

1. INTRODUCTION

I penned this book to discuss how having a healthy diet, proper exercise and a consistent sleep routine correlates to having and or developing a healthy mind, body and soul. Good breathing and meditation strengthens the spirit just like eating the right foods strengthens your bones and muscles. Everything ties together within your physical and mental wholeness; you cannot reach a state of true well-being without having both a healthy mind and a healthy body.

As your body grows older it begins to break down; as well as your mind begins to “fade”. Just like you have to implement a maintenance routine on your vehicle to keep it working properly, you have to complete maintenance on your body and soul to keep it functioning properly. In my eyes, the true “Fountain of Youth” is the sustainment of the body and soul. In this book I am going to discuss meditation and breathing; super foods; raw foods; vitamins and nutrients; fasting benefits; the effects of alcohol, and much more, as well as some healthy and amazing recipes, albeit not in this exact order.

I’ve learned what I am sharing in this book by doing my research as well as following these steps and making these processes a way of life. I know that sometimes you find yourself in certain situations or life stages where you may not have the means or facilities to strictly adhere to everything I present in this book, and trust me, I know from experience. I served 20 years in the military and have been put in countless circumstances where I have had to make adjustments.

It wasn’t until my last few years of service that I shaped this process and pushed myself into a healthier, stress free way of life. So, in all actuality this book is sort of a written statement on how I learned to make myself whole after years of mental and physical exploitation. I came back from being broken mentally and physically harmed.

My body and mind have been through several ups and downs because of situations I was afforded in my service, and I decided that I was about to retire and go home, to finally be with my wife, and actually become the husband that I intended when I married my wife, and I needed to be whole, putting all of that negative behind me. And that is all I have to say about that, I hope you enjoy this book and that it helps you to grow and create a better you, there are many ways of getting there, this is mine and I wish you brighter days.