animal is not killed in front of their eyes. The meat is presented in suave restaurants with different names and becomes a part of food habits & social tradition."

"From biological perspective, human body is best suited for a plant-based diet. After 40 million years of evolution, we see that the human gut anatomy is remarkably similar to our closest genetic relative: the chimpanzee, who share

99 percent of their DNA with us. Chimpanzees are also 99 percent herbivorous, eating primarily fruits and leaves. Only 1 percent of a chimp’s diet is meat, while the average Indian wolfs down about 20 percent, or more, of their daily calories from animal-based sources. It is easy to see how a lifetime of errant dietary habits can take their toll on human health.”

“For years, scientists have published studies on meat shortening human life expectancy. Researchers have also shown a dose response with meat: the more meat in your diet, the higher the risk of dying.”

“Humans during the caveman era ate meat for survival, not for long-term health. Fortunately, we all are living under less brutal, and more enlightened, conditions today.” Harish concluded.

## **FUNDAMENTAL # 1 - 5<sup>th</sup> ASPECT**

### **1. Plant Based Nutrition**

**1st Aspect: Raw Foods**

**2nd Aspect: Body Cycles**

**3rd Aspect: Proper Combining**

**4th Aspect: Dairy & Meat Myths**

Harish moved to the 5th aspect and wrote it down.

**5<sup>th</sup> Aspect: Concentrated / Processed Foods**

“What all do we mean by concentrated and processed foods?” Harish asked.

“Food which is heated and processed? Most of the packaged food?” Vijay tried to answer.

“The word ‘processed’ is as close as it can be to ‘destroyed’. Processing means taking a perfectly good food and stripping it off of every possible nutrient.” Harish explained.

“The food is fuel to our body machine. It plays a crucial role in terms of our long term health and wellness. The new cells are made from the food we put into our body. The cells are built from what we eat. Ironically we are the only species on this planet who do not eat food in its natural state and who suffer from lifestyle diseases the most!”

“When you look at the ingredients of a product labelled ‘Natural’, it’s not natural. In most of the cases, it gets heated, reheated and adulterated – until it is completely changed. In the next step, chemical colours, dyes, preservatives, conditioners, stabilizers, antifoaming agents, flavouring agents and artificially produced nutrients are added. Just read the labels next time when you buy such a product and you will know!” Harish said.

“Then comes the packaging and marketing part where more money is spent than the product itself - ALL NATURAL. A Marketing firm is hired to convince people to buy the product. TV ads and videos are created where

happy people are eating. Subsequently cash is extracted from your wallet and in turn the product given is not only a waste but actually harmful.”

“Food companies promote compulsive eating, by filling up on worthless nutrition-free diet snacks which are empty calories and actually cause harm and destroy health. Processed food is lifeless and dead. If most of the meals we are going to eat is dead, we will become dead! Living food is raw food, which has not been altered in any way from the way it was created by nature. The animals in the wild always eat raw foods – and die of natural causes.”

“Because of man’s habit of eating devitalised foods and sustaining in spite of it, it is difficult to convince some people that the atoms in our foods must be live, organic atoms if we expect to build a vital body, free from sickness and disease. The lifeless, inorganic atoms in cooked and processed foods, by their very nature, cause the degeneration and disintegration of the body long before its time.”

“Life is dynamic, organic and magnetic – Death is static, non-magnetic and inorganic. When the atoms in the amino acids are live organic atoms, they can function efficiently. But when they are destroyed by the killing of an animal or cooking of food, they are lost.”

“Human species are biologically adapted to eat plant foods. Our digestive tracks are much shorter than those of flesh eaters. The greatest percentage of the food is cooked

or processed or radiated. And humans die of disease! These are cold, hard facts.”

“The basic motive, reason and principle of Nutrition is to influence, induce and stimulate ENERGY. Fresh RAW Food, vegetables, fruits, nuts and seeds are LIVE foods because every atom composing them is full of vital elements known as enzymes. Enzymes are sensitive to all heat above 48 degree C and at 52 degree C they are dead. That means any food cooked at a temperature higher than 52 degree C is dead food. Freezing, on the other hand, does not affect enzymes.”

“Nutrition and evacuation of waste from the body work hand in hand in building up the energy which is essential to vibrant health which gives strength, vigour and vitality.”

“We need to know the difference between natural and concentrated foods. If we come to know the source of each food and how our body processes that, we will be highly motivated and cautious to not put any concentrated food in our body! There is no starch in the body, nor can there be since starch is insoluble in water – starch includes the cooked and processed grains, cereals and all processed flour products. The digestive process takes energy to convert the starches into natural sugars before the body can use them. These concentrated starch molecules cause severe damage to the digestive system. When you eat concentrated starch and protein together, it leads to

headache and upset stomach. Carbohydrates are alkaline substances which operate in alkaline media and protein are acid which operate in acidic media. When both are taken together, there is indigestion, fermentation and putrefaction causing ailments, sickness and disease.”

“Just read the label on the bottles, cans and packages. The market is full of vast amount of sweet and sugary starch products.

Concentrated starch makes you fat. Natural starch will never add a kg. All processed products made from all-purpose flour, such as breads, cakes, crackers, spaghetti and pasta are simply loaded with artificial starch. They are not only devoid of all water content, but have been processed, cooked, heated or fried, hence devoid of useful enzymes also.”

“Refined white flour” is like refined, elegant corpse. Nearly every vital element has been removed, eliminated and destroyed from it. Bread, cake, crackers etc. are full of fortified chemicals. In fact, up to 250 years or ago, there was no such thing as “white flour” (maida) of today. It was all plain “whole” flour, with all its inherent natural nutrients retained. Excessive amount of white flour eating can lead to several ailments including constipation, dilation of the heart, swollen legs, and anaemia.”

“Cooking creates the environment for disease. The cooked seed will not germinate, it won’t grow. It has turned dead.

There is no need to cook whole grains. They can be soaked into the hot water overnight not exceeding 52 degrees C. When sufficiently soft, they can be masticated comfortably and can be sweetened with Stevia or dates. You can also mix sprouted seeds with them.”

“Cooked and processed foods add lots of burden on liver. The atoms and molecules in such foods turn inorganic by virtue of the heat used in cooking and processing. The needy cells of the body do not get the required nutrition from the inorganic, lifeless material.

All plants and vegetation contain both carbohydrate and protein in the form best suited for human digestion.”

“So are you suggesting we eliminate all processed food from our diet?” asked Divya.

“For Vijay’s current ailment and speedy recovery, definitely Yes! On a longer term, please remember the more unprocessed, living plant foods you eat, the better you will enjoy your life. I am not suggesting that you turn your life around overnight with a total commitment to eat only living food, but you can certainly increase the amount. Your improvement will match your level of commitment”, Harish replied.

“Have you noticed that most of the time you are always hungry when your food is predominantly processed and destroyed food?” Harish asked.

“The reason is due to a neural control centre located near the base of our brain, called *Appestat*. It monitors the blood stream for the nutrients. When even after eating

a full meal you find yourself searching for more food in the kitchen, it is because of appetite which just got plain calories and still is nutrition deprived. On the contrary, when you get enough nutrients, appetite no more gives you false hunger pangs and you do not overeat the empty calories.”

Harish closed his eyes and went into a meditative state for a while. There was absolute silence in the room. Whatever Harish said was gradually sinking in and making more and more sense to Divya and Vijay.

“Health is a matter of choice. You can be in tune with the nature by unlearning what you have always believed to be true!” Harish said opening his eyes.

## **FUNDAMENTAL # 1 - 6<sup>th</sup> ASPECT**

### **1. Plant Based Nutrition**

**1<sup>st</sup> Aspect: Raw Foods**

**2<sup>nd</sup> Aspect: Body Cycles**

**3<sup>rd</sup> Aspect: Proper Combining**

**4<sup>th</sup> Aspect: Dairy & Meat Myths**

**5<sup>th</sup> Aspect: Concentrated / Processed Foods**

“Let’s discuss about our next aspect, which is to reduce the intake of animal products.” Harish announced.

**6<sup>th</sup> Aspect: Cut back on Animal Products**

“What happens if we are put in front of a lion?” Asked Harish.

“We’ll run for our life” Replied Divya with a smile.

“That’s right! Our adrenalin secretion would be at its peak, right? Since it is a fight or flight response, the same happens with the animal.” Harish explained.

“When an animal is led to be slaughtered, it is filled with terror, just as any human being would feel in such a situation. The animal’s adrenal glands pour out so much adrenalin that the animal’s flesh becomes tainted with it and remains so right up to the time man eats it. Your tasty chicken nuggets are laden with Adrenalin Poison, Bacteria and Decay.”

“There is no food which can be more responsible for adding toxic to the body than the animal products which contain fat, cholesterol, hormones, pesticides, antibiotics, chemicals, contaminants, uric acid and bacterial putrefaction. They are the most complex food and take the highest energy from the body for digestion, and are devoid of fibre.”

“Animal products are killing us. Animal products can be linked to practically every major disease we suffer from today, especially high blood cholesterol, arthritis and osteoporosis. Animal products are very high in fat, very high in cholesterol and very low in fibre. Exactly the opposite of what would build our health. Overconsumption of animal products including meat, chicken, fish, egg,

and dairy products creates clogged lymph system, excess weight, pain, ill health, disease, suffering and death.”

“The eating of meat increases the acidity of the body. During digestion and when the meat is getting broken down, a vast amount of uric acid is generated in the body. Digestion of meat causes the generation of uric acid. Muscles have a limit of tolerance for uric acid which they can absorb with impunity. When the limit of tolerance has been reached and then breached, uric acid forms very fine sharp crystals which pierce the nerves in order. These sharp uric acid crystals bring afflictions such as rheumatism, neuritis and gout. People who eat no meat are rarely troubled with these uric acid afflictions.”

“All the cholesterol comes from animal products. Cholesterol is produced in the liver and cells of animals (including humans) and nowhere else. Cholesterol does not come from plants.”

“Why do the veins get blocked? Plaque – a thick coating of cholesterol and fat trapped in the arteries which the body has been unable to remove- is the leading predictor of clogged arteries and subsequent heart disease. Of any food, egg contains one of the highest concentration of cholesterol. Animal products are high in cholesterol and fat and devoid of fibre. They serve only to block and toxify the colon.”

“Body cells make use of oxygen in breaking down proteins, fats and carbohydrates. In the process, free radicals are formed. High-fat animal products stimulate

the development of free radicals. Antioxidant rich fruits and vegetables prevent their formation. However, cholesterol and fat, both are a requirement for life to continue. Cholesterol is used in all of the body's tissues. So important it is to life that the liver produces what it needs every day. It is the cholesterol which comes from animal products that poses a danger. Similarly all foods contain fat. A certain amount of fat is an outright necessity, especially for fat soluble vitamins like A, D, E, and K. Even if no fat is additionally eaten, the body can manufacture most of its required fatty acids from fruit and vegetable sugars. There are only two fatty acids that cannot be synthesised by the body and must be obtained from diet – omega 6 and omega 3. Omega 3 is widely present in soyabeans, walnuts, flaxseeds, flaxseed oils, pumpkin seeds, hemp seeds, broccoli and leafy green vegetables. Nuts and cold pressed oils contribute Omega 6 fatty acid.”

“Since human beings can survive in spite of eating devitalised foods, it is tough to convince people that the atoms in our food must be live and organic if we hope to build for ourselves a healthy vital body, free from diseases and disorders. The lifeless, inorganic atoms in cooked and processed foods cause the degeneration of the body well before it's due. It takes life to beget life and this is applicable to the atoms in our foods.”

“Animals build larger, huskier and healthier bodies from amino acids obtained from plants than man does by eating meat. Herbivorous animals, from the horse, the bull, the oxen, the gorilla to the elephant, all have phenomenal

strength and endurance obtained from eating only raw vegetation.”

“Eating meat is a custom handed down to this generation from thousands of years of a practice that has no foundation in reason. Meat eating is a tradition, and if a person does not stop to ask whether it will aid in his health and longevity, he may end up eating it and eventually may pay the penalty for doing so. However, if a person has studied and informed himself of the reasons for giving up a certain food habit, it is usually a strong motivation to abstain lifelong.”

“However, I must warn you on this”, Harish took a pause.

“Most people take an all-or-nothing approach. They say, okay, I’m not going to eat these things anymore and when they find their habits too tough to change, they feel frustration, weakness or a sense of failure. People tend to view any digression from the guidelines as failures, which serves only to add undue pressure to realising the goal at hand.”

“Then there are also those who understand scientifically that cutting meat and dairy products from their diets is best, but because they were raised on those foods since childhood and have eaten them for years, they are up against a tremendous amount of physical and emotional conditioning.”

“There is however, something, everyone can do and millions of people have already started doing it, which is cutting back! Reduce the intake of animal products in your diets.”

“If you have a habit of eating meat and dairy:

1. Avoid having them at breakfast.
2. Avoid having them more than once a day.
3. Have some days in the week when neither meat nor dairy is taken at all.”

“Refraining from meat will help avoid the aches and ailments resulting from the accumulation of uric acid in the system. Hence, meat eating is purely a matter of personal taste and preference. It is definitely not a matter of supplying the body with necessary protein.”

Harish took a deep breath. He hoped he had spoken clear enough. He gazed alternately at the two pairs of eager eyes fixed on him. He felt happy that they have been very receptive to his suggestions. He was always apprehensive while going through this phase of the programme. He knew this monologue had the tone of a lecture and could prove boring to many of his clients. Nevertheless, he always went through it. This was essential to make them informed of what they were doing, so that they would invest their 100 percent commitment into it. It had to be an informed choice rather than a prescription. They had to know why they were making changes to their

lifestyle. Some clients would at this stage feel the task was Herculean. He had to allay that fear too.

“All this may sound a cumbersome task to many. But it is not. Why doesn’t an American or European savour the spicy food of India which every Indian crave for wherever they are? Our taste buds gradually develop a liking for the food that we habitually eat. In the same manner, after the dietary changes have been made, over time, our taste buds will develop affinity to the new food regimen and we will start to enjoy the food more than our old diet.”

Vijay and Divya nodded their heads.

## **FUNDAMENTAL # 1 - 7<sup>th</sup> ASPECT**

### **1. Plant Based Nutrition**

**1<sup>st</sup> Aspect: Raw Foods**

**2<sup>nd</sup> Aspect: Body Cycles**

**3<sup>rd</sup> Aspect: Proper Combining**

**4<sup>th</sup> Aspect: Dairy & Meat Myths**

**5<sup>th</sup> Aspect: Concentrated / Processed Foods**

**6<sup>th</sup> Aspect: Cut back on Animal Products**

“Let’s come to the final aspect of 1st fundamental, before we call it a day.” Harish continued.

**7<sup>th</sup> Aspect: The Raw Foodie**

## **A Word About Vegetarians:**

“Let’s first talk about vegetarianism. It is often times remarked that vegetarians are not particularly good examples of health and vitality. Would it surprise you if I said I agree with this criticism?” Harish’s question surprised both of them.

He further explained, “Vegetarians whose bodies betray minimum standards of health and vitality, are those who have merely eliminated eggs and meat from their diets without making other healthy changes. They consume vast quantities of cooked grains and starchy foods. They consume concentrated sugar in their diets and often, they cook all their vegetables. They do not drink enough, if any, fresh vegetable or fruit juices. Such a diet cannot build a healthy body, much less a slim one.

Sometimes, what seems like a perfectly normal food, one that everyone eats, does not make it a food which is provided by nature.

Man-made starches are used as a binder in making cloth. It is used to thicken colours and also in mixing substances to make paper, toilet powder and china clays. Flour and water have been used to make home-made paste for children’s art projects. All that is good and fine, but why are we eating them?”

“Human body is composed of microscopic cells. These cells are constantly being used up in the normal course of

human existence and must be constantly rebuilt. The food required is vital, organic food. A diet containing wholly or mainly devitalised foods invariably results in the breaking down of these cells, causing a condition of sickness or disease. Then the natural way to return to normal would be to thoroughly cleanse the system and start a process of reconstruction by means of raw vegetable juices.”

“The true vegetarians are **raw foodies** or raw food vegetarians, who drink plenty of fresh vegetable and fruit juices, who avoid cooking their grains and foods and eliminate meats of all kinds. They are without exception, outstanding individuals who have slim and trim bodies, bursting with vigour and vitality – particularly if they were conditioned from childhood to shun and avoid these foods.”

“Raw food is the nourishment intended for human beings. However, not everyone is able to change the lifelong habit of eating foods mostly or totally cooked or devitalized, and in their place, eat only raw foods. Such a sudden change may cause disturbances which the individual may not be able to understand, but which, nevertheless, may be completely beneficial. It is wise to consult someone who is experienced in the reactions which may result from such a change. After all, it does require considerable mental and intestinal fortitude to make this change, and to stay with it, but it pays to do so.”

“So do remember, when you are adjusting to this new way of thinking, one’s habits have to be changed. A closed mind, which frowns on radical changes in thought, habits and actions will not help, rather it could be the greatest stumbling block.

When we become aware where each food comes from and how the body processes them, we will be highly motivated to never again put any artificial, man-made, concentrated food into our system.” Harish summed up the last aspect of 1st fundamental, however he could see some unanswered questions on Vijay’s face.

“If this is the first time you have ever heard about what nature intends you to eat, you might be wondering why other people, including yourself, are not eating this way.” Harish took a pause.

“That’s so true, I have the same question in my mind” Vijay confessed.

“Well, the fact is that not all people are ready for nature’s diet. Mankind’s traditions are stronger than our good common sense. People choose the foods according to their state of awareness and consciousness. People who follow the herd and has a state of awareness of the mass instinct will consider this diet as crazy. For them anything which is out of ordinary, and which is beyond their understanding is idiotic – not withstanding all proof to the contrary”, Harish was explaining.

“When a person rises to a higher state of consciousness, he will find that he needs food of a higher vibration than the dead, cooked and processed food that human tradition demands.”

It was a long day but full of so much new information. Vijay and Divya thanked Harish and took leave.

## The Dilemma



When Vijay and Divya returned from Harish's session, they were surprised to see Vijay's mother in kitchen. There was a big Container of Desi Ghee and another containers of sugar and grain flour, half open with Vijay's mother making ladoos with both her hands.

"Beta, good that you have come. I am making ladoos for you, you always like them since childhood and it will give you lots of strength" she said smiling.

Vijay looked into Divya's eyes. This was a complete surprise for both of them.

"I love you maa" Vijay hugged her as he did not want to argue with her for the fear of upsetting her.

"Have this" Vijay's mother almost pushed the laddoo inside his mouth. Vijay had to take it out in his hands to hold it.

"What was that? Who is going to eat those laddoos?" Divya retorted as soon as they entered in the bedroom, "We would have eaten them otherwise, but now since we know so much, after going through the full day session on health today." Divya did not know how to deal with the situation and had a puzzled look.

"Nobody is going to eat for sure .Not me, not you, not Tanvi. But how do we explain to Mom about it?" Vijay asked.

"Should we explain her what we are learning as well?" Vijay was still thinking, undecided.

"I feel we should chat about this with Harish in the next session. I am sure he will suggest us the right way." Divya finally came up with the suggestion.

Vijay conceded, "Yes, he has been through all of this. He will advise us from his experience."

## Tanvi's Asthma



Vijay & Divya were trying to absorb all the new information they had received. Vijay was on medical leave and spending most of the time at home. Tanvi had graduated to Grade I and they had found a new school for her. This also posed a challenge to Divya because now she had to get Tanvi ready for school an hour earlier than before. The school was far and the school bus wouldn't wait even for a minute.

Mornings, for Divya, turned out to be a race against time. Tanvi started

displaying irritation on being woken up earlier than her usual time. She had to be rushed through her morning chores for which she started showing resistance. It seemed she was finding it difficult to get used to this rush for everything. While she was in her previous school, she did not require anyone to egg on her to wash herself and so on. Now she often made faces when Divya would suddenly emerge from the kitchen and pass the next order for her. It seemed Tanvi was not particularly fond of her new school. This had both Vijay and Divya worried.

The first week of her new routine went uneventful. Then on the second Monday at her new school, Tanvi came back home in the evening a little dull. Divya felt guilty that her sweet little one was finding it difficult to cope with the new environment. That evening Tanvi had mild fever and cough. She slept with Divya and Vijay that night and her sleep was intermittently disrupted by the cough which was now more pronounced. Vijay and Divya sat up through the night. They could hear nervous footsteps of their parents outside the room whenever Tanvi's coughing gained in pitch.

By morning Tanvi's temperature had risen. An appointment with the paediatrician was fixed for 9 am.

The doctor checked Tanvi thoroughly, her lungs, back, and mouth.

"Since when is she coughing?" the doctor asked.

"For the last 3 days now", answered Divya.

“She does not have any infection. It looks like an allergic reaction. Has she been exposed to any sudden change of environment of late?” The doctor quizzed.

“Yes, she has started attending a new school” Vijay replied.

“How far is the new school? How does she commute?” The doctor asked.

“The new school is a little far – around 10 km. She goes by the school bus now. Earlier I used to drop her in my car and Divya used to pick her from school in the evening”, Vijay said.

“How is the condition of the bus? I mean, is the bus closed and secure or are the windows open?” the doctor asked.

Divya and Vijay looked at each other puzzled. They had not observed this detail.

“The reason I am asking you this is that if the school bus has its windows open, it is quite possible that Tanvi is getting exposed to Air Pollution. Owing to open garbage and MSW (Municipal solid waste) burning without proper waste segregation and disposal, constant digging and repair that keep taking place on our roads, and the black smoke emanating from diesel vehicles, the air in our cities is heavily loaded with Particulate Matter abbreviated as PM. In our city, the air contains a heavy load of PM 2.5 and PM 10 at different times during the day.”

“PM degrades the air quality drastically. This can cause allergic reactions like asthma, hay fever and even cancer in the long run. Children, elderly people and people suffering from asthma are highly susceptible.”

“These particles have a diameter smaller than a virus. Human hair is very big compared to these. The larger ones will get deposited in the lung - that’s the biggest worry. Recent scientific evidence shows that when the particles are small enough they go into the bloodstream and they can go directly into the brain. It’s very hard to get data to show whether the pollution is going to have a long-lasting effect, like cancer. However, as this pollution soup contains chemicals, there is enough reason to believe that serious risks like cancer cannot ruled out.”

“India is one of the most polluted countries in the world. In the top 20 most polluted cities in the world, 13 are from India. And the most susceptible to this are our Children and the elderly”, the doctor explained.

“Let’s experiment a little. For the next 1 week, take Tanvi to her school in your car like you were doing earlier”, the doctor said. “And please ensure you keep your car windows closed. Let’s see if it helps.” He then came ran his fingers through Tanvi’s hair and reassured her, “You are going to be alright soon.” Tanvi smiled and said, “Thank you.”

# 33

## Mahesh's Visit



Vijay had already started feeling better since the last session with Harish. Prem visited him every Sunday and the 15 minutes or so he spent with Vijay helped boost Vijay's morale. Naresh too had called up once and enquired about Vijay's health.

Mahesh had dropped in during one of his visits to Bangalore. Mahesh informed Vijay that he would be visiting Bangalore more frequently to make up for Vijay's absence. "Since you are already suffering,

the Company need not suffer”, he said and laughed out loud. Vijay could not quite understand whether Mahesh was just trying to ease the atmosphere or taking a dig at him.”

“Vijay, have you read the story” A Dog Named Duke “by William D. Ellis?” Mahesh asked after the uneasy calm that had descended between them after his joke.

“I can’t remember having read something like that”, Vijay replied in as pleasant a tone as he could.

“You remind me of Chuck Hooper in that story”. Saying this, he emptied the cool lime juice that Divya had brought, and got up to leave. “Get well soon!” He had said before he got into his car.

As both Vijay and Divya walked back to their room after seeing Mahesh off, they knew what each one was thinking. Divya straight away had her laptop on, and after a brief search, she had the story of Duke the dog on her screen. Vijay too joined her in reading the story.

Both of them were silent for a while after they had finished reading.

“What did this Mahesh want to convey? That you will have to settle for a desk job when you return to the company?” Divya broke the silence.

“Maybe, or maybe not. He could be saying that I need to be as resilient as Hooper”, said Vijay.

“Anyway, I don’t like the fellow. He thinks he is very humorous”, Divya closed the laptop and went out. She wasn’t particularly impressed the way Mahesh had laughed at his own joke.

## Harish's advice



# 34

Vijay and Divya reached Harish's house as per the ongoing program.

“Oh yes, I could understand your dilemma” Harish was chuckling when Vijay told him about the incident the day before. “I have been through this many times” he added.

“I was thinking should we start explaining her, but then Divya suggested to check with you first” Vijay replied.

“That was a very wise suggestion” Harish replied. Divya's face lit up with the smile.

“Because I can share with you my learnings and you can learn from my mistakes. When I started on this program, in my enthusiasm, I started preaching all other people surrounding me about this. I realised the hard way that unless People come to you asking for advice, they neither want it nor are willing to accept it, how much so ever well-meaning it may be.” Harish briefed.

“The best way to do this is to first work upon yourself and be a role model of perfect health without indulging in any preaching. Once you achieve that, people will automatically start queuing up to you to know how you did it.”

“I understand sometimes it can be very frustrating seeing people commit same mistakes which you already have done. But also understand humans have a learning cycle and everybody has to go through his own learning cycle. That’s how humans learn- by experiencing themselves. You can never impose your learnings or experience onto someone else to shorten their learning cycle.”

“So what should we do for my mom who has made those ladoos for me in her affection but does not really understand the consequences? Also she may be too old to change now.” Vijay asked.

“Well in every case, unless the person themselves are willing to learn or change, they will not be ready for the new information. And people do not change most of the

time by choice. Changes happen by compulsion, mostly into emergency conditions, like in your case.”

“That’s true” Vijay replied.

“So in your mother’s case, the best way is not to bombard her with any preaching; albeit convey her simply that you are going by an expert’s advice and wellness program and you will be following my program to get well. She will not question much afterwards and she will also not get hurt emotionally.” Harish advised.

# 35

## Fundamental #2 - Internal Cleansing



**M**oving forward, Harish launched into Fundamental #2, writing it to their list.

### 1. Plant based Nutrition

### 2. Internal Cleansing/Detox

“Have you heard about Juicing?” Harish started with the first question.

“Not much”, replied Vijay.

“See, the Body needs to be cleansed with water. The water in fruits and

vegetables plays a dual role – first it carries the nutrients. Secondly, after dropping the nutrients, the same water picks up the waste matter and flushes it outside the body.”

“But Why not eat the vegetables and fruits whole, instead of making Juices?” asked Vijay.

“That’s a very good question”, replied Harish. “By separating the mineral elements and the distilled water in the food from the fibres, this liquid food is digested instantly. Generally the separation of mineral elements from the fibre is an intensive labour process and takes much time, and requires much energy from the digestive organs. So, the ‘solid food’ digestion is an energy consuming process, whereas the liquid food digestion does not take any usable energy. The removal of the fibres during the extraction of juices enables juices to be very quickly digested and assimilated, in a matter of few minutes, without taking any effort or energy on the part of the digestive system.”

“Vegetables and fruits have considerable quantity of fibres. Within the interstices of these fibres are enclosed the atoms and molecules and their respective enzymes which aid in the speedy nourishment of the cells and tissues, glands, organs and every part of our body.”

“But every information available in the market tells that fibres are very important”, Divya was puzzled.

“They are, but let’s understand their function in the body” replied Harish. “There is not much nourishment in

the fibres. However, since they act as an intestinal broom during the peristaltic activity of the intestines and help the colon, they are also important. People who only eat fibres and do not drink sufficient quantity of fresh-raw-vegetable juices as their full quota of nourishment are deprived of important enzymes in their body.”

“Whatever you said about enzymes was quite a revelation for us. Can you tell us more about them?” asked Vijay.

“Sure. You see, The LIFE in our food is what counts. Billions of microscopic cells in our body need nourishment; live, active nourishment. Enzymes are catalysts and as such they promote action or change without changing the status of themselves. They are complex substances which enable us to digest food and to absorb it into our blood. Where there is life, there are enzymes. That’s why our food needs to be raw, unprocessed and uncooked.”

“The life of enzymes ends at 52 degree Celsius. Enzymes can be preserved at any desired low temperature without loss. When food is cooked, the intense heat destroys the life. The fibres become lifeless and dead and all too often leave a coating on the wall of the intestines. In the course of the time, this coating accumulates, putrefies and makes the colon sluggish and distorted.”

“As a thumb rule, it will not do great harm to occasionally eat a little cooked food (not fried food), as long as sufficient quantity of raw food is also eaten. Let

me share with you The Law of Replenishment”, Harish announced.

## **Law of Replenishment:**

“If we do not eat, we die. If we do not eat the kind of food which will nourish the body, we not only die prematurely but suffer along the way too. Our body needs to be supplied daily with the same elements with which it is composed.”

“In any event, fresh raw vegetable juices are necessary as a supplement to any diet, even when no special diet is followed and the individual eats anything and everything he/she pleases to. These juices will furnish the body with live elements and vitamins which are deficient in the cooked and processed foods.”

“On the other hand, an entirely raw food regimen, without the inclusion of sufficient fresh-raw juices is equally deficient. Large percentages of atoms are utilised as fuels for energy by the digestive system in the process of digestion, and hence only smaller percentages are available for the regeneration of the cells and tissues.”

“When we drink raw vegetable juices, these are digested and assimilated within 10 to 15 minutes and they are used almost entirely in the nourishment and regeneration of the cells and tissues, glands and organs of the body. There is no effort or energy taken from the digestive system. Hence, drink them daily. Any fresh-raw juice is better than no juice at all.”

“What is the difference between Fruit Juice and Vegetable juices? Which one is better?” Vijay asked.

“Fruit juices are the cleansers of the human system. They supply the body with all the carbohydrates and sugar it needs. Not all sugars are bad and fruit sugar is one of the most beneficial sugar the brain needs to function.”

“Vegetable juices are the builders and regenerators of the body. They contain all the amino acids, minerals, salts, enzymes and vitamins needed by the human body as long as they are used fresh, raw and without preservatives.”

“In our workshops, we introduce participants to a new variety, called ‘Raw Juice Cocktail’. These are primarily vegetable juices blended with fruits to make them yummy and tasty. So you get a juice with all the builder ingredients which tastes great.”

“For example, you may not feel very motivated to drink a Green leafy vegetable Juice since it will taste bitter. But if you add a whole ripe pineapple to it or even few apples or carrots, it will turn into a very delicious tasting green Juice, which can be drunk in abundance.”

“Can a diabetic person drink fruit juices?” asked Divya.

“Diabetes is a state of toxicity inside the body. It reflects how unclean the body is from inside. Hence, to begin with, vegetable juices are recommended to a diabetic person till the time the entire cleansing is done inside and the body returns to normalcy and health.”

“But, is not Juice a concentrated Food?” asked Vijay.

“Nothing can be farther from the truth. A concentrated food is a product which has been dehydrated, from which its water content has been removed. Juices, on the other hand, are the liquid food, mostly organic water of the finest quality with the nourishing atoms and molecules in comparatively microscopic volumes, the volume for which the cells and tissues of the body yearn for!”

“Because the raw juices are organic or live food, they regenerate the body with surprisingly rapid results. Fresh raw vegetable juices are among the least concentrated and yet the most nourishing of our foods. Just for your brief comparison, white sugar is more than 4000% concentrated than carrot juice.”

“But these days almost all fruits and vegetables come loaded with pesticides and sprays”, Vijay said.

“If you really want to be away from pesticides and sprays, then stay away from Animal Products because that is where it gets used the most in the form of growth hormones, antibiotics, chemicals, contaminants, uric acid and bacterial putrefaction.”

“When it comes to fruits & vegetables, in my experience, I have found that the toxic sprays are retained in the fibres of vegetables and are not present in the fibre-free juices.”

“Fibres collect the toxins. The enzymes, atoms and molecules are allergic to them. Fruits and vegetables

grown in devitalised soils will be deficient in the vital factors. However, even under very best soil conditions, sprayed pesticides will enter into the plants & roots but will be completely absorbed by the fibres of the plants and roots. The plants will continue to grow and thrive in spite of these toxins. Because the enzymes, atoms and molecules will be immune to them and will carry on with their work.”

“The fibres have virtually no nourishing value. When the vegetables are correctly pulverized, the cells of the fibres are split open and these elements are released. These elements are as allergic to toxins as oil is to water. By squeezing this pulverised pulp through proper straining material, all enzymes, atoms and molecules are released from the toxic fibres.” Explained Harish.

“So you are saying that in such a case, the juices become largely free from toxins and pesticides since they do not contain fibre”, Divya was asking.

“Absolutely right. And whenever you need to eat fibre, which is also important and works as a broom inside the intestines, you must insist on organic produce. As more and more customers insist on organic vegetables, the demand will go up in the market, and shopkeepers will be forced to provide it and the farmers will be producing accordingly as per the demands of the market.” Harish replied.

“How much juice should one drink?” Vijay asked.

“At least 1 litre of Juice daily will be required to show any perceptible results. In fact Nature has furnished vegetation as the laboratory in which inorganic water of rain and stream is converted into life –containing atoms of vital organic water. The water supply in the city is contaminated with inorganic chlorine and other chemicals, making it completely unfit for human and animal consumption. This water is also inorganic as is rain water.”

“The only source from which vital organic water is derived is vegetation – our vegetables and fruits and their juices. Such juices must be raw to retain their vital organic quality and must not be cooked, processed, canned or pasteurized. Drinking juices enables the body to assimilate all the vital elements without burdening the digestive organs with the work entailed by the presence of pulp-cellulose. It contains all the vital element, all of the vitamins, vital organic mineral and salts contained in the vegetables.”

“When juices have been cooked, processed, canned or pasteurised, all of the enzymes are destroyed and the atoms are then converted into inorganic or dead atoms. Proper insalivation and thorough mastication is essential to the complete digestion of vegetables when the cellulose fibre is present. Juices from which the fibre has been removed, provides every particle of nourishment for immediate and quick assimilation by the body.” Explained Harish.

# 36

## What's a Detox Diet?



“Let me give you an analogy of a house”, Harish started.

“Consider a House which is not cleaned for the past 30 years and you want to start living in it. What will be the first thing that you will do?”

“If you start cleaning it, you will soon realise that huge layers of dirt are stuck up on the walls permanently. So, first you have to throw water and make it moist so that the dirt can come down from the wall.”

“Detox diet is the same preparatory step of throwing organic water (vegetable juices) into the walls of colon, later followed by colonic irrigation for an internal cleansing.”

“What if, in spite of throwing water on house wall, you find that there are still things stuck up there; i.e. fungi, spider web and other solid dirt? Then you need the scrubber with which you could scratch it and pull the dirt down. Similarly there are plant based colon scrubbers with which the layers of inorganic materials, stuck on the colon walls, can come out and you can get a full cleansing.”

“Once you start living in the house, then also you will be required to do a daily cleansing for maintenance. And again once a year, full-fledged cleaning like we do on important cultural festivals like Deepawali has to be performed.”

“Similarly Colon cleansing has to be done in a set of irrigations (10-12 times per cycle) at least once in a year. You need to experience how it feels once you go through complete internal cleansing.”

“Detox diet is a preparatory diet to help body for a thorough internal cleansing. It consists of 100% raw food with abundance of juices starting from fruits and later moving to vegetable juices.” Harish paused. After making sure Vijay and Divya were ready for more, he continued.

“You must keep in mind a few things while starting Detox Diet Program”, Harish said and handed Vijay and Divya a printout which had very specific program briefs.

1. “At least 3 days will be required to set the body for a cleaning. A complete course of 10 sets of Colonic irrigation (1 colonic every 2 days), it consists of a 21-day protocol once a year.”
2. “Buying a Juice Maker would be the best investment for health. There are many types of juicers available in the market. Traditional Centrifugal juicers generate lots of heat and destroy enzymes. Buying a cold-press juicer (which works on pressure and not on heat) would be an ideal investment.”
3. “Drinking a freshly squeezed juice is always the best. The best way to store it is in air tight glass containers under refrigeration for not more than 12 hours. Add lime to reduce oxidisation. Do not expose juice to air or moisture.”
4. “Do not gulp it down. Sip it slowly. Plan to have at least 3-5 litres of Juices in a day.”
5. “Eat fruits only at empty stomach as it leaves the stomach in 20 to 30 minutes.”
6. “A positive side effect would be loose motions or symptoms of a diarrhoea – When all of a sudden, 90% of this clean organic water goes through the system, it is as though the digestive tract is being flushed and scrubbed and that’s why diarrhoea is not at all surprising. Typically, it normalises in 48 hours and also unlike the actual diarrhoea, you do not feel weakness. On the contrary, you feel light

from inside since waste from colon walls is getting pushed out finally.”

7. “Some people think they won’t have energy because intake of food is so restricted. Interestingly, the opposite is true. The energy level soars while on juicing as there is no energy spent on digestion. People experience enormous increase in energy”.
8. “One of the concerns those who have never been on juicing or on raw food have is – ‘But I will be so hungry. How will I function?’ It is a genuine understandable concern.”

“Let me explain. Sometimes, even after having a nice meal and finishing everything on your plate, you find yourself searching in the kitchen for something to eat. At the base of the brain, there is appestat which is constantly monitoring the body, especially to find if the blood is carrying sufficient nutrients. When the nutrient needs are met, it is silent. But when the nutrient needs are not met, especially because the food is so much cooked and processed and completely devoid of nutrients, the appestat just keeps on sounding the alarm. So, even though the stomach is full, these people are still hungry – not for food, but for nutrients.”

“While on juicing, you are consuming foods that are brimming with nutrients & enzymes. The body is flooded with high quality nutrients that fill up the system.”

9. “Sugar, in its natural state, is the most important food for the humans as it is the only thing body burns for energy. In fact, body has a built in mechanism to use fat reserves to turn them into glucose. All fruits and vegetables contain absolutely fine, most health supporting and beneficial sugar which is absorbed directly into the body, and converted to glucose during absorption. On the contrary, processed and refined sugars is a deadly poison and has been associated with so many diseases. Almost 64 food elements are destroyed while processing – all minerals, all vitamins, amino acids, enzymes, fibre – everything is gone and then the body needs to borrow nutrients from healthy cells to metabolize the incomplete food.”
10. “Fructose is the finest, most perfect sugar when obtained from fresh raw fruits and vegetables. Once processed, it is as bad as white sugar.”
11. “You can gradually incorporate light steamed vegetables while ending the detox (steamed below 50 C) during the last 3 or 4 days on a 10-day juicing. Regular eating of raw uncooked food is the ultimate goal, though.”
12. “Sometimes the change is obvious, sometimes it’s subtle, but as the time goes by and you’ve lost pain, your energy is up and you are feeling good, you will want to keep it that way. You will find yourself making healthier menu choices in restaurants.”

“When I did my first detox, the first day was the hardest. That is generally the case with everyone. In those 21 days, I had shed about 6 kg, my energy level hit the roof and I felt as if I owned the world.”, Harish said smiling.

“It seems you own the whole universe now”, mused Vijay.

“Let me also share some of the positive side effects and healing reactions that occur while you are on the detox diet”, Harish continued.

## **Internal cleansing and the healing reaction:**

### **A) Physical healing:**

“If most of the food that you are eating is highly processed, full of chemicals, concentrated, high in fat and cholesterol, denatured and/or preserved, the body will need a large amount of energy to break it down and elimination of the toxins completely becomes a cumbersome task.

Juicing cleanses toxins from the body. Toxins are poisons and while they are being eliminated from the body, they can cause from mild uneasiness to even extreme discomfort. It is also possible that the very condition that you are suffering from, whether headache or pain, becomes more acute before it is eliminated. But it is most definitely temporary. It proves that detox is happening, evidenced by the increased elimination activity that is causing the discomfort.

Juicing is a gift, a blessing and once experienced, it will become part of your life. Then it becomes your own commitment to your body. Your faithful body, which stands by you in all crises, deserves that commitment from you. You will start experiencing your power to revitalise your own body, your ability to cleanse yourself and eliminate the waste/toxins. You will live with the knowledge that you are the owner manager of your own vibrant health.”

“And it is not just physical healing, there is also something called emotional healing”, said Harish to both Divya and Vijay. “You will find it very interesting”

**B) Emotional healing:**

“Food brings emotions in the body. For most in the population, food is a way and remedy to numb the situation, a way to self – sabotage. They stuff themselves with food and numb their emotions. This is a rather easy way to numb yourself.

When we are scared of feeling our emotions, we choose to be numb.

Our body cannot crave for something that it does not already have within. So our body stops to crave for it, when it is no longer in our body. When we are letting it go from the body, that is the time body craves for it the most.

Raw food is cleansing food and it cleanses every part. As our physical self-detoxes itself, our emotional self-detoxes as well.

It is very difficult to clean our physical self and then neglect cleaning our emotional self.

All that emotion that is stored in our body, in our cells, is going to come up. We need to be prepared to handle it. It is very difficult to feel angry and bitter with yourself, when you are eating so many rich and vibrant fruits & vegetables.

Taking responsibility for your health is important. We must hold ourselves accountable for our actions. Every steps we take towards self-love and self-care is amazing step. Eating the highest vibrational foods is important if you want to be in the highest vibrational self.

Raw foods are foods that love you back. They are healing foods.

You are taking care of yourself and taking care of your health. That is active self-love.

Raw food does not demand energy to digest. Any cooking of food destroys some nutrients. Human beings are the only species that eat cooked food and humans lead all the species in degenerative diseases. Trust me, the detox is not a punishment, it's a joy!

A clean body is more important than a clean house or car. Your body is the house in which you live. The home needs periodical attention, otherwise the roof may leak, the plumbing will begin to rust or leak and get clogged up, and termites will drill through the floors and walls. You

will live under the constant fear of a pipe or a tap suddenly bursting forth, the doors giving in, the roof cracking, and the foundation caving in. Take timely remedial action and you can live peacefully in your beautiful home.”

“Any kind of cleansing is incomplete without including our colon or gut”, Harish explained.

### **Colon Cleansing:**

“If you wake up feeling groggy, heavy, dull, listless and negative, the chances are that waste matter in your colon has failed to be processed and expelled on schedule. No health and healing procedures can be as successful as those which have a series of colonic irrigations as the prelude to any health treatment.

There is no cure for constipation by means of laxatives, as these merely serve to irritate the lining of the intestines and by such irritation, the intestines try to expel the laxative medium, thus taking along some of the waste matter. Chances are the irritation to the intestines becoming a more serious problem.

We have in our body the most perfect system of elimination. Our lungs must be free of foul air, tobacco smoke etc. Our skin must be active so that the pores can eliminate the toxins carried there by the lymph ; the kidney must have freedom of action without interference from alcohol and uric acid products ; and our colon must have whatever internal washing it needs to remove the accumulations of 30,40,50 years or more.

The colon can be washed with clean water. It is called colonic irrigation.”

With this, Harish completed the 2nd fundamental.

# 37

## Vijay's Progress



This was Vijay's week 4 on Harish's program.

Vijay had shed 6 kg effortlessly and was feeling very light and energetic from inside.

However, his skin had turned yellow.

Vijay was worried, and asked Harish, "My skin has turned yellow. Is it jaundice?"

Harish replied, "The cleansing processes and functions of the liver makes it look as if you might have jaundice.

It will not take too long for the skin discoloration to disappear, once your liver and gall bladder come in better shape. Discolouration is the result of bile and other waste matter dissolved from the liver and gall bladder during the process of cleansing and regeneration as a result of the drinking of abundant carrot juice. Large amounts of waste matter accumulated in your liver is dissolving with the help of the carrot juices. Some of the waste matter is being eliminated from the system by way of pores in the skin.” Harish clarified to Vijay.

Then Harish started with the 3rd fundamental.

# 38

## Fundamental # 3 - Proper Sleep, Rest & Exercise



**1. Plant based Nutrition**

**2. Internal Cleansing**

**3. Proper Sleep, Rest & Exercise**

### **Rest and Sleep**

“Any insight on sleeping?” Asked Harish.

“Eight hours of sleep is recommended by Doctors.” Vijay replied.

“Yes, sleeping 8 hours and drinking 8 glasses of water is almost fashionable everywhere.”

“The body will never sleep beyond need. However under sleeping is very common”, Harish clarified.

“How much sleep do you need? Your body will tell you, exactly!”

“As long as the purpose of the sleep – recuperate nerve energy, build up reserves, replace and regenerate cells and eliminate by-products of metabolism - is fulfilled, it hardly matters how much you sleep!

We do not deprive ourselves of air, water and food, but we deprive ourselves of sleep. When we do not get adequate sleep, not enough nerve energy is generated. It has become fashionable not to sleep enough. While sleeping, both the quality and quantity are important.

Every day we sleep 6-9 hours and almost 1/3 of our lives is spent in sleeping. Sleeping provides rest to all our muscles, nerves and brain. It is during this period of rest and sleep that the body repairs and reenergizes itself. The body needs to be recharged and its nerve energies need to be regained. Sleeping is a partial shutdown for recharging. However, it is only part of the brain which is asleep, important functions of the nervous system are in full swing. Functions such as repair of tissues, healing, restocking and reproduction of cells are always in full swing.

When we have depleted our energies faster than they can be restored, a time period of inactivity helps the body

to catch up. Rest is just not physical. In fact, mental, emotional and sensory rests are very essential.”

“What is your thought on Coffee breaks?” Vijay asked.

“Caffeine inhibits sleep. It takes 24 hours for one cup of coffee to pass through kidneys and the urinary tract for elimination.”

“Instead of taking a coffee break, take an abdominal breathing break! Find a quiet place, still your mind, close your eyes, take deep abdominal breaths and relax your muscles.”

“Some people also takes Power Napping. Is that healthy?”

“Napping improves bodily function and digestion. Resting sharpens the mind and prevents fatigue. Resting and Napping does not mean you are lazy. It means you are intelligent enough to listen to your body’s physiological needs and it is a productive use of your time.”

“In terms of quality sleep, the hours we get before midnight are the most valuable and restful.”

“Do not be ashamed of sleeping. Sleep is a biological necessity of life”, Harish declared.

“However in all possibilities, when majority of your food becomes raw and clean, you will find that your body will need lesser duration of sleep since its nerve energy reserves will always be full. You will never feel the need

for taking naps or coffee breaks, since you will always be full of nerve energy. However, keep listening to your body while you move down on that path.”

“When I am on my annual detox program, I wake up automatically within 6 hours , feeling completely fresh and revitalised since body does not need to spend any energy in digestion” Harish shared his own experience. “Let me tell you another important aspect in the 3rd fundamental - exercise.”

## **Exercise**

“Mostly people get hyped up about exercises, go on an all-out program of exceeding their comfort limits. Then they become frustrated and wind up cursing and completely withdrawing. Then the guilt feelings overpower and the entire issue becomes a pain point.”

“That’s true, the same thing happened to me”, recalled Vijay.

“So, what is the best way to handle that?” Asked Harish.

“Start with a duration and intensity that you are comfortable with. Do some, rather than doing nothing at all. Even doing 10 minutes of aerobics on a daily basis will considerably improve your health.

Have you observed a wild cat? It runs, leaps, and stretches every day. It is slim, fit and vital. Put it in the cage and it loses its physique and endurance, because its aerobic exercises have been discontinued.

Aerobic exercises lead to perspiration and oxygenates the blood. Walking, cycling and swimming are some of the best aerobic exercises for the long term.

The body becomes weak in the absence of exercise. Regular exercise helps the entire system get strengthened. Exercise helps in the oxygenation of the body. Aerobic exercises accelerate heart's pumping actions.

It also makes the heart a stronger and more efficient organ.”

“I have a few friends who really do good exercises but eat everything”, Vijay said.

“Well, some people think that they can eat all types of fatty foods and still ward off cholesterol and plaguing of arteries if they exercise. The truth is that Exercise helps the body by making it strong enough to deal with ill health, but it does not have any magical ability to correct the results of dietary abuses and unhealthy lifestyles. Taking just one element of health and discarding others does not result in holistic health.

The body is physiologically best equipped to engage in and reap the benefits of exercise. However, you can go for your personal preference.”

“There is another thing that I see especially in all metro cities. I see people jogging and running in the morning, along the main roads. May be, they have taken inspiration from some movies. But in this country, in real

life, the roads are full of dust and polluted air consisting of PM 2.5 and PM 10. Garbage burning is a common scene everywhere in the cities. If you inhale that poisonous air during exercise, it is going to do fatal harm, and instead of bringing health, it may bring cancer.” Harish continued.

“Exercise at a place where you get the freshest air possible. There are some other techniques now like EWOT wherein you can exercise wearing an oxygen mask.”

“Let me add one more important thing to be remembered about the timing of exercise. Exercise has to be always performed with an empty stomach.

Everything we need requires expenditure of energy. Digestion is one of the most energy consuming activities for the body. Exercising at a time when the body is busy digesting the food will put too much load on the system as the body has to divide its energy between these two activities. Therefore, neither of the activities is well served. Doing exercise after eating will make the food stay in your stomach much longer, body will spend much more energy and the overall effect would be draining of energy.”

“Exercise is not a discipline but a part of life. Move your body and you will feel good about it”, Harish summed up the 3rd fundamental.

# 39

## Explanation



“Beta, so are you saying that you will not eat any of these ladoos which I have made for you with so much efforts” Vijay’s mother asked him, visibly upset.

“Yes Maa. I understand that you have made them with lots of efforts and love, but I have to follow my health coach’s plan to get well soon.” Vijay replied politely taking her hand into his hands.

Vijay took this opportunity to further explain his mother about what all changes he would be going thru under the diet program.

“Will you also stop eating Daal and Roti? Not even drink Milk? Then how will you get your calcium?” Vijay’s mother jaws had dropped and eyes had widen to their full capacity.

“Yes maa. I understand that you may feel that some of the exclusion should not be done. But I am following my health coach’s advice who has treated hundreds of people like me and I trust his wide experience.” Vijay tried to reply as politely as he could.

“Ok beta. Do whatever your doctor says. I understand and I will not interfere in your treatment process.” Vijay’s mother finally gave up, a little disappointment was visible on her face.

Vijay knew this was the most gentle way to explain to his mother and he was satisfied with this approach.

# 40

## Fundamental #4 - Healthy Physical Environment



1. Plant based Nutrition
2. Internal Cleansing
3. Proper Sleep, Rest & Exercise

### 4. Healthy Physical Environment

Next day at Harish's place was parked for the 4th fundamental. "Let's discuss about the 1st aspect" Harish started.

#### 1<sup>st</sup> Aspect: Clean Air

"What is the importance of clean Air in our lives?" Harish asked.

“Six minutes without Air and there is no life for us. Even though Air is our most urgent need, we take it totally for granted. May be because, it is still free and not charged for yet. CO<sub>2</sub> even at 3% can make us drowsy. However, all soft drinks, cola, soda, and beer have it. People become devitalised by polluted Air. The air in the Indian Metro cities has turned like a chemical cocktail, carbon monoxide, ammonia, benzene and all possible acids.”

“If you want to feel alive - Walk in the woods – Air is the number one necessity for the perpetuation of life.”

“If you are in an Indian Metro and if you have to travel on a 2-wheeler, protect yourself with a proper helmet and with a strong Anti-Pollution mask.

For your indoors, consider buying a Room Air Purifier with filter which can remove pollutants, pollens and allergens –especially if you have kids and elderly people at home.”

“Human lungs are developed to utilise the freshest air plants have on offer.”

“What is your advice for those people who still smoke, knowing the consequences already?” Divya asked.

“Well, enough has been written about smoking already. I just want to conclude by saying that human species are not naturally intended to have smoke in their lungs. No human loiters around in burning buildings.” Harish replied.

# 41

## The Visible Killer



“We want to tell you something. India accounts for 13 of the 20 most polluted cities of the world”, said Vijay.

“That’s right. It seems you are doing google searching on health issues of late”, remarked Harish.

“Not exactly. Tanvi’s doctor told us. Tanvi was having cough for the past few days. It would aggravate at night. Finally, we took her to the doctor.” Divya replied.

“Her asthmatic condition was caused by the air pollution she was subjected to during commuting between school and home in the school bus. It is a good 10 kilometres. The school bus has open windows, and Tanvi was exposed to all types of air pollution in the morning while going to school”.

“And when we stopped sending her by bus and started dropping her in the car, it all became normal”, explained Vijay.

“Well, that’s true .Air pollution has reached alarming levels in our cities. Coal & fossil burning is one of the major causes of air pollution across our country. Emission from diesel vehicles is another important factor. However, open burning of Municipal Solid Waste alone accounts for 15-50% of air pollution in various metros. This figure is as per a recent report by IIT Kanpur.”

“On your way to Tanvi’s school tomorrow, take note of the number of places where garbage is being burnt”, said Harish.

The next day, when Vijay went to drop Tanvi, he started observing. In the 10-km stretch, he saw 13 sites where garbage and MSW were getting burned. Out of 13 places, 6 places were emanating black, thick smoke from burning of tyres, rubber and plastic.

Vijay tried to find out who was burning these things, but he could not find anybody around. Later, at a couple

of places, he saw a cleaning lady staff herself burning the garbage. He stopped the vehicle and asked her why she was burning it.

She said it was tough for her to do the cleaning as the municipality's truck does not come to pick the garbage, and so, burning remained the only solution.

At a few other places, he saw even shopkeepers themselves burning the garbage in front of their shops. A coconut vendor had thrown all his garbage into a nearby open land and had set it on fire.

Another place, he saw a truck of garbage being thrown in an open land and set on fire by workers. It looked like the truck belonged to a BBMP Contractor, who found it easy to dispose the garbage by burning it in open rather than sending it to landfill.

Vijay was very sad and disappointed.

He realised that people did not understand the poison they were creating in the air. He thought he had to do something, for the sake of his dear city in general and for his daughter in particular.

He posted the pics and videos on social media as well as different campaign sites. However, the response was very cold. He went and met the health & SWD Commissioner for the city.

“Why has it been happening unchecked?” He asked the commissioner.

“I am glad that you noticed. There are numerous problems. The basic problem is with garbage segregation and disposal, which we have been trying hard to implement so that the wet waste can be composed and recycled.” explained the commissioner.

“But even if the garbage lies on the ground, why does it get burned and not lifted? When the Government has banned smoking, why can’t it ban garbage burning which is many times more harmful?” Vijay asked.

“See, Garbage burning is already banned and is an offence. When garbage lies on the road and is not picked up, the contractor staff or sometimes the cleaning staff themselves burn it up.”

“There is also this garbage mafia which identifies open lands, and to save money, dumps the garbage on these sites and later pay the rag pickers to burn it up with petrol and kerosene.”

“We can react and respond, but if you want to stop it permanently, there has to be massive awareness creation in the society. The reason smoking ban is effective is because it has been implemented well due to various health awareness campaigns. That level of mobilisation of the public is missing in the case of garbage burning”, the Commissioner replied.

Vijay wondered what he could do.

# 42

## Burning in the Society



On Saturday morning, Vijay was standing in the balcony to have some sun shine. Suddenly, a sharp pungent smell pierced his nose. He couldn't believe what he saw from the balcony.

There was thick black smoke coming out from the adjacent open land clearly visible from his balcony. It was a huge fire. Vijay tried to find out who was behind it. He saw a person quietly disappearing from the site with a kerosene can.

The thick black smoke proved there was a massive use of kerosene in the fire.

Vijay called up the Commissioner who promised to send his team to the site. The team arrived after a couple of hours. Then, after seeing the magnitude of the fire, they finally ordered a water tanker. However, it wasn't adequate to extinguish the fire.

Vijay called up the fire station and soon sand tankers arrived. It took them almost 6 hours to put out the fire. Had it not been for the fire brigade, it would have burned for a couple of days.

A couple of weeks passed, and then it happened again.

Vijay met his Residents Association members and explained to everybody the consequences of the pollution to children and the elderly.

They set out to find out from the residents.

They found out that a group of people were getting paid to dump and burn the garbage in the open land. Vijay and his team educated the people about the serious health consequences of this crime against the environment.

Vijay knew their efforts were simply not enough. "How do we bring a permanent, long-lasting change? What can we do to make every individual aware of it?" This became his mind's preoccupation for most part of the day now. He realised that it wouldn't happen till the time the common person is not aware of it. He would work hard to achieve

a cleaner environment in his city, he thought. He knew he had to do it for Tanvi and his aging parents as well as many others like them.

This concern Vijay had was only natural. That is how one feels when he becomes health conscious.

# Fundamental #4 - Continued



# 43

- 1. Plant based Nutrition**
- 2. Internal Cleansing**
- 3. Proper Sleep, Rest & Exercise**

## **4. Healthy Physical Environment**

### **1<sup>st</sup> Aspect: Clean Air**

Next day when Vijay & Divya met Harish, the discussion was on the elements of healthy physical environment.

## **2<sup>nd</sup> Aspect: Breathing, Water, Sunshine**

“We discussed about clean Air. Let’s talk about the way to breathe properly”, Harish started.

### **Abdominal Breathing**

“Our breath is our life force, moving in and out of the body. When breathing is deep and even, life is strong. When it is shallow and in haste, life tends to be diminished.

Normally, we should breathe abdominally. An abdominal breath is a full complete breath. The more shallow we breathe, the more tense we become. Our mind starts racing. When we are angry, we breathe from upper chest only. When we are getting a massage done, our breathing is deeper. Our mind becomes tranquil.

Abdominal breathing clears the mind and relaxes you. It balances you. Through voluntary breathing, we can gain mastery over the autonomic nervous system.

Abdominal breathing exercise and Alternate nostril breathing (Pranayama) are very helpful.

Assimilation cycle effectiveness is considerably reduced when the sleeping body is deprived of fresh air. If your lungs have to contend with the stale air all night, you wake up feeling groggy.

Open a window if you are sure about clean air surrounding your house. Opening the window even an

inch can help. Throw in an additional blanket, if necessary. If you are unsure about outside air quality, use an Air Purifier for the night.”

Harish took a pause.

“Life is a precious gift.” He announced and stood up.

He reached out to a glass of water.

“Let’s discuss about another important element – Water.” He came back & sat.

## **Water**

“Approximately 70% of this planet is water and 70% of our body is water. This planet would turn lifeless without water and our body will turn lifeless without water.

Water is a transporter of nutrients. It brings in what we need and transports out what we don’t - through the 4 organs of elimination - bowels, bladder, lungs & skin. Water is a lubricant. Most vital internal organs are bathed in fluids mostly consisting of water.”

“What is the best time to drink water and how much water we should drink?” Divya asked.

“Drink water first thing in the morning, drink a glass 10 minutes before every meal. Drinking water with the meal leads to dilution of the digestive juices. Wait 2 hours after the meal.”

“These days, it is fashionable to say drink 8 glasses of water. Who made this rule? There are some people who even keep drinking water every 30 minutes.”

“When the food has the water either processed or cooked out of it, you would need it more. Heavy drinking of water tends to waterlog tissues and impact cellular functions. Most of the times the thirst is caused by salt, spices, greasy foods, or overly processed, cooked and devitalised foods. Plants submerged under water are weakened. Nothing is gained by excessive water drinking. People these days are advised to drink even if not thirsty, without consideration of the individual needs or demands of body. Drinking without being thirsty is like eating without being hungry. Why should you do it?”

“How much water to drink? I would say as much as nature calls for and your body demands. It will depend on the climate, food, and physical activity etc.”

“Another question is about what type of water to drink .Purified tap water is like a chemical soup, loaded with soap, oil, copper, pesticides, paints, and subdued acids. Further chemical pollutants which are added to kill are more harmful than the bacteria they are supposed to kill. Distilled water is the purest water available, apart from fruit & veg juice. Mineral water, spring water and well water - all water in nature - are impure. Rain water also catches acid & chemicals and can destroy life.”

“The body can use only organic minerals. Minerals are only usable in the form they are found in organic forms of life; plants. We are not rock or soil eaters. Our body cannot break down and incorporate rocks into its cell

structure. Water containing minerals is like finely ground rocks and our body cells reject inorganic materials – the harmful discarded minerals are deposited by the body in various organs, joints, and bones. They take the form of kidney stones, gallstones, arthritis and heart disease. They literally clog up the body and form a thick plaque along with fats and cholesterol in the arteries causing “hardening of the arteries”.

“Minerals are good for the body. But which kind of minerals – organic or inorganic?” That’s a good thought to ponder, said Harish.

“Organic minerals come from Plant life! Through the process of photosynthesis, minerals from the earth become organically part of the plant itself. All fruits, vegetables, legumes, nuts, seeds, and sprouts are sources of organic minerals. These are the foods that supply the finest minerals. All others, whether from water or supplements, are like rocks or pulverised metals.

Distilled water has inorganic minerals and mineral wastes removed. It picks up rejected, discarded and unusable minerals and carries them to the lungs and kidneys for elimination. Distilled water does not leach out minerals that have become part of the cell structure. It collects and removes only minerals that have already been rejected by the cells.”

“Water is just a carrier and is totally lifeless. Consider calcium or iodine. These are minerals body needs but

only in organic state. Inorganic minerals will corrode and destroy cells.”

“Another important aspect is something we take for granted everyday” said Harish.

## **Sunshine**

“What if the sun fails to rise tomorrow on the planet earth?”

“It will be pitch dark – no vegetation, no species, no life, nothing! It will be a cold, dark, barren land.

Sun is the source of all energy (life) on this planet. In our civilisation, sun has been worshipped as GOD. Vegetation is thickest in the tropical regions, where the sun’s rays are most abundant.

Photosynthesis is not possible without sun shine, a process in which plants covert Co<sub>2</sub> into O<sub>2</sub> for animals to breathe in. Vitamin D assists in regulating the transport of calcium to the bones. Ergo sterol when comes into contact with ultraviolet rays of the sun gets converted into vitamin D and gets absorbed into the bloodstream. Artificial vitamin D interferes with calcium absorption.

The rays of the sun send billions of atoms into plant life and they activate the enzymes by which inorganic elements are changed into organic or life-containing elements.”

“Unfortunately, Fear of ultraviolet rays has been so marked that people fear exposure to the sun’s rays. We

must remember that Sun is the provider of life on this planet, not our enemy. Sunbathing is very important but we have to do it properly, during early morning hours or late afternoon hours when the sun is not direct. Sunscreens are to be used only in emergency conditions when you are in direct contact in sun for a prolonged time during the intense hours.

Sun's rays are life supporting, health enhancing and revitalising for the whole body and must be used.

Similarly Nutrition must be vital or organic. Salts and mineral matters must be vitally organic to get consumed by the human body.

Oxygen is one of the most essential elements. As soon as food is cooked, its enzymes are destroyed and its oxygen is lost.”

With this, Harish concluded the 4<sup>th</sup> fundamental.

# 44

## The Campaign



On the way home, Vijay's mind was racing. He had gone through this information on Healthy Physical environment. Something which started with Tanvi's cough & health had caught his full attention. His health has been improving consistently and he was emotionally involved in this Project by now. He could relate to what was happening and would be happening shortly to millions of kids after seeing Tanvi's condition. He did not want to escape. He wanted to do something.

Something which was in his hand as an individual – to spread awareness about Air Pollution.

“Doing something will not completely eliminate Air pollution but definitely bring the impact down. And most importantly will bring awareness among people.” He noted down all the points he had gathered till now.

***Why does the Garbage burning happen in Metro cities and why do People do it? (Labourers hired by contractors or cleaning staff, Shop keepers OR other)***

- 1. Illiteracy about Air pollution– People are mostly illiterate about the Air pollution or are uninformed and they do not understand the harmful impact this practice creates for the environment.*
- 2. They think Burning is the only way to dispose of natural vegetation (dry leaves) and they mix plastics & polythene in the garbage. They are unaware about eco-friendly options like composting and chipping.*
- 3. Absence of effective waste disposal system in a particular locality.*
- 4. Convenience – For most of them, it is a matter of convenience to simply burn it rather than waiting for the pick up to happen, even when there is an effective waste disposal system.*
- 5. Notion about Free Air– Since Air is available freely to all, they do not value the importance it carries for Human health and abuse it by burning the waste in open.*

## **How can it be stopped ?**

1. *Open air waste burning has to be banned. Garbage burning pollutes the environment a few hundred times more than that what a person smoking a cigarette might do.*
2. *Education about Air pollution – The Cleaning staff need to be mandatorily educated about the harmful effects garbage burning does to the Air quality and environment.*
3. *Penalty – A high penalty for the offender, whether cleaning staff or waste shops should be imposed. Habitual offenders should be suspended.*
4. *Monitoring & Tracking – A Public app where the waste burning pics and violations can be uploaded should be in place and the offenders should be punished.*
5. *Effective disposal of Waste – Dry leaves & wet waste can be effectively decomposed and recycled. Waste segregation efforts have to be reinforced.*

Vijay contacted a few independent consultants and made 2-minutes short movies about open garbage burning. The entire series was made using an emotional message that moved the audience.

Vijay put his own money in all the campaigns. The videos were translated into 20 regional languages to address this issue at the country level.

Seeing his videos & his commitment, people started asking him how they could contribute. It started with his society first where people acknowledged his efforts.

Vijay started an NGO to accelerate the momentum. He was wondering how India could be a clean India, as long as its air is polluted.

He launched his campaign – Clean India, Clean Air.

# 45

## Fundamental #5 - Healthy Mental Environment



1. Plant based Nutrition
2. Internal Cleansing
3. Proper Sleep, Rest & Exercise
4. Healthy Physical Environment

Vijay was becoming stronger day by day. He arrived next week at Harish's place. It was the last session for the 5<sup>th</sup> fundamental.

### **5. Healthy Mental Environment**

Harish spoke about the need of having a positive, hopeful and winning attitude. He started with the Mind-Body connection.

“Thoughts become things the same way as seeds become plants. Good thoughts cannot bring negative results, and negative thoughts cannot bring good results.

We have the choice to change our thoughts in any direction we wish. It’s like when you turn on the light, the darkness is removed automatically.”

Vijay started making notes for the summary. He wrote the points:

- 1. What you focus on increases:** You can focus on positive or you can focus on negative. If you focus on how things don’t seem to work, they will never. But if you focus on how things will work, then they will!

Asking the right question will change your focus and your life. Think of Vibrant health!

Sample: What food choices I make today to accelerate my journey to attain vibrant health?

This is how you can train your mind to think in a way that is supportive of the lifestyle you desire.

- 2. Burning Desire:** Create a burning desire in your heart what you want to achieve and the universe will conspire it for you. Write Positive statements and say them with feeling and conviction. Picturise the end results.
- 3. You have both Jekyll & Hyde:** Sometimes we have more than 1 personality inside us. It is okay if we

are not perfect at all the times. It is normal and humane to have other personality taking control over us sometimes. As long as we are able to maintain our ratio in terms of healthy choices, we are in the right direction to attain health.

**4. Self-love:** Loving ourselves with all our imperfections is the first step to overcome them. If you cannot love and accept yourself, you cannot love others.

**5 Acceptance & Forgiveness:** This brings peace and initiates healing within the body. Before you forgive others, forgive yourself for all the past mistakes, errors and accept all your imperfections.

“You can experience high spirits, vitality and health rather than aches, pains and illness, fully experiencing that you are the one in control.

Living requires expenditure. We need to be aware of how we are spending the precious energy. Any excess worry– emotional, physical or sexual - is to be avoided. What happens if you leave your car headlight on? The battery becomes dead. We need to turn off our own energy drainers to prevent having dead batteries.”

“Are you getting fresh air, pure water, pure food, enough exercise, rest and sleep, sunshine, peace, and love? Is your house in order? The era of going to someone else to “get health” is over. Health only comes from healthy living.”

“Another thing to be careful is about preserving our nerve energies.” Harish said.

“Watching television is not relaxing. Mostly, it is emotionally draining. Commercials are a drain, for sure. Peace and quietude lead to rest and sleep where we recoup our nerve energy.

Resentments, fear, worry, frustration and negative state of mind have to be removed.”

## Meeting with Mahesh & Charles



# 47

Vijay had not been to his office for the past 3 months now.

He was not very sure that he wanted to go back to his full time job. Divya's online boutique was doing fairly well and they had enough savings to sustain them for next 2 years.

Vijay went to his office to meet Charles. Mahesh was also in town.

"How it is going, Charles?" Vijay caught up with him.

“Err, Vijay, you are here! What a surprise?” Charles stuttered. “You look great! How’s your health now?”

“Yes, I am doing great now. What’s up?” Vijay asked. “And how’s our project progressing?”

“Yes, it is going great. Can we talk about it a little later?” Charles seemed uncomfortable talking about the project. Vijay wondered ‘why’.

Charles was ever excited about the project, but now his response was cold.

Later, when Vijay spoke to some of the people involved in the project, he was told that a new person has been taken on board in his place. He was now building on the earlier work done by him.

Vijay stayed back in the office and confronted Charles head on.

After the initial heat, Charles admitted that a new person had been taken on board.

“It is not about what you did, Charles. But you could have told me clearly about this and given me credit for the work I have done.” Vijay stormed out from the meeting room.

Vijay was disappointed and heart broken. He had trusted Charles so much and this was something he had not expected from him.

During the 2<sup>nd</sup> half of the day, Vijay met Mahesh. He was surely expected to be the task master and tough

boss. Vijay almost knew that Mahesh would not be much flexible.

“Vijay, you look great and vibrant. You also look slimmer. How are you now?” Asked Mahesh.

“I am doing great; after lots of rest and detox.”

“Detox? Wow, that’s a new word for me. So, when are you joining back?” Asked Mahesh.

“Well, that’s what I have come to discuss with you, Mahesh. I wanted to check with you if there is any possibility for me to work as a part-time consultant rather than resuming a full time job.”

“You want to work as a consultant?” Mahesh was still not sure.

“Yes. I want to build things on my own now onwards and for that, I need flexible working options. Working as consultant would provide me time flexibility to earn while at the same time focussing on building something on my own which would bring me a deeper satisfaction.”

“That sounds great, Vijay”, Mahesh was supportive.

“Let me discuss with HR. I am sure we would find a way to work it out for you.”

Vijay had not expected this from Mahesh. Mahesh’s image was of somebody who was a uncompromising hard nut to crack. Vijay had least expected Mahesh to be so helpful.

While returning from office, Vijay was thinking how easy it was to get influenced by people's external image which may be far from reality. His experience with both Charles and Mahesh was an eye opener.

Charles, whom he had trusted a lot, did not turn out to be his real friend, whereas Mahesh, who was very tough with him, actually turned out to be his well-wisher.

# 46

## Medical Results



Vijay was now into 10 weeks on Harish's program. He was delighted with the results. He had lost 10 kg without any conscious efforts. It was nothing less than a miracle.

His life had consisted of pain, and lots of it, on a daily basis. Then, as if by magic it all ended. As he put into practice what he had learnt, it was all washed away. A new life was given to him, and it happened fast, really fast. Given the opportunity and the proper environment to heal, the body

quickly and efficiently latched on to the opportunity and healed itself, the same way a cut is healed.

What amazed and thrilled Vijay beyond description was how quickly and completely, all his neural pain left him.

However, Vijay wanted to be sure about his liver condition. So he went to the hospital for his Blood tests & MRI.

When the reports came, the doctors were dumbfounded. The cirrhosis was all gone.

Vijay and Divya were ecstatic. They could not believe their eyes.

Vijay's parents were ecstatic. His mother still could not believe that he had recovered so fast without even eating Ghee, milk and ladoos. Vijay took some time to explain that he could recover faster only because he did not eat all those things and followed the program rolled out by his health coach Harish.

Vijay along with his parents came to thank Harish.

“We came to tell you how much we owe to you, Harish”, said Vijay.

“Beta, we are really thankful to you. You did what no doctor could do or promise to us” Vijay's mother was in tears of joy.

“How are you feeling now?” Harish asked smiling and bowed down to Vijay's parents.

“You were right. Nothing is more convincing than personal verification. My pain is gone. I hope it is gone for ever. The blemishes on my face have completely cleared up. I have started sleeping soundly throughout the night, a real blessing. I am now having such a consistent, high level of energy all the time, my friends find me annoying. And, I have shed 10 kg. And all this happened in these 9 weeks.

For the first time in my life I am looking and feeling phenomenal. My course for life is set. Words cannot describe the appreciation I am feeling for this blessing in my life.” Vijay was ecstatic.

“My basic program is over. You have seen the results yourselves. You have been exposed to all the fundamentals of a vibrant health. However, what I do recommend is to attend my workshop.” Harish said.

“Attending the workshop will give you a practical insight and approach to how these principals can be applied in day to day life and sustained life long.”

“The workshop is starting next month. It is a residential workshop for 7 days – called Disease Prevention Program, right in your city!” He continued.

Vijay and Divya said goodbye to Harish and took leave.

Vijay’s parents also planned their departure to Pune, promising Harish that even they would like to discuss their ailments and seek Harish’s consultation in their next visit shortly.

## The Decision to Start



# 48

Vijay wanted to give his time to his cause now in which he had been so passionately and emotionally involved.

Moreover, People in Metro cities who had subscribed to his YouTube channel and videos were getting aware about the horrific consequences of Air Pollution. But now they wanted to know how they could protect themselves, their kids and elders and their families. There was a vacuum in the market and no company was providing integrated solutions.

Vijay started building the products and solutions for the people residing in metros to address air pollution, both in short-term and long term. It included products like Air pollution mask to protect from PM 2.5 and PM 10, Oxygen masks for work outs, home Air purifiers and a home based wet waste compost kit that also included complementary saplings. The idea was to recycle the wet waste into compost for the plants.

These products served his mission to create awareness among people about the urgency to combat Air pollution.

Vijay was also very fascinated to know about the Sweden story in an article from Gripel. The story revolved how Sweden transformed recycling into a multi-million-dollar industry.

The article mentioned, *“The world is heading towards a catastrophic 2 degrees Celsius increase in temperature because of climate change and greenhouse gases. Fossil fuels are ever diminishing while global energy demand is expected to have increased by 50 percent in 2030. As the world’s population continues to grow, the production of waste will drastically increase.*

*In the face of these gloomy predictions, one country identified an opportunity. Through an inclusive nationwide recycling strategy, Sweden has transformed the high-cost burden of waste into a profitable venture.*

*Sweden is not only saving money by replacing fossil fuel with waste to produce energy; it is generating 100 million*

*USD annually by recycling the waste produced by other countries. The United Kingdom, Norway, Ireland and Italy are willing to pay 43 USD for every tonne of waste that Sweden imports to this end.*

*Only one percent of Sweden's rubbish is sent to landfills. Another 52 percent is converted into energy and the remaining 47 percent gets recycled. The amount of energy generated from waste alone provides heating to one million homes and electricity to 250,000. Meanwhile, the UK recycles just 44 percent of its waste."*

*"So how do they do it? Well, first of all, Sweden was quick to identify a growing demand. They understood early on that resource scarcity and climate change are both irreversible trends with clear trajectories. The first efforts to convert waste to energy began as early as the mid-20th century with the implementation overtime of a cohesive national recycling policy. This boosted recycling rates and placed the nation as a global leader in recycling.*

*By converting its waste into energy, Sweden has reduced its carbon dioxide emissions by 2.2 million tonnes a year. Between 1990 and 2006, carbon dioxide emissions went down by 34 percent, and greenhouse gas emissions are projected to fall by 76 percent by 2020, compared to levels in 1990.*

*Second, they start early. From a very young age, children are taught to recycle, making it a way of life in Swedish communities. There is even a national day on which children*

*across the country gather to pick up litter and clean up their surroundings. Teachers undergo special training to engage children in practical activities, like making their own paper or implementing waste policies in schools.*

*Finally, everyone gets involved. Sweden has made recycling easy, accessible and convenient. A recycling station can be found within at most 300 meters from any residential area. And there are incentives: Swedish citizens get discount vouchers as a reward for using nearby recycling machines*

*And the biggest incentive of all? In new urban developments like those in Stockholm, waste chutes have been designed to channel rubbish straight into waste-to-energy converters. This means waste produced by the residents of a building is directly transformed into energy for their own homes.*

*In short, the value proposition for the Swedish people enables a cleaner environment and provides low-cost energy to over one million homes. The profit proposition ensures that Sweden not only reduces costs through the elimination of high costs of fossil fuel but also generates an annual revenue of 100 million USD for recycling imported waste. And finally, the people proposition creates an inclusive system for everyone involved, provides Swedish citizens with attractive incentives to recycle, and teaches children to recycle from a young age.*

*Despite mounting pressures, Sweden has taken matters into its own hands. Rather than adapt to climate change and*

*resource scarcity as they occur, Sweden has become a pioneer in the recycling industry, creating a blue ocean, allying technology, social responsibility and cost-effectiveness. “*

Vijay saw a big opportunity for Garbage recycling in India. He knew, not only it will end the garbage menace, but will also generate energy and revenue for millions of people.

# 49

## Vijay Builds up his Business



“That was never your project, Vijay. That was Charles’s project. It is another thing that you had put your life and soul into it as though the project was your own start-up. Your passion was for work, not for that particular project. You should be happy that now you have your whole energy to do what you like to do, something about which you are passionate”, Divya had said when Vijay told her how Charles had ditched him.

With a newfound passion and determination, Vijay founded his organisation.

The social work that he had been doing was giving him deep satisfaction. And the products and services he built were a natural extension of what he believed in.

Building a start-up was not easy, it required lots of work. Vijay was really passionate about his cause but his life turned very hectic again.

Vijay remembered all the teachings he had obtained from his sessions with Harish for a few weeks but as his work started, he was slipping back into his old habits.

“Vijay, we need to attend the workshop to get the learnings implemented in our life”, Divya insisted.

“Divya, I know that and we will do it again for sure. It is just that the timing is so right for our project, and I do not want to miss out on this”, explained Vijay.

“But, you know Vijay, I have seen you in a condition before .....” Divya persisted.

“Divya, that was past. And, you are becoming too emotional about it. Moreover, I have no health problems at this point of time, so there is no urgency...” Vijay responded.

Human beings are made up of their habits. The daily actions lead to habits and habits play the most important role in human life. Vijay was so engrossed in it that he almost forgot all the teachings he had learnt in Harish’s program. Processed food, concentrated starches and animal fats slowly became his default choices again. He

had built up a comprehensive portfolio and his campaigns were a hit. People had opened up about Air pollution and in every metro city, there were Air quality sensors installed at prominent places.

While he was putting his time to build up his business, he had forgotten healthy food and lifestyle choices. Moreover he began to sacrifice his sleep to get more time.

He was into the final stage of negotiations with a German company to build a waste-to-energy converter. He was both excited and nervous. This was going to be big, really big!

One day he could not wake up from the bed!

He was rushed to the hospital where the doctor declared he had a nervous breakdown.

## Diagnosis & Visit to Harish



# 50

The doctor told Vijay that his liver was grievously involved. “Forget all your affairs,” said the Doctor. Your ambitious career can come to an end. “Your trouble is not only business and stress, it is also due to lack of rest and sleep over too prolonged a period of time.”

“Your body has been deprived of rest & sleep. You must take complete rest for at least a year, and leave these business affairs.”

Vijay knew where he had to go.

Next day morning, he was at Harish's place.

"I know the theory but I failed to implement." Vijay felt guilty.

"It is all part of our learning curve. And when we fail to learn, Nature teaches us our lesson", said Harish.

"But Vijay looked fine from outside", Divya said, a little confused.

"See, your body may appear to be in perfect health, from outward appearances, but remember, the body starts falling apart from the inside. By the time there is an outward manifestation that all is not well, it may become too late to repair or rebuild it. Like a house which in all appearances is solid, firm and in perfect condition but actually it is rusted and infested by termites inside the floors and walls to the point of collapsing at any point under stress.

Do not be misled by outward appearances. The most gorgeous and luscious appearing apple will shock you if you cut it in half and find worms and rot in the core. The human body is no exception and appearance alone is not an indication of health." Harish replied.

"Sickness is not pleasant. Did you ever notice a sick dog or a sick cat? How pitiful they look! Did you give some thought to how frustrated you can be, when you

yourself are sick? When you are sick, you can't even think straight!" Harish asked, and Vijay could not agree more.

"I knew about the important role food plays in health but I could not practice it consistently and instead indulged in devitalised food again. And I also compromised on my rest & sleep", Vijay confessed.

"We feel that our food has to be a very strict regimen, either completely healthy or completely unhealthy. What we need to practice is a balance. Also, this time your lack of rest and insufficient sleep succeeded in devitalising your body to the point of having a very serious nervous breakdown."

"There are a large number of ailments which fail to come under the stereotyped classification of diagnoses. One of the major contributors for these ailments is the LACK of sleep when the patients become too much preoccupied managing the daily pressures of home & business and the essential amount of rest is compromised without which the human system slowly but surely begins to degenerate", Harish replied.

"The basic principles of attaining Vibrant health includes getting sufficient sleep and rest, eliminating worry, anxiety and all such negative states and taking proper care in nourishing the body and keeping it regularly cleansed inside as well as on the outside.

However you will realise that when you move to a Raw Plant based diet where not much energy is spent on

digestion, your sleep cycle will automatically get reduced. Your body will need less sleep and you will wake up automatically in lesser hours feeling fresh.”

“I recommend you attend the workshop, so that you get to follow the best health practices throughout your life”, Harish advised handing over a card “All the details are mentioned on this website.”

# Detox

(Disease Prevention & Disease Reversal Programs)



When Vijay logged on to the website, he found the details about the programme.

The Detox & Disease Prevention Program was for 7 days.

The Disease Reversal Program was for 21 days.

It stated that Sickness was the result of the retention of waste in the body.

**It also stated the following:**

The program will work for you if:

- You want to take control of your health & your life.
- You have a busy lifestyle.
- You want to wake up energized.
- You want to make tasty & healthy plant based juices, salads, meals & desserts, but you don't have the required knowhow.
- You crave for healthy foods
- You'd like to shed some weight, sleep better and have lighter moods.
- You are frustrated with fad diets and quick fixes, and want lasting weight loss
- You want to reverse lifestyle ailments permanently.

**The Program will not work for you if:**

- You want a quick fix to looking good and losing weight.
- You want quick fix relief from several chronic lifestyle ailments.
- You aren't open to experiment and trying plant based new recipes.

**The disclaimer on the website read:**

“The transformation experience differs from person to person. Most people feel lighter and have a boost of

energy. Some people do feel tired or light headed as their body eliminates toxins.

This is your opportunity to prevent diseases, and learn how to live a healthy life by adding juicing into your diet.”

The site had a dedicated section on the foods, a reinforcement of teachings which Vijay had already gone through.

“Discover the magic and grandeur of ordinary existence by eating simple foods, chewed well with some raw vegetables and fresh fruits daily. All cosmic reactions in the universe depend upon available fuels. Likewise, our bodies, truly cosmic bodies, require simple, natural foods for chemical reactions that maintain it at a level of optimal health. We must not let taste buds, cultural influences and emotions dictate our food habits. There should rather be an understanding of the loftiness of our origin and the necessity of our maintenance, so that we may honour our appointment with life.

Fresh raw juices relieve the digestive system of much of the energy required to liquefy solid foods. Solid food may need 3 to 6 hours to digest, whereas, juices are digested in a matter of minutes and assimilated into the system quickly.”

The site further had information on multiple aspects of diseases.

“Headaches, undue weariness, and fatigues are often the product of intestinal toxaemia which spreads throughout the body.

The liver reorganises starches and sugars, reassembles amino acids for proteins and emulsifies the fats – it is seriously affected by alcohol, nicotine, uric acid, food fried in oil, grease, fat and concentrated starch and sugar. ”

Vijay was thinking why he needed an additional lesson to go through this. “I should have done this long before”, he murmured to himself.

# The Disease Reversal Routine



# 52

Vijay took time out to visit Harish's Centre for the Residential Program.

Vijay was introduced to a manual for the detox program. The manual had some very interesting read and a vast quotes from medical journals and books.

The starting chapter was about nutrition. "Most of us don't really know much about the food we put into our bodies. We are brain washed mainly by what TV Commercials and food industry related groups want us to think. We've

come to believe that meat is a real food for real people, chicken and fish are healthy alternatives, and milk and associated products really help the body”, it said.

On the pesticides and pollutants, it quoted excerpts from the book “Living Well” by Dale & Kathy Martin – “As we eat upwards on the food chain, from root vegetables to grains, fruits, leafy vegetables, vegetable oils and fats, the concentration of pesticides and other chemical pollutants gradually increases. Dairy products give us a 250 percent increase of pollutant concentration over leafy vegetables and a 1500 percent increase over eating root vegetables”. Each chapter worked like a mini FAQ.

“Fat is the storage place for all the production chemicals which are put into making the animals grow bigger and fatter. Their meat consists of high amount of hormones, anti-biotics and other agents”, it said.

On animal fat, it quoted an article by John Robbins. “Animal fats are solid at body temperature. They clog up your intestine just as grease clogs up drains. The longer transit time produced by low-fibre diets provide more opportunity for the bowel walls to reabsorb the toxins the body is trying to eliminate”.

The manual had detailed information on the large intestine (colon) and the role it plays in the human body’s overall health.

“Colon is the approximately 5 feet long distal part of the intestine, more popularly called ‘the large intestine’.

It is not unusual to find a build-up of toxic substances coating its walls when the modern day diet includes white bread, cakes, cookies, meat, milk, pasta and overcooked vegetables. With these fibre-poor foods, we leave a coating of ‘slime’ on the inner wall of the colon, just like plaster on a wall. In the course of time, this coating gradually increases its thickness, sometimes leaving only a small lumen (passage) in the centre. So, even with the presence of regular bowel movements, colon may be filled up with thick rubbery substances built up over time.”

“The longer this toxic waste stays in the colon, the more likely the poisons are reabsorbed into the blood stream. The liver gets overtaxed by all these pollutants re- entering the bloodstream.”

Then it had a detailed chapter on enemas and colonics.

“Water enema is used to loosen any deposits of toxin build up on colon walls followed by Coffee retention enema. It further quoted an article by Linda Rector-Page in ‘Healthy Healing’– “Caffeine used in this way stimulates the liver and gallbladder to remove toxins, open bile ducts, encourage increased peristaltic action and produce necessary enzyme activity for healthy red blood cell formation and oxygen uptake”.

On the operational process of Colonics it explained “Colonics or colon irrigations are glorified enemas. They involve several flushing over a specific period of time, ranging from 45 to 75 minutes, administered by a trained

technician using a machine that is specially designed for the purpose. The water flow and the expulsions are controlled by the technician and the machine. The goal here is to use repetition to break down and clean out the faecal deposits which are stuck up as a rubbery, difficult to remove coating on the colon wall.”

The Centre’s Health Guide explained to Vijay that there was a Home Based Program specially aimed at people with busy schedules. Vijay was told that he could opt for this. This was a real blessing for Vijay because that would rule out all the stress Divya would be undergoing in his absence at home and would provide much flexibility for him. He readily subscribed for the program.

## Introduction to Health Products



53

Vijay was taken to The Centre's Organic Shop. The shop had a unique sign board – UNPROCESSED. Further it had a narrative: Food – the way nature intended it to be – NO preservatives, NO chemicals, NO additives, NO animal, and NO dairy.

The first board was of “White Sugar”. It described the harmful damaging effect it had on teeth and the gastrointestinal tract. Also was explained the role of white sugar in sometimes causing intestinal

disorders such as diabetes, cancer and pyorrhoea, in addition to destroying the gum tissues and teeth. It said white sugar aggravates nervousness and weakness in women and children.

On its opposite side was a board of “Nature’s Carbohydrates”. It had different varieties of Dates and Raisins. They were available in different size and colors. The only raw material used for making raisins was grapes. The grapes chosen were easy to dry, had a soft texture, had no seeds and had a pleasing flavor. The next section comprised of dates. Vijay was astonished to see so many varieties of dates. It had Medjool, Ajwa, Safawi, Barhee, Khudri, Kimia and many other local varieties. Vijay picked up a small booklet about Dates which described their benefits.

It stated, “Dates are loaded with vitamins such as A1, C B1, B2, B3 and B5. Dates are rich in copper, manganese, selenium and magnesium and all these essentials are needed to keep the bones healthy and nourished and avert conditions like osteoporosis. Dates are also packed with high iron levels which are generally recommended to those who suffer from iron deficiency. Dates are one of the very few food items that contain very little fat, despite its sweetness and are absolutely free from cholesterol.”

When Vijay tested a medjool date, he found it distinctively yummy and soft, it just melted in his mouth.

Another side, he saw a board of Raw Unprocessed jaggery. It described the difference between “Commercial jaggery” and “Unprocessed Jaggery”. It highlighted – “Most of the ‘commercial Jaggery’ available in the market may

contain sulphur dioxide, lime, phosphoric acid, bleaching agent or viscosity reducers unless otherwise specified.”

The jaggery available in the store was natural, handmade, unrefined and unprocessed, made by slow heating of the sugarcane juice. It was free of any chemicals, syrups and additives and had a very distinctive hearty taste. As soon as Vijay tasted a piece of it, he at once fell in love with it.

The packet had the benefits of jaggery printed on it. It also said, “Apart from eating raw, this jaggery can also be used as a replacement of white sugar in all the food items made at home.” Vijay could not wait since the jaggery was so mouth-watering and he just could not stop eating it raw.

Then there were many other varieties and alternate products for white sugar – i.e. Palm jaggery, maple syrups, stevia and others. Vijay tasted all the samples and realised one thing – there were many alternatives to white sugar and with so many ‘sweet’ tasty alternatives available, he decided, white sugar was not going to be there in his house.

Vijay looked through the next section. Its highlight was “Table salts”, and then there was a long description of the harmful side effects of table salts and their role in causing high blood pressure. However, salt is something necessary for the food to taste good. So the store had an option of “vegetable salt” which was a blend of vegetable

herbs and spices and tasted almost 90% as salt when mixed in food. Anybody could eat as much as they wanted without worrying about the harmful effects.

The next were Nut Butters – an alternative to animal butters. These were plant based, unprocessed raw butters. The samples were so tempting Vijay could not resist having some. There were varieties of Peanut butter, Cashew butter and almond butter, all made with raw jaggery, stevia and maple syrup. Also available was a spicy series with cinnamon and green chilly. These were to be used as spreads and as a mixture in salads.

The next section consisted of fruit based spreads and plant based snacks. These were made without white sugar, preservatives or additives. Some of the snacks were dehydrated, but mostly were sun dried. Dried apples, mango bars, banana, berries, coconuts and many others – the store had an impressive range of these items. Dry fruit nuggets, Real fruit candies and raw cocoa chocolates were a treat to eat, albeit a little expensive in comparison to chemical laded commercial options.

By now Vijay had moved into the “LIVE” section where the store was working to provide integrated offers along with workshop program. Vijay was greeted with a cup of wellness tea which was infused with herbs and lemon and had a strong aroma. Next, The Milk section had almond, banana and coconut milk.

Vijay stopped to have a look at the milk shake samples kept neatly at the shelf. It read - Chocolate Plant milk

Shake. Vijay tasted it. It was one of the best milkshake Vijay had tasted in his life. He read the recipe:

- 3 Frozen Ripe Bananas
  - 1 Coconut cream chunk
  - 1 Glass Coconut milk cream
  - 1 Cup Almond milk
  - 2 Glass Water
  - 1 Pinch Cinnamon
  - 2 Spoon Carob Powder
  - 1 Spoon Cacao powder
  - A Pinch of Organic Vanilla Bean extract
  - 1 spoon Cacao Butter / Nut butter
  - 2 Large cups of Mejdool Dates
- Serves 5 Glasses.

Like this, there were many home-made healthy plant based recipes for sample taste and display.

There were more than 100 varieties of cold pressed juices to choose from. There was a restaurant serving raw plant based dishes with a buffet option.

“Make it yourself ” section had a recipe for every dish and every item found in the store for the people who wished to learn how to make them at home. However, for people struggling with a busy routine, they were offering

monthly subscriptions and home delivery. Seeing the hefty discounts available on monthly subscriptions, Vijay opted for it.

The store further had a collaboration with farmers who were producing organic vegetables. Vijay signed up for the program to have organic green vegetables delivered at his doorstep on a daily basis.

Another interesting feature of the store was the “Cleansing & Detox” section where it had Colon Cleansing Kits for colonic irrigation for those who opted for a home based programme. The “Skin “and “Oil “categories had items made with natural plant ingredients. “Clean Water” category had pure distilled water available without the addition of inorganic and artificial minerals/chemicals.

Vijay loved this experience. However, all the products in the store being of premium quality, the prices looked a little on the upper side. Vijay was worried how he could sustain this in long term.

Then he came to the subscription counter.

This part of the store had annual subscription offers. It had huge discounts for repeat, long –term customers. Vijay opted for the same. He realised this was one of the best health investments he had ever made.

Armed with a Colon Cleansing Kit, Vijay returned home to put himself on a Detox routine.

## Detox Routine



54

Vijay's detox routine consisted of the following:

First, each day upon waking, Vijay would drink a mixture of 2 tablespoons of olive oil and 100 ml of freshly pressed lemon. Then he would lie on his right side with his right knee to his chest for 20 minutes. This position opened the pathway to his gall bladder, while the olive oil and juice combination helped to dissolve and clean out any stones that might be forming there. Vijay experienced

a bit of nausea but nothing overwhelming. It was mild, and passed quickly.

Vijay then put himself on a 14-day juice fast. His body was in drastic need of an extended period of detoxification. After the first 3 days on the fast, his energy grew steadily. He felt great and his hunger had diminished.

The goal of the fast was to work in partnership with the enemas to clean out his liver and intestines, while at the same time providing his cells with a maximum amount of full-potency vitamins, minerals, natural sugar for calories and amino acids to build proteins. Fresh juices had digestive enzymes. The more the presence of enzymes in the food, the less would be the work required by the liver in the digestive process.

Vijay was drinking 5 litres of juices on a daily basis, consuming 500-750 ml of raw juices of different combinations with an interval of 1 hour each.

Thirdly, colonic fibre cleanser was added to his glass of juices, 4 times a day. (This had been provided by the centre.) This was done to ensure that the sticky rubbery substances get pushed out of the colon.

Vijay had a question. “Won’t the juice fast do the job without enemas?” He thought.

He got his answer in the manual. It quoted an article by Dr. Paavo Airola in his book “How to Get well”.

“During fasting, a huge amount of morbid matter, dead cells and diseased tissues are burned; and the toxic

wastes which have been accumulated in the tissues for years, causing diseases and premature aging, are loosened and expelled from the system. These wastes are eliminated from the system by way of kidneys, bowels, skin and lungs. But the alimentary canal, the bowel, is the main road by which these toxins are thrown out of the body. Since, during fasting, the natural bowel movements cease to take place, the toxic wastes would have no way of leaving the system, except with the help of enemas. If you fast without enemas, these toxins remain in your colon and are re-absorbed into the system, poisoning your whole body. Your body will try to get them out through other eliminative organs, particularly through the kidneys, which as a result, will often be overloaded and even damaged”, it said.

After taking his first colonic irrigation, Vijay’s elimination was so copious and putrid that he then realised, that sickness was the result of the retention of waste in the body. He wondered how so much debris could enter and remain in his body. He realised he had eaten anything and everything that appealed to him, and had become sick.

After 10 sets of colonic sessions, Vijay found himself quite refreshed – cleaned out. Vijay opted for the first session in the centre. The machine pumped the water in, his bowels pumped the water and faecal matter back out through a different channel in the same machine. Through a glass tube in the mechanism, Vijay saw what was being

removed from his colon! After getting familiar with the first session, he started doing it at home with his colon cleansing kit.

Further daily drinking of different combination of vegetable juices began to speed up the regeneration of his body. As the days passed, Vijay found himself feeling well and strong. The unnatural and unnecessary extra weight he had been carrying around had disappeared, leaving him a figure which reflected his return to health and vitality.

Once the juice fasting was completed, the last 7 days of the program included raw salads, fruits and steamed vegetables. For this, the centre had a collaboration with farmers producing only organic vegetables. All the raw salad meals were made up of organic produce.

The program included prayers, meditation and yoga in the morning followed by trails and walk in the woods. There was fresh air and during the day, it was open sun.

All of this really did speed up Vijay's body building and his health to such a degree that instead of 9 months, Vijay felt well and returned after two months. The doctor was amazed to see how well he looked. He was dumbfounded to learn his method of recovery. He considered his recovery in 8 weeks phenomenal.

Vijay was the embodiment of calmness and energy.

# A Practical Metro Lifestyle



55

This time Vijay directly worked with Harish's team to implement all the learnings.

It was really a very simple program. But it meant his un-learning nearly all he had known. The first thing Vijay did was to take colonics and enemas as often as possible, at least 2 per week. Next thing he did was to eliminate completely all starches and sugars from his diet and began drinking 1-2 litre of fresh raw vegetable juice every day without fail. He

drank 1 litre of carrot juice and 1 litre cocktail of carrot, beet and cucumber juices. Another day he drank fresh orange juices and green leafy vegetables with apple, pear and ripe pineapples. He would alternate these juices, one combination 1 day, the other the next day. Every morning, as soon as he got out of bed, he would drink a glass of hot water with lime juice without any sweetening.

In six weeks, Vijay was able to eat his meals with relish, having eliminated all starches, sugars, milk and meat. He also gave up drinking coffee and milk tea, drinking instead vegetable juices. He started carrying 2 thermos bottles to office and instead of drinking “soft drink or tea”, he drank vegetable juices. He also bought the chiller box where he could keep the juice into refrigeration with help of ice packs up to 8 hours.

Vijay’s typical day looked like this:

Breakfast consisted of fruits and smoothies.

Lunch had raw vegetable salads.

For the afternoon snacks, he had fresh fruits or soaked almonds.

During dinner, he would have light steamed vegetables with large fresh raw vegetable salads with nut butters.

He started drinking no less than 1 litre of vegetable juices and whenever possible he drank more.

Vijay learned 5 rules to make his life work which resulted in formidable energy levels. These were the principles Vijay incorporated into his new lifestyle.

## **Top 5 Rules for a Vibrant Health**

- 1. Make food choices with 80:20 Ratio, 80% being Raw Plant based meals, Juices & smoothies with 1:2:3 formula and proper food combination.***

The first thing Vijay did was to have 80% of his food raw & plant based with at least 1 litre of vegetable Juice every day. Due to his hectic work and travel, he derived a simple formula of 1:2:3 to make this work.

One day in the week – Primarily during weekends or holiday, while he was at home, Vijay would make his diet 100:0 – 100% raw plant based meals.

2 days in the week – While he was going to office, he would make the ratio 80:20 – which meant having 80% raw plant based meals. Mostly he would carry his lunch box with him which had large servings of fruits and vegetable salads with yummy dressings. He would have 1 snack or small meal which was cooked limiting this to 20% portion of his day's diet.

3 days in the week – For those days while he was travelling and did not have his own lunch boxes, he would have a 50:50 ratio. Primarily this meant, 2 out of his 4 meals would be plant based meals. Normally his breakfast – first thing in the morning – would always consist of fruits and juices. Later, he would have a cooked meal for lunch outside and

an afternoon snack. In the evening for dinner, he would again come back to a full raw salad meal.

If he had to take both lunch & dinner outside, he ensured he had a hearty big portion of salad before jumping to anything cooked. This way he would maintain his 50:50 ratio easily. For the cooked portion, he ensured that his food combinations were proper which would mean having either starches / carbohydrate with vegetables or having portions with vegetables, never combining starches and proteins together. As he was aware of the science behind the program, more and more of his natural choices focussed on healthy options now.

Vijay and Divya took some creative thinking to bring variety to their new cuisine. However, some parts of the process required less creativity than others. Breakfast, for example, was a snap. A piece of fresh fruit or a delicious carrot or apple juice. Vijay continued to eat fruit during the morning as he got hungry. Lunch, too, was easy. Blends of raw greens and other vegetables made into a heaping mound of wonderfully colourful salad. For dinner, they started developing their own menus including some steamed vegetables.

Vijay had learned from Harish that the pesticides get collected in the plant's fibre cells, which does not affect the juice because juicing removes the fiber and retains the atoms, molecules and enzymes. However, when it was a matter of eating the vegetables raw to get fibre, i.e. for salad meals, he only opted for organic produce for which

he had signed up with the store for delivery of organic greens and vegetables.

By focussing on this 80:20 ratio, Vijay came out of the perfectionist stress most of the people go through during any habit changing program. For his old taste habits, occasionally he would indulge in some meat dish or some sweets made of dairy products or dairy based ice cream or a glass of red wine, but those were rare specific incidents and always part of his 20% ratio, which kept the guilt out of his head.

Divya's kitchen now had a healthy alternative to every processed product they used earlier. The white sugar was replaced with raw unprocessed jaggery. It improved the aroma and taste of their meals. Table salt was replaced with vegetable salt. The processed salty butters were replaced with a variety of unprocessed nut butters. The old sugar laden 'chemical' fruit jams were replaced with unprocessed fruit spreads.

Cow's milk was replaced with freshly made almond milk. Milk tea was replaced with green herbal tea. Commercial chocolates were replaced with raw healthy nut based chocolates. Sweets and ladoos made way for plant based nut ladoos.

The logic was very simple and taught during the program – Eliminate your junk food items and replace them with healthier choices. You eat what you find in the kitchen. Keep only those things in your kitchen which you

want to eat and remove what you do not want to eat and which is not aligned to your health goals.

Along the way Vijay and Divya learned that tastes were acquired and not inherited. They could and did change. And life was still worth living, even if they could not eat everything they would like to. They didn't feel the least deprived of the foods they earlier thought they couldn't live without!

***2. Have a set of 10 colonics every 6 months. During colonics make the food choice 100:0, completely raw plant based.***

Vijay followed the same 1:2:3 formula here for the colonics.

1<sup>st</sup> week before the colonics: When going for his colonics every 6 months, it was important to wash the internal body with lots of organic water (vegetable juices) as a preparation. So, in the first week, Vijay would move to a complete 100% raw plant based diet, drinking as much as 4-5 litres of vegetable juices making the ratio 100:0 . This would free the body of any digestive work and the body would start getting the signal for a thorough cleansing program.

2 weeks during the colonics: During the colonics, Vijay would make the transition to 80:20 Ratio. Also the focus during this period was to incorporate salads in the diet so that the body gets the required fibre which can

work as roughage and act as an intestinal broom.

3 weeks after the colonics: This was the time Vijay would slowly incorporate the changes to 50:50 ratio. Morning breakfast would continue to be the cleansing breakfast of juices and smoothies. However, he would include soup and steamed vegetables and portions of cooked food properly combined.

All his other food habits would continue to be inclusive of healthy ingredients i.e. unprocessed raw jaggery, nut butters, cold pressed oils and nut bars.

Vijay also used colonics scrubs during this period which helped in collection and elimination of faecal matter. In the beginning, he went to the centre for deep cleansing colonics. Later he bought home based colonic kits and was able to use it easily at home followed by coffee enemas.

***3. Exercise at least 10 minutes a day, make yourself sweat.***

Vijay skipped exercise often in the past because he was not able to find a minimum 30 to 45 minutes as was told to him in his earlier exercise programs. But this program suggested that even doing 10 minutes of aerobics everyday had a far positive impact on the heart's health and was able to drastically reduce life style diseases.

Vijay was doing treadmills on regular days. When he really had shortage of time, he would do the walking and

jumping on the trampoline for 10 minutes making him sweat profusely. This ensured that there was enough blood circulation in his body which reduced the pumping load on heart making it stronger. The aerobics on trampoline also reduced any chance of knee or leg injury.

During weekends, when he had more time, Vijay spent time for morning walks in the garden in clean air. Sometimes he would go for swimming in his society clubhouse .On other times he would spend time cycling using oxygen masks, a technique called EWOT.

#### ***4. Sleep well, Take rest, walk in the woods, have clean air, water & Sun***

The program focussed on giving the body required rest but did not prescribe a fixed duration or quantity like 8 hours of sleep. Every human body had a different need and it was important to listen to the individual body's response and how much time it needed to fill its nerve reserves during sleep, be it 6 hours or 12 hours.

However, Vijay noticed one thing very clearly. The more raw plant based foods he ate, the less energy his body spent for digestion and the less tired he felt. When he was on 100% raw diet during cleansing, his sleep hours reduced automatically. He felt fresh in 5-6 hours of sleep in comparison to the 9-10 hours' sleep he used to have during his earlier diet and schedule of cooked foods.

The same thing was applicable for water too. Vijay noticed that when he was eating salty and greasy food, his

water consumption was high but when he switched over to raw foods and juicing , his body's demand for excess water went down since it was getting organic high quality water in the form of vegetable.

The commercial mineral water had lots of inorganic minerals included in the water which the body could not use and could not eliminate as well. Vijay used distilled R.O. water which is the purest form of water. His organic mineral requirement got fulfilled by drinking enough vegetable juices – the minerals in organic form which the body could use easily.

During the weekends, Vijay started going to gardens, woods and clean outdoors where he would be closer to Mother Nature and inhale clean air and get exposed to sober sunlight.

### ***5. Gratitude, Self-love, and Pleasant relationships have inspiring influence***

The Program also taught Vijay that whatever he focussed upon, increased in life. If he started having an attitude of gratitude for little things and small comforts in life and no more took them for granted, he would start feeling happy from inside , his body would heal faster and on a subconscious level , he will start attracting similar things in life more and more.

Vijay started having prayers and affirmations first thing in the morning before start of the day. He also started following those people on blogs and you-tube where he

could get daily inspiration from. He forgave himself for the past mistakes and started taking good care of himself.

Vijay also realised how important it was to have pleasant relationships in the family which was his support system. He started spending quality time with Divya and Tanvi and their family bonding started increasing over time.

It dawned to Vijay that the moment he started taking responsibility for *everything* in his life, was the moment he could change *anything* in his life.

## Fast Forward 2040



# 56

**I**t was a nice Sunday afternoon in the winter of Year 2040.

It was a picturesque setting in the Coorg Hills and the sprawling estate had a huge gathering of local media.

It was a felicitation ceremony for Dr. Vijay Shinde who had completed his marathon run @ 60 years. He was accompanied by his wife Divya and their young, beautiful daughter Tanvi. Tanvi was the winner of the marathon run.

Vijay had become a social entrepreneur who had contributed to India's Clean Air and built awareness with active campaigns. His company had contributed immensely to provide clean air to Indian metro population. With his waste-to-energy converters installed across the country, Vijay's company was the largest company in India to effectively get rid of Metro cities garbage and landfills and provide clean energy. Vijay had built up multiple businesses under the group and the turnover crossed 5000 crore.

On being felicitated, Vijay shared his story, his health struggles and how he overcame his health challenges to build his enterprise, which now also provides awareness and education around overall health.

“I do not let go any opportunity to speak about health because, I want others also to experience my marvellous state of being healthy. I was down and almost defeated by all kinds of physical problems about 20 years ago. I had thought my ‘life’ was done with. I had dreams and plans, but my body was simply not ready for them. My body announced a strike with liver cirrhosis, high blood pressure, bad cholesterol, and a nervous breakdown. These strikes were enough to send me packing into the oblivion. I had deserved it because I had abused this dear body of mine with some mindless eating and lifestyle.” Vijay paused.

“Then one day, I met a man who transformed my life. He answered to the name of Harish. If that meeting hadn't

taken place, I would not have been standing here today. He gave me back my life, my dreams, my goals and my happiness. He gave me health, healthy eating habits and a healthy life style.”

“Do you want to know who the man was?” Vijay asked the crowd, smiling.

“Yes, yes” came the shout from hundreds of people.

“My dear friend, now a part of our family – Dr. Harish Bhat”, Vijay went to Harish and hugged him on the stage.

“It was only after following his advice, I experienced vibrant health. I also understood the importance of health coach in our life.” Vijay continued. There are many degrees of health. There is that sense of being well enough to say, “Oh, I am doing fine.”

“Or there may be that sense of health that leads one to say I’d feel fine if it were not for that acidity and constipation in my stomach!”

Another one may say: “I just came from my Doctor’s place and he says there is nothing wrong with me. I just wish he could feel the same way I am feeling right now. Then his story would be quite different!”

“These people are sick but they don’t know it. They have not experienced vibrant health. How many people, if asked, “How are you today?” can honestly answer “I am right on top of the world?”

“Energy – In order to accomplish any goal, one commodity that everyone knowingly or unknowingly wants, the one that will allow you to do everything you wish to do in life, the one that you can never have too much of is not money, it is energy! Energy is the essence of life. All things are possible when we have energy. When it is in abundance, everything is possible and we feel we are in control of our life. When it goes away, we find ourselves at the mercy of all the forces around us. When the energy is completely absent, life is over.”

“Since these episodes in my younger life, I have advocated a raw vegetable and fruit diet with an abundance of fresh raw vegetable juices. I have seen people in every conceivable state of health & sickness getting benefitted from this dual program of internal bathing by means of enemas and colonic irrigations and balanced raw food diet.”

“Every person whom I have known in the past 20 odd years to have gone on such a program has not only been able to overcome weight problems, energy loss and ailments resulting from the neglect of the body, but also has been able to prevent worse calamities, even when surgery was recommended.”

“Even in my case, when my life was transformed, so many people from my friends & families became curious, adopted the same program and transformed their own lives. Even my parents who were suffering from various ailments & pains, got it reversed while doing this program.”

“I always get this question – If the program is so simple and valuable, why does the rest of the world not know and implement it in their lives.”

“The answer is obvious. Most of the people suffering from sickness, ailments and obesity are impatient. They have been born in a culture of popping pills or taking shots, expecting magic miracles to take place overnight. In their desire to get quick remedies, they even forget to consider how long it took to get them into their condition. When the first few attempts fail to show the “promised/ guaranteed” results, they switch sides and jump to the next quick-fix miracle search.”

“Nature takes time to cure but the results are long lasting. Whatever be the pain or ailment in any part of the body, the fact is that the entire system is involved. Impatient to get results without working for them, most patients are not willing to take the necessary time to let nature work for them successfully. I can say this because I have gone through this. Also, you must understand that when nature heals, the body frequently suffers reactions which must be borne with patience. These are healing reactions and subside after some time when nature finally bestows on us a healthier and younger body.”

Vijay came back to his seat and when the photographer asked for a family photo, there were 4 members in the frame – Vijay, Divya, Tanvi and Harish.

# A Word from Vineet

As I was wrapping up this book, I wanted to include many more things. However, I realised that it is not possible to cover everything in one single book. The editing helped me remove some portions where I had diverted from my original intent.

India is the burgeoning destination for start-up entrepreneurs. Bengaluru, Mumbai, Delhi & NCR and other Indian metros have an abundance of young generation who want to pursue their dreams of building something on their own and be their own boss. This is only possible with supreme health and abundance of energy. However, most of this young population in metros, like Vijay, neglect healthy life style choices and end up burning out from the stress and lack of energy. Most of them search the solution by trying the shortest possible new ‘fad’ in the market and end up hugely frustrated.

The purpose of this book is to bring to your attention how your overall health and energy levels impact your

personal and business life, and how important a healthy body is when you have to work tirelessly while building a start-up organisation.

Having said that, this book is not complete. No single book on health can be complete without churning out hundreds of volumes. Most of the self-help books on diet and health are boring and full of medical data. I have tried to keep this book entertaining and moving forward.

For most of the young entrepreneurs, this book will be their first introduction to personal health since the subject is not taught in our schools and colleges. It's written as a novel specifically for that audience.

This book discusses the importance of underlying foundation of supreme energy and health. However, building a start-up is much beyond that and involves several other critical factors (a subject that is equally important, but not included in this book).

Another area not covered is the recipes and how-to- do. That is a very important part and I hope to provide that separately as **FREE BONUS**.

For those looking for the next level, there are two paths you can take. The first one is to continue your self-guided education through books, videos and other learning tools.

Another option is to work directly with a health coach who is trained in nature's laws and can cater to your needs.

If you liked this book, you can meet and connect with me online and receive more in-depth FREE training by enrolling onto [www.theimmunitybook.in](http://www.theimmunitybook.in)

Last, but not least, this book is my attempt to demystify health and kill the fear of any disease permanently. Human body is our greatest friend and a living miracle!

Health is your birth right and you can reclaim it once you understand the nature's laws- Vibrant health is now in your hands!

# FREE BONUS

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**T**he fact that you are reading this book as far as this confirms that you want to take care of your body so that your physical health and energy levels can grow and you can do bigger and better things in life!

There will be lots of mini-courses , Bonus LIVE training sessions and Exclusive advanced coaching available only to the readers of this book. It will help and guide you to take your health to a new level.

Visit: [www.hexintensive.com](http://www.hexintensive.com)

# About the Author

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Vineet Sharma is a HEALTH COACH who has helped many people one-on-one like the characters depicted in this story. An Architect by education from NIT, Jaipur and a Senior Business Leader in IT industry, Vineet has worked with Fortune 100 Companies including Autodesk, HP, Sun Microsystems and Dell, to name a few. His interest in entrepreneurship led him to complete the Entrepreneurship Development Program from IIM, Rohtak.

During his initial corporate career, Vineet was having a sedentary lifestyle full of junk and processed foods, a culture commonly prevailing in the sector. The fact that he did not find any time for exercise or enough sleep made the matter worse. He struggled with weight loss for many years and went through about every possible “quick fix fad” for many years.

After having been fat, sick and tired and continuously frustrated over serious health complications, he made a

decision not to leave his health in the hands of prescription pills and medical doctors.

For years, through lots of self-guided education through books and continuous experiments, he learned the principle of Health and Wellness. His interest further inspired him to gain knowledge of holistic therapies and he went on to complete the Plant Based Nutrition Course from Cornell University. In the process, he provided consultation to hundreds of people and guided them on a better life style program with astounding results and success.

Vineet's experiences leading up to this book have been wide and far reaching. He has lived in all major Indian metros, travelled across the globe, worked in IT Hardware & Software industry with Fortune 100 companies, owned a business, been a public speaker and did social volunteering in Africa for 15 days. Additionally he studied and practised various forms of Yoga, Reiki, Pranic Healing and EFT (Emotional Freedom Techniques). His ongoing studies and experiments in plant based nutrition have made him a Raw Food Chef in his home where he experiments with tasty juices, smoothies and yummy raw meal salads.

Vineet loves helping people who need support and guidance for achieving vibrant health in their lives. To learn more about what he is up to and get more-in- depth FREE articles and training, visit [www.hexintensive.com](http://www.hexintensive.com)

# Acknowledgements

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I have been living this life for almost 6 years now and seeing the results for myself and people close to me, it was my desire to share the knowledge and spread the word!

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No work and especially a work in Art is complete without the active love & support of the family.

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And finally , there have been many close friends , relatives , associates and well-wishers who have enabled me to do many things I've been fortunate to do . There is no way I can name all of you individually, because that

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