

Monday (2026-2-9)

## ***Tripala Jal: The Ancient Overnight Soaked Water That Cleanses Intestines, Supports Digestion & Boosts Oral & Eye Health***

### **What Is *Tripala Jal* and Why Is It So Powerful?**

Did you know a simple overnight soak of *Tripala Churna* in water can turn ordinary water into a gentle daily detoxifier? *Tripala Jal* is prepared by soaking 1 teaspoon of *Tripala Churna* (equal parts *Amla*, *Haritaki* or *Harro*, and *Bibhitaki* or *Barro*) in 1 liter of water overnight. The next day, the whole family can use this infused water for drinking, gargling, or even eye washes.

This traditional Ayurvedic method extracts polyphenols, tannins, vitamin C, and other bioactives, making it a mild laxative, antioxidant-rich, and anti-inflammatory tonic. It is affordable, chemical-free, and suitable for daily family use when prepared correctly.

### **Traditional Ayurvedic Benefits and Preparation**

In Ayurveda, *Tripala* is called “*Tridoshic Rasayana*” because it balances *Vata*, *Pitta*, and *Kapha*. When soaked overnight, the water becomes “*siddha*” (potent) and is used for gentle colon cleansing, improved digestion, and removal of toxins (*Ama*).

### **Simple Preparation (Family Method):**

- Take 1 teaspoon pure *Tripala Churna*.
- Soak in 1 liter clean water in a copper or steel vessel overnight.
- Strain in the morning and use throughout the day (drink 100–200 ml, gargle, or use as eye wash).
- Fresh batch every day.

Ayurvedic texts recommend it for constipation, poor digestion, skin glow, and eye health.

### **Scientific Evidence for Digestive Health & Constipation Relief**

Multiple clinical studies confirm *Tripala*’s gentle laxative effect. A 2023 systematic review found *Tripala* significantly improves bowel frequency and consistency in chronic constipation without dependency [2]. It increases beneficial gut bacteria and short-chain fatty acids, supporting microbiome health and smooth elimination [3].

Overnight soaking enhances extraction of tannins and gallic acid, which stimulate peristalsis mildly while protecting the intestinal lining.

### **Proven Benefits for Oral Health (Gargling)**

*Tripala* mouth rinse is as effective as chlorhexidine in reducing plaque and gingivitis, according to several randomized trials. A 2024 meta-analysis showed *Tripala* mouthwash significantly lowers gingival inflammation and bleeding with fewer side effects than

chemical rinses [4]. Gargling the overnight soaked water daily helps control bad breath, strengthen gums, and prevent dental caries.

### **Eye Health Benefits (Eye Wash)**

Clinical studies in India show *Triphala* eye wash improves symptoms of allergic conjunctivitis, dry eyes, and computer vision syndrome. A 2023 trial found *Triphala* eye drops significantly reduced redness, itching, and burning with no adverse effects [5]. The anti-inflammatory and antioxidant properties from *Amla* help soothe and protect the eyes when used as a cooled, filtered wash.

### **Additional Benefits: Immunity, Skin & Metabolic Health**

*Triphala Jal*'s high antioxidant content (especially from *Amla*) supports immunity and reduces oxidative stress. Studies show it helps regulate blood sugar and lipids, aiding metabolic health [6]. Regular use is also linked to clearer skin due to internal detoxification.

### **Safety, Precautions & Best Practices**

*Triphala* is generally very safe for long-term daily use in moderate doses. A chronic toxicity study in rats showed no adverse effects even after 9 months [7]. However, it may cause loose stools if taken in excess.

#### **Precautions:**

- Avoid high doses during pregnancy (*Haritaki* component).
- Start with smaller amounts if new to it.
- Use only pure, high-quality *Triphala* Churna.
- Consult an Ayurvedic doctor if you have severe health conditions.

### **How to Make It Part of Your Family Routine**

Prepare fresh every evening, store in a copper vessel, and use the water mindfully throughout the next day. Drink warm in the morning for best digestive effect. This simple ritual can become a healthy family tradition.

### **Conclusion: A Gentle Daily Gift from Ayurveda**

*Triphala Jal* beautifully combines ancient Ayurvedic wisdom with modern scientific validation. When prepared the traditional overnight way, it offers gentle cleansing, better digestion, oral and eye health, and overall vitality — all in one affordable, natural practice.

Begin this simple ritual with your family. For more health tips, visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

### **Special Acknowledgement: Inspiration and Guidance**

The inspiration for writing these blogs stems from free “Zero Medicine” Zoom sessions conducted by **Dr. Kirti Runwal** and hosted by the **Awesome 20** group daily at IST 8:40 A.M. daily (7 days a week) throughout February, 2026 at the same zoom link to attend <https://benchmarkod.com/Magical-2025/fs/10> . I would like to express my heartfelt gratitude to her and the entire Awesome 20 group for their profound knowledge and invaluable insights in the field of Ayurveda, which encouraged me to share this scientific and traditional approach to health.

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Friday (2026-2-6)

### ***Suvarna Siddha Jal: Ayurvedic Gold-Infused Water – Ancient Wisdom Meets Modern Science***

#### **The Golden Elixir: What Is *Suvarna Siddha Jal*?**

Ever wondered if boiling pure gold in water could unlock health benefits? *Suvarna Siddha Jal*, an Ayurvedic preparation, involves immersing pure gold (like a ring or wire) in water and boiling for 15 minutes to infuse trace gold ions or nanoparticles [1]. Rooted in ancient texts like *Bhavprakash Nighantu*, it's praised for balancing *doshas*, enhancing vitality, and supporting immunity without the complexity of calcined gold ash (*Suvarna Bhasma*) [2]. This simple method makes it accessible, but purity is key to avoid contaminants. In modern

terms, it's like creating a colloidal gold solution at home, blending tradition with potential therapeutic properties.

### **Ayurvedic Tradition and Preparation Method**

In Ayurveda, gold is a *Rasayana* (rejuvenator) for longevity and intellect. *Suvarna Siddha Jal* is a milder form, where boiling releases bioavailable gold for digestion, heart health, and *tridosha* harmony [3]. To prepare: Use 500ml filtered water with 1-2g 99.9% pure gold, boil 15 minutes, cool, and consume 50-100ml daily on empty stomach. This process avoids high-heat calcination, making it safer for daily use. Traditional claims include improved metabolism and cognitive function, aligning with gold's role in enhancing cellular processes [2].

### **Scientific Evidence on Health Benefits**

Modern research on gold nanoparticles (similar to those in *Suvarna Siddha Jal*) shows anti-inflammatory and antioxidant effects. A 2019 RCT on *Swarna Prashana* (gold-based) demonstrated immunomodulatory activity, improving antibody levels in infants without side effects [4]. Gold nanoparticles exhibit neuroprotective properties, reducing oxidative stress in Parkinson's models [5]. In bioavailability studies, trace gold absorption (Cmax 0.983 µg/L) was detected from oral gold preparations, suggesting systemic effects [1]. For heart health, gold *bhasma* showed blood compatibility, potentially aiding cardiovascular function [6].

### **Potential Risks and Safety Profile**

While Ayurvedic texts deem it safe, science highlights size-dependent risks. Smaller gold nanoparticles (<2nm) can cause oxidative damage and mitochondrial disruption [7]. A 2017 study on colloidal gold noted cell death in vitro for tiny particles, but larger ones (15-50nm) are biocompatible [8]. Human pilot studies reported no adverse effects at low doses, with recovery rates 92-104% [1]. To minimize risks, use pure gold and consult experts; avoid if pregnant or with kidney issues, as accumulation may occur [7].

### **Integrating into Daily Wellness**

As a wellness advocate, I recommend starting small after professional guidance. Combine with balanced Ayurveda for synergy. Emerging evidence suggests gold water supports wound healing and immune modulation, as seen in subcutaneous nanoparticle studies [5].

### **Conclusion**

*Suvarna Siddha Jal* bridges ancient Ayurveda and modern nanoscience for potential health gains. With proper preparation, it may boost immunity and vitality—embrace this golden practice mindfully.

For more health tips, visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Thursday (2026-2-5)

### **Patanjali 7-Step Pranayama Package: Science-Backed Path to Stress Relief, Weight Management & Heart Health**

## What Is the Patanjali 7-Step Pranayama Package?

This famous sequence from Patanjali Yogpeeth (popularized by Swami Ramdev) includes seven powerful breathing practices. It helps manage stress, obesity, hypertension, respiratory issues and boosts overall vitality [1]. Designed as a comprehensive routine, it combines forceful, retentive, and calming breaths to address physical and mental imbalances holistically. Practitioners often report increased energy and emotional stability after consistent use. The package is rooted in classical yoga texts like Patanjali's Yoga Sutras, emphasizing prana (life force) control for health.

## The 7 Steps Explained

1. *Bhastrika Pranayama* – rapid bellows breathing for energy and lung clearance [2]. It involves forceful inhalations and exhalations to invigorate the system and clear respiratory passages. This step is ideal for starting the practice with dynamism.
2. *Kapalbhati Pranayama* – skull-shining breath for detoxification and abdominal strength [2]. Rapid abdominal contractions expel air, stimulating digestion and toning core muscles. It's particularly effective for metabolic activation.
3. *Bahya Pranayama* (with 3 *bandhas*) – external retention + locks for digestion boost [1]. After exhalation, engage *Mula*, *Uddiyana*, and *Jalandhara bandhas* to enhance internal pressure. This promotes organ health and energy flow.
4. *Anulom-Vilom Pranayama* – alternate nostril breathing for nervous system balance [3]. Alternate closing nostrils to regulate breath, harmonizing left and right brain hemispheres. It fosters mental equilibrium.
5. *Bhramari Pranayama* – humming bee breath for instant calm and BP reduction [4]. Produce a humming sound on exhalation, vibrating the skull for relaxation. This mimics natural soothing mechanisms.
6. *Udgeet Pranayama* – OM chanting on exhale for deep relaxation [1]. Vocalize "OM" to resonate vibrations throughout the body. It aids in meditative focus.
7. *Pranav Pranayama (Omkar Dhyan)* – silent OM meditation for mental clarity [1]. Internally chant "OM" with breath awareness. This culminates in stillness.

## How to Practice Safely

Sit in a comfortable posture (*Sukhasana/Padmasana*). Perform 3–5 rounds per step (total 30–45 min daily, morning empty stomach). End with *Shavasana* relaxation. Learn from a qualified teacher. Always breathe through the nose unless specified, and monitor for dizziness. Hydrate well and practice in a ventilated space.

### ***Bhastrika & Kapalbhati: Energize, Detox & Support Weight Loss***

These forceful breaths increase oxygen intake and metabolism. They aid fat reduction, improve lung function and reduce obesity markers [2]. Bhastrika elevates core

temperature, enhancing calorie burn. Kapalbhati strengthens abdominal muscles, supporting better posture and digestion.

### ***Bahya Pranayama with Bandhas: Boost Digestion & Metabolism***

External hold + *Mula/Uddiyana/Jalandhara bandhas* stimulates abdominal organs. Supports better insulin sensitivity and metabolic health for obesity control [1]. The retention phase improves blood flow to viscera, aiding nutrient absorption. Bandhas lock energy, preventing leaks.

### ***Anulom-Vilom: Balance Autonomic System Fast***

Alternate nostril practice quickly raises heart rate variability (HRV). It reduces stress hormones and promotes parasympathetic dominance [3]. This balance mitigates fight-or-flight responses, fostering calm. Regular practice enhances respiratory efficiency.

### ***Bhramari, Udgeet & Pranav: Activate Vagus & Lower BP***

Humming + OM sounds stimulate vagus nerve for calm. They significantly decrease blood pressure and anxiety [4]. *Bhramari*'s vibration soothes the mind, *Udgeet* resonates chakras, *Pranav* deepens meditation. Together, they induce theta brainwaves for relaxation.

### **Science: Vagus Nerve Activation & Parasympathetic Shift**

The full package enhances vagus tone through exhalation, humming and retention. This switches body to "rest-and-digest" mode, key for stress and hypertension relief [1][3]. Prolonged exhalations trigger baroreflex, lowering sympathetic activity. Retention builds CO<sub>2</sub> tolerance, improving resilience.

### **Proven Benefits for Stress & Mental Health**

*Bhramari* alone improves HRV and cuts anxiety quickly. Combined practice lowers perceived stress and boosts mood [4]. *Anulom-Vilom* reduces cortisol, while OM chanting elevates endorphins. Overall, it alleviates depression symptoms.

### **Proven Benefits for Obesity & Metabolic Health**

Regular sessions reduce BMI, waist size and improve lipids. *Kapalbhati/Bahya* aid fat loss and metabolic balance [1][2]. *Bhastrika* increases VO<sub>2</sub> max, enhancing fat oxidation. The sequence supports hormonal regulation for weight management.

### **Proven Benefits for Hypertension & Cardiovascular Health**

Significant drops in systolic/diastolic BP and rate-pressure product after weeks. Better autonomic balance supports heart resilience [5]. Vagus activation reduces vascular stiffness. *Pranayama* improves endothelial function.

## How Soon Can You Expect Results?

Many notice calmer mind after first session. Measurable BP, weight and stress improvements in 4–12 weeks with consistency [5]. Initial energy surges from Bhastrika appear immediately. Mental benefits compound over time.

## Precautions & Tips

Avoid if pregnant, post-surgery, acute high BP or eye/ear issues. Start slow; build gradually under guidance. Listen to body signals like fatigue. Combine with yoga asanas for synergy.

## Start Your Journey Today

Morning routine: full 7 steps + relaxation. Daily consistency transforms health naturally. Track progress with a journal. Join communities for motivation.

For more health tips, visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Wednesday (2026-2-4)

## Unlocking Inner Calm: *Bija Mantras + Vagus Nerve Science*

### What Are *Bija Mantras*?

*Bija mantras* are ancient Sanskrit "seed sounds" linked to the body's chakras (energy centers).

They create vibrations that support balance and healing.

### The Core *Bija Sequence*

LAM – Muladhara (Root Chakra) – grounding and safety.[1]

WAM – Swadhisthana (Sacral Chakra) – creativity and emotions.

RAM – Manipura (Solar Plexus Chakra) – confidence and power.

YAM – Anahata (Heart Chakra) – love and compassion.

HAM – Vishuddha (Throat Chakra) – communication and truth.

OM – Ajna (Third Eye) and Sahasrara (Crown) – intuition and connection.[2]

### The Practice Routine

Begin with 11 long OM chants on deep breaths.

Do 5 minutes of *Anulom Vilom Pranayama*, including breath holds in and out.

Chant each *bija mantra* slowly 4 times (longest possible), focusing on its chakra.

Finish with 5 fast chants per *mantra*.

This method, inspired by instructor Mohan Kalburgi, prepares the body for chakra healing and calm.

### Vagus Nerve: Your Body's Calm Switch

The vagus nerve controls the "rest and digest" state.

Long chanting vibrates to stimulate it, lowering stress hormones like cortisol.[3]

This helps shift from chaos to relaxation.

### Science of OM Chanting

OM chanting boosts heart rate variability (HRV), a key marker of vagus nerve strength and parasympathetic activity.[2]

A 5-minute session increases parasympathetic tone for quick calm, even in beginners.[2]

### Anulom Vilom's Powerful Prep

Alternate nostril breathing with holds enhances parasympathetic dominance.[4]

It improves HRV, balances the autonomic system, and reduces sympathetic stress responses.[5]

### Brain Benefits from Chanting

fMRI scans during OM chanting show deactivation in the amygdala and limbic areas linked to fear and stress.[1]

This pattern is similar to vagus nerve stimulation therapies for anxiety.[1]

### **Proven Stress and Chaos Reduction**

Mantra chanting synchronizes heart, breath, and blood pressure rhythms.[3]

It promotes autonomic balance and resilience, as seen in comparative studies with prayer.[3]

### **Long-Term Gains**

Regular practice lowers blood pressure, anxiety, and enhances vagal tone.[6]

It supports better sleep, mood, and recovery from daily overwhelm.[6]

### **How to Begin Today**

Sit comfortably and follow the full sequence daily.

Start shorter if needed; consistency builds stronger effects.

### **Why It Works for Modern Chaos**

This blends ancient wisdom with neuroscience evidence.

Daily use turns stress into calm via proven vagus activation.[2][3]

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Tuesday (2026-2-3)

<https://youtube.com/shorts/9SggOb0UZCw?feature=share>

## **Did You Know Invisible Allies in Your Body Won the 2025 Nobel Prize? Rewilding Microbiomes for Immune Harmony and Longevity**

### **Imagine: Trillions of Tiny Trainers Shaping Your Health**

Did you know the smallest, invisible organisms in your body—your microbiome—could hold the key to Nobel-level breakthroughs? The 2025 Nobel Prize in Physiology or Medicine spotlights how microbes train regulatory T cells (Tregs) to prevent autoimmunity, inflammation, and even promote longevity [1]. In my eBook "TRUSTING THE INVISIBLE," I share how rewilding these microbes through simple rituals transformed my life from loss to legacy.

### **The Nobel Secret: Microbes as Immune Diplomats**

Can you imagine negligible gut bacteria acting as master trainers for your immune system? The prize-winning discovery shows microbes induce Tregs via metabolites like short-chain fatty acids (SCFAs), maintaining tolerance and reducing chronic inflammation [2]. Mouse studies reveal Clostridium species promote colonic Tregs, preventing overreactions to harmless antigens [3].

### **When the Balance Breaks: Dysbiosis Dangers**

What if losing microbial diversity sparks diseases we thought were inevitable? Dysbiosis lowers Treg function, fueling inflammaging—the low-grade inflammation accelerating aging [4]. Human cohorts link reduced microbiome diversity to higher autoimmune risk and shorter lifespan [5].

### **Rewilding: Restore Your Inner Ecosystem**

Ever wondered if everyday habits could rebuild this Nobel-recognized harmony? Practices like intermittent fasting increase SCFA-producing bacteria, enhancing Treg activity [6]. Soil exposure and fermented foods introduce beneficial microbes, as evidenced by studies showing environmental bacteria boost systemic Tregs [7].

### **From Personal Pain to Purposeful Legacy**

How does caring for these invisible allies lead to radiant health at 60? My journey in the eBook details no-soap living and nature immersion, aligning with Nobel insights to suppress inflammation by up to 40% [8]. It's not just science—it's a legacy of healing.

## Practical Steps to Start Rewilding Today

Ready to harness this Nobel power? Begin with barefoot walks and homemade Kanji—affordable ways to diversify your microbiome and train Tregs for better immunity [9].

## Conclusion: Trust the Invisible for Visible Results

The 2025 Nobel proves: These tiny organisms aren't negligible—they're essential for harmony, longevity, and legacy. [Download "TRUSTING THE INVISIBLE" at exploreikigai.com](#) to join the rewilding revolution.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Monday (2026-2-2) <https://youtube.com/shorts/v7Ji0dkXiVs?feature=share>

***Yog Nidra: Lie Down and Reset – The Ancient Practice for Burnout Relief***

## **What Is *Yog Nidra*?**

Feeling burnt out and need an instant reset? *Yog Nidra*, often called 'Psychic Sleep,' is an ancient practice from yoga traditions. Unlike seated meditation, you simply lie down in a comfortable position. The goal is to enter that magical state between wakefulness and sleep, where your body can truly heal. It involves a guided systematic awareness through body parts, activating the relaxation response to lower heart rate and dissolve muscular and emotional tension [1].

## **The Science of *Yog Nidra*'s Relaxation**

Studies show a 30-minute session can be as restorative as several hours of regular sleep. A pilot study found two weeks of 20-minute sessions increased delta-waves in deep sleep by higher percentages, improving memory, decision-making, and abstraction [2]. It reduces stress and anxiety with moderate-to-large effects, as per a 2025 meta-analysis of 73 studies showing Hedge's  $g = -0.80$  for stress vs. active controls [3]. Systematic reviews confirm benefits for physical, mental, and emotional health, including reduced blood pressure and heart rate variability in hypertension [4].

## **How *Yog Nidra* Works for Tension Relief**

The practice guides awareness through body parts, promoting parasympathetic activation and vagal tone for emotional regulation [5]. In RCTs, it alleviates insomnia by shortening sleep onset latency and increasing total sleep time [6]. For burnout, it melts tension; a 2025 systematic review of RCTs noted no adverse events and low risk of bias in some studies, with improvements in sleep efficiency among diverse groups [4].

## **The Secret of Sankalpa**

The real power lies in 'Sankalpa'—a positive intention planted in the subconscious during receptivity. This reprograms habits for success. Research links *Yog Nidra* to functional connectivity changes, reducing default mode network activity for less rumination and better focus [7]. In older adults, mindfulness including *Yog Nidra* improved sleep quality and reduced daytime impairment [8].

## **Benefits for Busy People and Daily Life**

For all busy people, mental clarity and reset is key. Use *Yog Nidra* to reset when overwhelmed. Evening sessions enhance sleep quality, with scoping reviews showing chronic interventions (including *Nidra*) yield large effects on sleep (8-9%) across durations [9]. It fosters compassion and resilience without effort.

## **How to Practice *Yog Nidra***

Lie down comfortably. Follow a guided audio through body scan, breath awareness, and Sankalpa. Start with 20-30 minutes evening sessions for feasibility. No special equipment needed—just commitment.

### **Potential Considerations**

While safe, consult a doctor for sleep disorders. Benefits are more pronounced in consistent practitioners, per meta-analyses [3][6].

### **Conclusion**

*Yog Nidra* is a powerful, accessible tool for burnout—lie down, heal, and thrive with science-backed calm.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Friday (2026-1-30) <https://youtube.com/shorts/8ccmUdnN3ck?feature=share>

### **Anapana Meditation: My Daily Breath Practice for Clarity and Peace**

At 60, my mind remains sharp, emotions balanced, and sleep restorative—free from anxiety medications or restlessness. This stems from my daily Anapana meditation (Anapanasati), a foundational Buddhist technique from Anapanasati traditions like Vipassana, popularized by S.N. Goenka, and integrated into modern mindfulness. I practice 30 minutes before *Yog Nidra* at night, focusing on natural inhalation/exhalation at the nose tip without reaction to sensations, maintaining stillness. No counting or control—just equanimous observation. As my mentor Ram Verma emphasizes in NLP, this fosters a "mind full of good wishes" for positivity.

#### **The Science Behind Breath Awareness**

Anapana trains attention on breath to cultivate mindfulness, rewiring the brain through neuroplasticity. fMRI studies reveal increased gray matter in prefrontal cortex and insula for enhanced focus and awareness, while reducing amygdala reactivity to stress by 20-30% after 8 weeks [1][2]. Daily regular sessions amplify benefits: RCTs show 25% improved cognitive performance and 15-20% reduced depression symptoms [3][4]. It activates parasympathetic response, lowering cortisol by 20-25% and boosting vagal tone for emotional regulation [5][6].

#### **Emotional and Cognitive Benefits**

This practice evokes a heart-touching calm, like a gentle reset. Evening sessions clear daily clutter; morning ones set serenity. Research links it to serotonin boosts (up to 15%) and reduced rumination, improving mood [2][7]. Before bed, it diminishes mind-wandering; upon waking, it enhances focus. In older adults, mindfulness-based Anapana reduces insomnia symptoms by 20-30%, fostering compassion through equanimity rooted in Vipassana and MBSR [1][5].

#### **Timing for Optimal Impact**

Evening Anapana promotes relaxation, improving sleep onset by 20-30% via reduced anxiety [3][6]. Morning practice boosts daytime clarity, with 15-25% better attention and resilience [4][7]. Twice-daily yields cumulative effects: 25-40% lower stress, enhanced immunity from vagal tone, and reduced inflammation potentially aiding longevity [2][5].

## **My Simple Practice Guide**

Sit or lie still. Focus on nose-tip breath sensations naturally. Ignore itches or thoughts equanimously. 30 minutes nightly before *Yog Nidra* unwinds; mornings in bed start calmly. Beginners: Start 10 minutes.

## **Embracing Breath for Renewal**

This complements my wellness rituals. Anapana brings clarity and peace ethically through natural practice.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Thursday (2026-1-29) [https://youtube.com/shorts/TaKNC5uK\\_A4?feature=share](https://youtube.com/shorts/TaKNC5uK_A4?feature=share)

## **Natural Magnesium-Rich Foods: Consume During Daylight Hours for Muscle Relaxation and Better Sleep Onset**

### **Why Magnesium Matters for Relaxation and Sleep**

Magnesium is a vital mineral found in everyday Nepalese foods like lentils and spinach, playing a key role in over 300 body processes, including muscle function and sleep regulation. Many people in Nepal may not get enough from diet alone due to soil depletion or processing, but focusing on natural sources during daylight hours—after sunrise and before sunset—aligns with natural rhythms for optimal absorption and benefits. This practice supports muscle relaxation and easier sleep without supplements.

### **Magnesium's Role in Muscle Relaxation**

In foods like chickpeas and millet, magnesium helps muscles relax by balancing calcium, which triggers contractions. This reduces tension and cramps that can hinder sleep. A 2024 cross-sectional study of Saudi university students found higher dietary magnesium intake linked to longer sleep duration and less daytime dysfunction, with low intake associated with shorter sleep (<5 hours) [1]. Another 2025 study showed dietary magnesium inversely related to short sleep duration, suggesting natural sources aid recovery [2].

### **Enhancing Sleep Onset with Natural Sources**

Magnesium from bananas or pumpkin seeds promotes GABA activity for brain calm and supports melatonin for faster sleep onset. A 2024 study in rural elderly Chinese linked higher magnesium-rich diets to better sleep efficiency and duration, with protective effects from protein and retinol pairings [3]. Observational data from 2024 associated adequate dietary magnesium with improved sleep quality in students, reducing fatigue [4].

### **Evidence from Recent Research**

A 2025 cross-sectional analysis found dietary magnesium inversely tied to fatigue and poor sleep, emphasizing affordable grains and legumes [5]. Long-term follow-up in a 2018 Chinese study showed women with higher magnesium intake had lower odds of daytime sleepiness, highlighting consistent daytime consumption [6]. A 2022 CARDIA cohort linked magnesium-rich diets to better sleep duration and quality over time [7].

### **Affordable Nepalese Sources and Timing**

Focus on field-grown foods like lentils (*dal*, ~48mg/100g cooked), spinach (*palungo*, ~79mg/100g), chickpeas (*chana*, ~79mg/100g), millet (*kodo*, ~114mg/100g), bananas (*kera*, ~27mg/medium), and pumpkin seeds (*farsi ko beej*, ~535mg/100g). Eat during 10 AM–6 PM window for digestion in daylight. A small handful of seeds or dal-bhat provides 200-300mg daily.

## Practical Tips for Incorporation

Include spinach in lunch saag, lentils in dal, chickpeas in snacks, millet roti for dinner before sunset. These are cheap, market-available, and chemical-minimal when local.

## Potential Considerations

Excess from food is rare, but pair with hydration. Benefits shine in deficient diets, per 2024 reviews [8].

## Conclusion

Natural magnesium from Nepalese staples, eaten in daylight, promotes relaxation and sleep—ethical, affordable, and science-backed.

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Wednesday (2026-1-28)

## **Cold Finish Showers: Boost Circulation and Mental Resilience for Better Evening Wind-Down**

### **Understanding Cold Finish Showers**

A cold finish shower involves ending your regular warm shower with a short burst of cold water, typically 30-90 seconds at around 15-20°C. This practice, part of hydrotherapy traditions, is gaining popularity as an evening ritual to promote relaxation and prepare for sleep. By shocking the body with cold, it triggers physiological responses that can enhance blood flow and build psychological toughness, making it ideal for winding down after a long day.

### **How It Boosts Circulation**

Cold water causes immediate vasoconstriction, where blood vessels narrow to conserve heat, followed by vasodilation upon rewarming, which improves overall blood circulation. This process enhances cardiovascular efficiency by reducing heart rate stress and promoting faster recovery after physical activity [1]. A study on post-exercise recovery found that a 15-minute cold shower at 15°C facilitated quicker heart rate normalization, indicating reduced cardiac strain and better circulatory adaptation [4]. Regular exposure may also lower blood pressure and improve endothelial function, contributing to long-term heart health [3].

### **Building Mental Resilience**

The discomfort of cold water builds mental toughness by teaching the body and mind to tolerate stress. It activates the sympathetic nervous system, releasing norepinephrine and endorphins, which elevate mood and reduce anxiety [6]. Research shows that adapted cold showers could serve as a treatment for depression by stimulating brain electrical impulses and increasing beta-endorphin levels, fostering resilience against emotional stressors [6]. A randomized trial demonstrated that daily cold showers reduced sickness absence by 29%, suggesting improved overall resilience and work performance [5].

### **Additional Health Benefits**

Beyond circulation and resilience, cold finish showers may improve sleep quality and reduce inflammation. A systematic review found that cold-water immersion

decreases stress levels 12 hours post-exposure and enhances quality of life [2]. For evening routines, this can signal the body to relax, aiding in better rest. Narrative reviews highlight potential mood enhancements and reduced fatigue, making it a simple addition to night wind-down practices [7][8].

### **Practical Tips for Starting**

Begin gradually: Start with 10-20 seconds of cold water on your limbs, building to full-body exposure. Aim for evenings to avoid morning alertness spikes. Combine with deep breathing to enhance resilience training. Consult a doctor if you have cardiovascular issues, as sudden cold can strain the heart [3]. Consistency is key—studies show benefits accrue over 30+ days [5].

### **Potential Risks and Considerations**

While generally safe, cold showers can cause hyperventilation or shock in beginners. Older reviews note risks like hypothermia in prolonged exposure, but brief bursts are low-risk [7]. Women may experience different sleep benefits compared to men [2]. Listen to your body and stop if discomfort persists.

### **Integrating into Your Evening Routine**

Make it part of wind-down: Shower 1-2 hours before bed, followed by warm tea or reading or meditating. This ritual can enhance mental clarity, preparing you for restorative sleep. With regular practice, you'll notice improved circulation during daily activities and greater emotional stability [8].

### **Conclusion**

Incorporating a cold finish shower into your evening routine boosts circulation through vascular adaptations and builds mental resilience via stress hormone modulation. Backed by recent research, this simple hack supports better health and relaxation—try it for a more resilient you.

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Tuesday (2026-1-27) <https://youtube.com/shorts/lKrzRVwjetc?feature=share>

## Balancing Protein, Fat, and Fiber: The Solution to Post-Midday Fatigue (Afternoon Slump)

### What Is Post-Midday Fatigue?

That familiar dip in energy around 2-4 PM—feeling drowsy, unfocused, or craving a nap—is known as post-midday fatigue or the afternoon slump. It often stems from your body's natural circadian rhythm, where alertness naturally wanes after lunch, combined with how your meal affects blood sugar levels. Meals heavy in refined carbs cause quick spikes in glucose followed by sharp drops, leading to fatigue and reduced concentration.

### Why Meals Trigger the Slump

High-carb, low-protein lunches trigger insulin surges that crash blood sugar, diverting energy to digestion and boosting serotonin for sleepiness. Research shows that replacing

protein with saturated fats or carbs increases odds of excessive daytime sleepiness (EDS) significantly. Balanced meals prevent this rollercoaster.

### **How Protein Fights Fatigue**

Protein is a powerhouse for steady energy. It boosts satiety hormones like GLP-1 and PYY, curbing hunger and maintaining alertness. High-protein breakfasts (25-35g) suppress appetite better than low-protein ones, reducing post-meal fatigue and evening snacking. Studies confirm high-protein meals (plant- or animal-based) enhance these hormones similarly, keeping you energized longer [1][2].

### **The Role of Healthy Fats**

Unsaturated fats slow digestion and nutrient absorption, stabilizing blood sugar without crashes. Substituting saturated fats with unsaturated ones or protein lowers EDS odds. Adding avocados, nuts, or olive oil to meals provides sustained fuel and prevents the energy dip common after carb-heavy lunches [3].

### **Fiber: Your Stability Booster**

Fiber slows carb breakdown, blunting glucose spikes for even energy release. Higher fiber intake supports better sleep quality and satiety, indirectly reducing daytime fatigue. Pairing fiber-rich foods (veggies, oats, berries) with protein and fats flattens blood sugar curves, a key hack for avoiding slumps [4].

### **Putting It All Together: Balanced Meals Work**

Combining protein, fat, and fiber creates meals that release energy gradually. Randomized trials show high-protein breakfasts increase fullness and reduce cravings more than normal-protein options. This balance sustains focus, cuts EDS risks, and improves overall metabolic health without changing total intake dramatically [1][5].

### **Practical Meal Ideas to Try Today**

- **Breakfast:** Greek yogurt with berries, chia seeds, and almonds (high protein + fiber + fats).
- **Lunch:** Grilled tofu salad with quinoa, avocado, and leafy greens.
- **Snacks:** Apple with peanut butter or carrot sticks with hummus—quick, balanced, slump-proof. Aim for 25-35g protein, 8-12g fiber, and healthy fats per main meal. Add a short walk post-meal for extra stability.

### **Long-Term Benefits and Tips**

Consistent balanced eating enhances circadian alignment, better sleep, and reduced fatigue over time. Track portions, stay hydrated, and vary sources for flexibility. This simple shift turns sluggish afternoons into productive ones.

## Final Thoughts

Post-midday fatigue doesn't have to rule your day. By prioritizing protein, healthy fats, and fiber, you stabilize energy naturally—backed by science for real results.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Monday (2026-1-26) <https://youtube.com/shorts/U9zeaeY93Fk?feature=share>

## My Daily Water Intake Ritual – A Large Glass Early Morning, But Never During Meals for Optimal Digestion

### Water Intake: My Mindful Approach to Hydration & Vitality

At 60, my hydration ritual keeps me energized, healthy skin, and digestion sharp without bloating or fatigue. I drink a large glass (500–600 ml) of lukewarm water (mixed with half Kanji water) first thing upon waking, then sip throughout the day — totaling 3–3.5 liters from water and food. Crucially, I stop drinking at least 40 minutes before and after the meal, and

strictly during meals to preserve digestive enzymes. This avoids diluting stomach acids, aiding nutrient absorption.

My intake: Morning large glass, mid-morning sip, post-lunch/post-supper sips, evening herbal tea. Combined with high-fiber meals, it ensures no nighttime urination and deep sleep. Over years, this has enhanced my clarity and health, aligning with science on balanced hydration.

### **The Science of Daily Water Amount & Frequency**

Research recommends 3.7 liters total daily fluid for men and 2.7 liters for women (including ~20% from food), translating to ~3 liters and ~2.2 liters drinking water [1][2]. A systematic review found sipping 2.5–3.5 liters/day ensures 2–3 liters dilute urine, maintaining optimal hydration and preventing chronic diseases [3]. Frequency: Sip constantly rather than gulping; studies show this sustains plasma osmolality better than infrequent large intakes [4].

Healthy adults in temperate climates need ~11.5–15.5 cups fluids/day, adjusted for activity/climate [5]. Randomized control trials show drinking ~1.5–2 liters extra aids weight loss (44–100% more vs controls) by boosting metabolism [6]. My 3–3.5 liters matches this for vitality.

### **The Heart-Touching Essence of Mindful Hydration**

This ritual feels like nourishing my inner river — the pre-meal pause honors digestion, creating harmony. It's emotional, reminding me water is life's essence, fostering gratitude for each sip.

### **Broader Benefits & Healthy Ways**

Not drinking during meals preserves gastric juices; evidence suggests it prevents dilution, improving enzyme efficiency and reducing indigestion [7]. Sipping throughout day enhances cognitive function and reduces kidney stone risk [3][8]. For aging, adequate intake (2.5–3.5 liters) supports skin health and detoxification [3].

### **How I Practice Water Intake Safely**

- Amount: 3–3.5 liters total (large morning glass + sips over the day).
- Frequency: Sip every 1–2 hours, not during meals.
- Ways: Lukewarm plain water; infused with lemon/herbs post-meals.
- Tips: Adjust for heat/activity; monitor urine color (pale yellow ideal).
- Safety: Avoid overhydration; consult doctor for your particular health status and conditions.

## Embrace Mindful Water Intake

This simple ritual boosts health. Sip wisely!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#), and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Friday (2026-1-23) <https://youtube.com/shorts/U9zeaeY93Fk?feature=share>

**Baba Ramdev's 12 Morning Warm-Up Movements: My Daily Ritual for Joint Mobility, Circulation, and Yoga Preparation**

## **Are You Skipping Warm-Ups in Your Yoga Routine? Discover How These 12 Dynamic Movements Can Transform Your Practice and Boost Vitality – Even at 60!**

In a world where sedentary lifestyles stiffen joints and reduce energy, starting yoga without proper warm-up is like driving a car without oil – risky and inefficient. At 60, my daily ritual includes Baba Ramdev's 12 main warm-up movements, done on an empty stomach in the morning before *pranayama* and *asanas*. These dynamic exercises – blending jogging in place, arm swings, knee raises, lunges, and rotational motions – take 10–15 minutes and mobilize my body, improve breath awareness, and enhance circulation.

The sequence: 1. Standing jogging with breath control; 2. Jogging with arm movements; 3. High knee raises; 4. Jogging with waist bend & knee lift; 5. Forward step & knee bend; 6. Side step lunging; 7. Wide arm breathing; 8. Triangular motion; 9. Angle step movements; 10. Forward bend variation; 11. Jumping legs apart/together; 12. Rotational whole-body movement. Coordinated with deep inhales/exhales, they prepare joints and muscles, reducing injury risk.

### **The Science of These 12 Warm-Up Movements for Mobility & Health**

Dynamic warm-ups like these increase joint range of motion by 10–20% and improve muscle blood flow, preparing for deeper yoga poses [1]. A randomized trial found similar breath-coordinated dynamic exercises enhanced VO<sub>2</sub> max by 15% and reduced perceived exertion in yoga practitioners [2]. They promote synovial fluid production, reducing stiffness by 25–30% in older adults [3].

Recent studies show such movements boost parasympathetic activity, lowering heart rate variability stress markers by 20% [4]. For aging, they improve balance and prevent falls, with 12–15 min sessions increasing flexibility by 18% over 8 weeks [5]. Breath synchronization enhances lung capacity and oxygen delivery [6].

### **The Heart-Touching Flow of This Ritual**

This practice feels like awakening every cell – the rhythmic motions create a joyful flow, emotionally connecting me to my body's resilience. It's heart-touching, as it honors the transition from rest to mindful movement.

### **Broader Benefits & Practical Tips**

These warm-ups reduce chronic pain, improve posture, and support cardiovascular health [7]. Ideal before *asanas*, they aid longevity by enhancing circulation and breath control [8].

### **How I Practice These Movements Safely**

- Do on empty stomach, outdoors if possible.

- Coordinate inhale/exhale with motions; steady pace.
- 1–2 min per movement; total 10–15 min.
- Tips: Start slow if new; focus on form.
- Safety: Avoid if joint issues; consult doctor.

## Embrace These Warm-Ups for Your Yoga Journey

Mobilize your body – start today!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Thursday (2026-1-22)

## **Deep Diaphragmatic Breathing to Lower Cortisol & Restore Calm Instantly**

### ***Are You Letting Stress Build Up? Discover How Belly Breathing Can Instantly Lower Cortisol and Bring Calm – Even in a Busy World***

In our fast-paced lives, stress is a silent killer – elevating cortisol, disrupting sleep, and harming health. But what if a simple breath could change that? At 60, I use belly breathing (diaphragmatic deep breaths, like the 4-7-8 technique: inhale 4 seconds, hold 7, exhale 8) whenever needed – during work, before bed, or in tense moments – to instantly lower cortisol and restore calm. This ritual has transformed my stress response, improving focus, sleep, and vitality.

Inspired by ancient yoga and modern science, belly breathing engages the diaphragm for deeper oxygen intake, activating the parasympathetic system. I practice 5–10 cycles as needed, feeling tension melt away.

### **The Science of Belly Breathing for Stress Reduction**

Diaphragmatic breathing significantly reduces cortisol levels, with studies showing up to 25% decreases in stress hormones after just 20 minutes [1]. A meta-analysis of RCTs found it lowers anxiety by 30–50% and improves heart rate variability (HRV), a marker of resilience [2]. The 4-7-8 technique specifically enhances parasympathetic activity, reducing blood pressure and stress in as little as 5 minutes [3].

Recent research confirms slow breathing like 4-7-8 modulates the vagus nerve, decreasing physiological stress markers by 20–40% [4]. In adults with anxiety, daily practice over 4 weeks reduced symptoms by 35% [5]. For chronic conditions, it aids pain management and emotional regulation [6].

### **The Heart-Touching Calm of This Practice**

This ritual feels like a warm embrace from within – each breath releases built-up tension, fostering peace. It's emotional, reminding me of breath's power to heal in a stressful world.

### **Broader Benefits & Healthy Ways**

Belly breathing restores calm instantly, with evidence showing improved sleep quality and reduced depression symptoms [7]. It's safe for all ages, preventing burnout.

### **How I Practice Belly Breathing Safely**

- Technique: Sit comfortably, inhale deeply into belly for 4 sec, hold 7, exhale slowly 8 sec (4-7-8).
- Frequency: Whenever needed – 5–10 cycles.
- Tips: Practice lying down initially; combine with visualization.
- Safety: Avoid if dizzy; consult for respiratory issues.

## Embrace Belly Breathing Today

Lower cortisol, restore calm – start with 4-7-8 now!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Wednesday (2026-1-21) <https://youtube.com/shorts/lbWAJLsZx2s?feature=share>

## **Are Your Eyes Paying the Price? The 20-20-20 Rule to Save Your Vision from TikTok & Reels Addiction**

**Are You Aware of the Bad Impact of Continuous Long-Hour Mobile Use for TikTok and Facebook Reels on Your Eye Health? Are You Paying Attention to How Your Kids Are Copying Your Actions and Becoming Mobile-Addicted?**

If you're scrolling TikTok, Facebook Reels, or Shorts for hours daily — and your children are glued to the same screens — your eyes (and theirs) are silently suffering. Digital eye strain (computer vision syndrome or CVS) is skyrocketing: eye-burning, dryness, blurred vision, headaches, and even long-term risks like myopia progression in kids. At 60, I protect my eyes with the simple **20-20-20 Rule**: Every 20 minutes of screen time, look at something 20 feet away for 20 seconds. This quick break has kept my vision sharp, reduced fatigue, and prevented strain — even with daily content creation.

This rule, popularized by the American Optometric Association, forces the eyes to relax focus (from near to far), reducing ciliary muscle spasm and blink rate suppression caused by screens. I apply it religiously during work and social media time — and encourage my family to follow.

### **The Science Behind the 20-20-20 Rule**

Prolonged near work (screens <40 cm) reduces blink rate by up to 60%, leading to dry eyes and strain [1]. A randomized trial showed that following the 20-20-20 rule significantly decreased eye fatigue symptoms (dryness, irritation, blurred vision) after 4 weeks in heavy screen users [2]. Another study found it improved accommodative facility and reduced visual discomfort by 30–50% in young adults [3].

Children are especially vulnerable: Excessive screen time increases myopia risk by 2–3 times [4]. The 20-20-20 rule helps by relaxing accommodation and promoting blinking, countering blue light and near-focus stress [5]. A systematic review confirmed such breaks reduce CVS symptoms in 70–80% of participants [6].

### **The Heart-Touching Wake-Up Call**

This rule feels like a gentle reminder to care for my eyes — the windows to the world. It's emotional because it protects not just me, but at least my relatives and close friends from screen addiction. A 20-second pause can save years of vision trouble.

## Broader Benefits & How to Make It a Habit

The rule reduces headache frequency, improves focus, and may slow myopia progression in children [4][7]. It takes only 20 seconds but yields big results — especially for heavy short-video users.

## How I Practice the 20-20-20 Rule Safely

- While using screens, set timer every 20 min on phone/apps.
- Look 20 feet away (window, far wall).
- Blink fully 20 seconds; focus on distant object.
- For kids: Make it a family game — "20-20-20 challenge!"
- Tips: Combine with blue light filters, proper lighting, 30–40 cm screen distance.
- Safety: If symptoms persist, consult eye doctor.

## Save Your Eyes — Start the 20-20-20 Rule Today

Don't let TikTok and Reels steal your vision. Pause, look away, protect your eyes and your children's future. Try it now!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Tuesday (2026-1-20) <https://youtube.com/shorts/VbhYIXulzeU?feature=share>

## My Twice-Daily Bowel Ritual – Optimal Excretion for Gut Health & Longevity

### Twice-Daily Bowel Movements: My Effortless Routine for Lightness & Vitality

At 60, I maintain effortless bowel movements twice every 24 hours — morning and evening — keeping my intestines clear and body toxin-free. My diet supports this: two main meals (brunch at 9 AM and lunch at 2 PM) with raw salads first, plenty of vegetables, low carbs; supper is fruits and salads. This high-fiber, low-processed approach ensures soft stools without strain, and I never retain stool for a full 24 hours.

Morning: After silent laughter, clapping, and *Agnisar Kriya*, I drink lukewarm Kanji water, perform 5 steps of *Laghu Shankha Prakshalana* (gentle abdominal wash), and immediately toilet — done in under 2 minutes. Evening: Natural pre-bed emptying in <2 minutes, leaving me light for 30-min *Anapan* meditation and 1-hour visualization during sleep, with no nighttime urination.

This routine aligns with science on optimal bowel habits for microbiome health, reduced inflammation, and longevity. Research shows 1–2 movements/day as the "Goldilocks zone" for vitality [1].

### The Science of Optimal Bowel Frequency

Studies indicate 1–2 bowel movements per day is ideal for gut microbiome diversity and lowered chronic disease risk. A large NHANES study (n=4,775) found <7/week increased

mortality risk (HR 1.43), while 1–2/day linked to healthier bacteria and lower inflammation [1]. Another study (n=1,400) showed 1–3/day optimizes microbiota and fiber metabolism, reducing toxins from slow transit [2].

High-fiber diets (25–30g/day from veggies/salads/fruits) promote this frequency, softening stools and preventing constipation [5]. My low-carb, plant-heavy meals match this, as intervention trials show such diets boost regularity to 1–2/day without diarrhea [5][6].

### **The Heart-Touching Lightness of This Practice**

This ritual feels like a daily renewal — effortless emptying creates physical and mental space, emotionally grounding me in gratitude for my body's efficiency.

### **Optimal Timing & Methods from Research**

Morning timing leverages the gastrocolic reflex (post-wake/meals), with most healthy adults defecating early [3]. Evening movements prevent overnight retention, reducing toxin reabsorption and improving sleep [4]. My post-ritual morning and pre-bed evening fit perfectly.

Methods: High-fiber intake + hydration (2–3L/day) ensure soft passage [6]. Abdominal rituals like *Agnisar/Laghu Shankha* stimulate peristalsis, increasing frequency by 20-30% [7]. Effortless <2-min excretion indicates robust health, reducing strain risks [8].

### **Broader Benefits for Health & Longevity**

Twice-daily clearing minimizes inflammation, supports immunity, and lowers colorectal risks [1][8]. Practice on my diet ensures no nighttime issues, aligning with studies on fiber for stable hydration [5].

### **How I Practice & Suggestions**

- Diet: Salads/veggies first, low carbs, fruits for supper (25–30g fiber/meal).
- Morning: Post-rituals, Kanji + Laghu Shankha → toilet.
- Evening: Natural after supper.
- Tips: Walk post-meals; monitor soft consistency.
- Safety: No forcing; consult doctor if irregular.

### **Embrace Optimal Bowel Health**

This science-aligned routine keeps me vital. Feel the lightness!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Monday (2026-1-19) [https://youtube.com/shorts/yXoIT\\_T\\_qmA?feature=share](https://youtube.com/shorts/yXoIT_T_qmA?feature=share)

## My Daily Body Patting Ritual – Awakening Circulation and Vitality

### Body Patting: A Powerful Morning Awakening Practice

At 60, my body feels fully energized and circulation boosted from the start of the day. This comes from my daily body patting ritual, done soon after waking under the open sky, immediately following silent laughter, clapping, and *Agnisar Kriya*. The sequence: Pat left bicep forcefully with right fist 18-36 times, alternate to right bicep with left fist; then upper and back shoulders; inhale deeply and pat the scalp with both fists; move to ears, then face. This Qigong-inspired tapping awakens the whole body, opens nostrils and ears, and promotes relaxation — all in 5-10 minutes.

Inspired by traditional Qigong "meridian patting" and modern percussion techniques, it stimulates blood flow, lymphatic drainage, and neural pathways. Over months, it's reduced

my fatigue and enhanced sensory clarity, aligning with research on vibratory stimulation for health.

### **The Science of Body Patting for Circulation and Awakening**

Body patting (rhythmic tapping/percussion) enhances local microcirculation by 24-47%, promoting vasodilation and oxygen delivery [1]. In Qigong studies, daily patting sequences improved vitality and reduced muscle tension, with participants showing 25% better energy flow after 4 weeks [2]. Forceful arm/shoulder pats target meridians, increasing brachial artery flow and clearing blockages [3].

Head/scalp tapping with deep inhalation oxygenates the brain, boosting cerebral blood flow by 15-25% [4]. Ear and face pats stimulate trigeminal nerves, opening Eustachian tubes and nasal passages — reducing congestion by 20-40% in percussion therapy trials [5]. Overall, it acts as a "pattern interrupt" for stress, lowering cortisol by up to 43% [6].

### **The Heart-Touching Awakening of This Ritual**

This practice feels like a vibrant self-massage — the rhythmic pats create warmth and a sense of aliveness, emotionally grounding me in my body's strength. It's heart-touching because it transforms a simple action into a full-body celebration of vitality.

### **Broader Benefits for Relaxation, Sensory Opening, and Health**

Patting relieves nasal/ear congestion via vibration, similar to percussion for sinus relief [5]. It improves lymphatic flow, aiding detoxification and immunity [7]. For aging, regular tapping reduces chronic tension and enhances sensory function, supporting neural health [4][8]. Studies show Qigong patting lowers blood pressure and promotes relaxation comparable to meditation [2][6].

### **How I Practice Body Patting Safely**

- Order: Biceps (alternate), shoulders (upper/back), inhale for scalp, ears, face.
- Reps: 18-36 per area (multiples of 9 for optimal rhythm).
- Force: Firm fist pats, 2-3 per second — painless but energizing.
- Tips: Outdoors under sky; breathe deeply.
- Safety: Avoid if injured; consult doctor for neck/ear issues.

### **Embrace Body Patting for Your Awakening**

This ritual is my energizer. Feel the circulation surge!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

## Full Bibliography

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Friday (2026-1-16)

## My Daily Eye Exercises Ritual: 10–15 Minutes to Reduce Digital Strain & Sharpen Vision

### Eye Exercises: A Simple Daily Practice That Transformed My Vision

At 60, I no longer need no more any power glasses for daily activities. This is thanks to my consistent 10–15 minute daily eye exercises ritual, usually split into 2–3 short sessions throughout the day. The practice, inspired by the Satvik movement and methods from yoga/eye yoga traditions, includes:

- **Palming** (rubbing palms to generate warmth, cupping over closed eyes for 1–2 min)
- **Rapid blinking** (20–30 fast blinks to lubricate and relax)

- **Side-to-side, up-down, and diagonal movements** (eyes move slowly to extremes)
- **Near-far focusing** (shift focus between thumb and distant object 10–20 times)

I do this after waking, mid-day, and before bed — always on a relaxed face, with deep breathing. The result? Reduced digital eye strain, better focus, less dryness, and a gradual decrease in prescription strength over years.

### **The Science Behind These Eye Exercises**

Research shows that targeted eye exercises improve accommodation (near-far focusing), reduce visual fatigue, and enhance tear film stability. A randomized controlled trial found that 10–15 min daily eye exercises (including palming and convergence training) significantly improved accommodative facility and reduced symptoms of computer vision syndrome (CVS) in adults [1]. Another study demonstrated that palming and blinking exercises increased blink rate and tear breakup time, reducing dry eye symptoms by 30–40% [2].

Side-to-side and up-down movements improve extraocular muscle strength and coordination, with measurable gains in saccadic accuracy and smooth pursuit after 4–8 weeks [3]. Near-far focusing (accommodation training) enhances ciliary muscle flexibility, improving near vision and reducing lag in young adults — effects that support long-term vision maintenance in aging eyes [4]. A systematic review confirmed that such exercises are effective for reducing asthenopia (eye strain) and improving visual performance in digital device users [5].

### **The Heart-Touching Calm of Eye Care**

This ritual feels like a gentle act of self-love — the warmth of palming soothes tired eyes, the rhythmic movements bring quiet focus, and the near-far shifts feel like a meditation for the eyes. It's emotional because it reminds me that small, consistent actions can restore natural clarity.

### **Broader Benefits for Digital Age Eyes**

These exercises combat digital eye strain (blue light, prolonged near work), improve tear quality, and support overall visual comfort [6]. In older adults, they help maintain accommodation and reduce presbyopia progression [4][7]. Regular practice also enhances convergence and divergence, reducing double vision and headaches [8].

### **How I Practice Eye Exercises Safely**

- Morning: 5 min (palming + blinking + movements)
- Mid-day: 5 min (near-far + diagonals)
- Evening: 5 min (palming + relaxation)
- Tips: Sit comfortably, breathe deeply, avoid forcing eyes.

- Safety: Stop if dizzy or pain; consult eye doctor for underlying issues.

## Embrace Eye Exercises for Clear Vision

This 10–15 min daily ritual is my gift to my eyes. Feel the difference in clarity and comfort!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Thursday (2026-1-15)

## Chin Tucks – My Early Morning Ritual to Correct Posture and Strengthen Neck

### Chin Tucks: A Simple Daily Reset for Neck Health and Posture

I maintain excellent posture, reduced neck tension, and strong core neck muscles without pain or stiffness. This is thanks to my early morning chin tucks ritual — a few sets (usually 3 sets of 10-15 reps) performed right after waking. The exercise involves gently retracting the chin toward the neck (creating a "double chin") while keeping the head level, holding 5-10 seconds, then releasing. I do it standing or seated in front of a mirror for alignment feedback.

This low-load, isometric movement targets the deep cervical flexors (longus colli, longus capitis, rectus capitis anterior/lateralis) — key stabilizers often weakened by forward-head posture from screens and desk work. Chin tucks activate these deep muscles with minimal superficial involvement, improving craniovertebral angle and reducing strain on the upper trapezius and levator scapulae.

### The Science of Chin Tucks for Posture Correction and Strength

Research shows chin tucks significantly improve forward-head posture by increasing deep cervical flexor activation and endurance. In a randomized trial, participants with forward-head posture who performed chin tucks showed significant improvements in craniovertebral angle and reduced neck pain after 4-6 weeks [1]. Another study found chin tucks more effective than general strengthening for recruiting deep flexors while inhibiting superficial muscles like the sternocleidomastoid [2].

Studies using pressure biofeedback units confirm chin tucks enhance deep flexor endurance (up to 50% increase in hold time) and cervical stability [3]. A systematic review concluded chin tucks, especially with craniocervical flexion, are superior for restoring natural cervical lordosis and reducing chronic neck pain [4]. For older adults, regular practice prevents age-related postural decline and supports shoulder/neck alignment [5].

### The Heart-Touching Benefit of This Quick Reset

This ritual feels like a gentle "thank you" to my body — a few mindful moments that prevent slouching and build resilience. The mirror check fosters self-awareness, and the subtle hold brings calm focus, aligning with my overall wellness philosophy.

### Broader Benefits for Neck, Shoulders, and Daily Function

Chin tucks reduce forward-head-related strain on cervical joints, improve scapular positioning, and decrease upper-cross syndrome symptoms [6]. They enhance proprioception and motor control, vital for balance and injury prevention in aging [7]. In

clinical trials, consistent practice (even 5-10 minutes daily) lowers pain scores by 30-50% and improves range of motion [8].

### **How I Practice Chin Tucks Safely**

- Stand/sit tall, shoulders relaxed.
- Gently draw chin straight back (no tilting up/down) — imagine sliding along a wall.
- Hold 5-10 seconds, release slowly.
- 3 sets of 10-15 reps.
- Progress: Add resistance (hand on forehead) or supine position.
- Tip: Do in front of mirror; breathe normally.
- Safety: Stop if pain increases; consult a professional if you have neck injury.

### **Embrace Chin Tucks for Postural Renewal**

This 2-minute ritual is a high-ROI habit. Feel the difference in posture and comfort!

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Wednesday (2026-1-14)

## **My Daily Grounding Ritual Barefoot Walking: Neutralizes Free Radicals and Boost Longevity**

### **Why I Walk Barefoot Every Day**

In my daily routine for health and vitality at 60, I aim for a total of at least **10,000 steps and 1 hour of walking**, divided into three purposeful parts:

- **Early morning brisk walk:** 30 minutes with at least 5,000 steps (shoes on for brisk pace).
- **After lunch light walk:** 15 minutes barefoot (grounding session).
- **After supper light walk:** 15 minutes barefoot (grounding session).

This ancient-yet-science-supported practice, called **grounding** or **earthing**, involves direct skin contact with the Earth's surface (grass, soil, sand) to absorb free electrons. After months of consistency, I've experienced reduced stress, deeper sleep, faster recovery, and a profound sense of calm. While not a miracle cure, peer-reviewed research confirms grounding can reduce chronic inflammation—a major driver of aging and disease—by acting as a natural antioxidant through electron transfer [1][2].

### **How Grounding Actually Works**

The Earth maintains a mild negative electrical charge. When our bare skin touches natural surfaces, free electrons flow into the body. These electrons neutralize positively charged free radicals that cause oxidative stress and chronic inflammation [2][5].

Chronic inflammation is now linked to nearly every major age-related disease: heart disease, diabetes, arthritis, and accelerated aging. Grounding appears to restore electrical balance, acting like an external antioxidant [5].

### **Key Scientific Benefits of Grounding**

1. **Reduces Inflammation & Pain:** A landmark study showed that grounding during sleep (by using grounding mattress or pad) normalized cortisol rhythms, improved

sleep quality, and reduced pain/stress in 12 participants. 85% fell asleep faster, 93% slept better, and many reported less pain—likely due to free radical neutralization [3].

2. **Improves Blood Flow & Heart Health:** In a small trial, grounding reduced blood viscosity (a key cardiovascular risk factor) by an astonishing 270% in 10 subjects. This improved red blood cell repulsion (zeta potential) and circulation [4].
3. **Speeds Wound Healing** Grounded subjects experienced 75–100% faster wound healing and significantly lower inflammation markers, as electrons quenched free radicals at the injury site [1].
4. **Lowers Blood Pressure** In 40 patients with hypertension, grounding reduced systolic blood pressure by an average of 14.3% over 12 weeks, linked to decreased oxidative stress [7].
5. **Boosts Mood & Reduces Anxiety** Psychological assessments showed a 58% reduction in tension/anxiety after just 40 minutes of grounding [8].
6. **Supports Muscle Recovery** Athletes who grounded after exercise had 40% less pain and faster recovery, attributed to free radical scavenging [10].

### **My Practical Grounding Routine Compared to Research**

My routine aligns closely with the science:

- **Morning brisk walk (30 min, 5,000+ steps):** Shoes on, brisk pace for cardiovascular fitness (consistent with studies showing walking improves maximum volume of oxygen (VO<sub>2</sub> max) and heart health [4]).
- **Afternoon barefoot 15 min:** Post-lunch grounding reduces inflammation after meals (supported by research on grounding's anti-inflammatory effects [1][6]).
- **Evening barefoot 15 min:** Post-supper grounding aids digestion and sleep preparation (corroborated by cortisol normalization and improved sleep quality [3]).

Research supports split sessions: Brief daily grounding (even 30–60 minutes total) yields measurable reductions in inflammation and stress markers [6][9]. My total 30 minutes barefoot walking matches the duration used in many studies showing mood improvement (58% less anxiety) and faster recovery [8][10].

### **Tips for Beginners & Safety**

- **Start small:** Begin with 5–10 minutes barefoot; build up.
- **Where:** Grass, soil, or sand — avoid pavement.
- **Mindful walking:** Combine with deep breathing or gratitude.
- **Safety:** Avoid contaminated areas; wash feet after; consult your doctor if you have foot wounds, diabetes, or other conditions.

### **Final Thoughts**

In our modern, insulated world (rubber-soled shoes, concrete floors, high-rises), we've become electrically disconnected from the Earth. My split routine of 10,000+ steps (with 30 minutes barefoot grounding) is a free, accessible way to reconnect, neutralize free radicals, curb inflammation, and support longevity. Studies show up to 100% faster healing and 14% blood pressure reductions in grounded individuals [1][7].

I have made a rectangular walking path of about 200 meters using clean soil in my own field, and I regularly walk many rounds on it barefoot every morning and evening.

In 2026, give yourself this gift. Walk barefoot, feel the Earth, and let your body thank you with renewed vigor.

Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Tuesday (2026-1-13)

### ***Anulom Vilom Pranayam: My Advanced Breath Ritual for Balance and Vitality***

At 60, my lungs are strong, my mind calm, and my energy balanced — no respiratory issues, no stress meds. This comes from my daily *Anulom Vilom Pranayam*, a variation taught by my mentor Mr. Mohan Kalburgi (*Swar Vigyan* instructor). Done after *Surya Namaskar*, it's alternate nostril breathing with retention: Close right nostril, inhale deeply from left, hold 8 seconds (start from 8, build up), exhale from right while closing left, hold breath out 8 seconds; then inhale from right closing left, hold 8 seconds, exhale from left closing right, hold out 8 seconds. Repeat 10-20 cycles, focusing on smooth flow without strain. This "Swar Vigyan" version enhances breath control for deeper benefits.

#### **The Science of *Anulom Vilom* with Retention**

*Anulom Vilom* balances the autonomic nervous system, reducing sympathetic activity (stress) by 20-30% and enhancing parasympathetic tone for relaxation [1][2]. With *Kumbhaka* (breath holds), it improves lung capacity and maximum volume of oxygen (VO<sub>2</sub> max) by 10-15%, as seen in trials where participants showed better respiratory efficiency after 4-6 weeks [3][4]. The alternate nostril flow synchronizes brain hemispheres, boosting cognitive function and reaction time by 15-20% [5][6]. *Swar Vigyan*'s emphasis on holds amplifies this, lowering heart rate variability and blood pressure by 5-10 mmHg [7].

#### **The Heart-Touching Harmony of Breath**

This ritual feels like a symphony of breath — the holds build inner strength, fostering equanimity as taught by Mr. Kalburgi. It's emotional, releasing tension and inviting peace,

with users reporting reduced anxiety scores by 25% [8]. The fine-tuned process (equal internal/external holds) creates a meditative flow, aligning with Swar Vigyan's science of breath for holistic harmony.

### **Benefits for Respiratory, Cardiovascular, and Mental Health**

It alleviates asthma/bronchitis symptoms by improving pulmonary function [3][9]. Cardiovascular, it lowers risk factors like hypertension [1][2]. Mentally, it enhances focus and reduces depression via increase in Gamma-Aminobutyric Acid (GABA), which is the chief inhibitory neurotransmitter in the central nervous system (CNS) [5][10]. GABA functions like the brakes on a car, slowing down nerve cell activity and preventing the nervous system from becoming overstimulated [11]. Practice empty stomach after ablutions for max absorption; evening 4-6 hours post-meal if done then. Contraindications: high BP, heart issues without guidance.

### **How I Practice *Anulom Vilom* with *Kumbhaka***

Sit comfortably. Start with 8-sec holds, build gradually (I have reached 16-sec holds for both *Antara kumbhaka*-holding after inhalation and *Bahya kumbhaka*-holding after exhalation, so far after one year of regular practice). Inhale left (close right), hold, exhale right (close left), hold out; inhale right (close left), hold, exhale left (close right), hold out. 10-20 cycles. Fine-tuned: Equal holds, deep breaths.

### **Embrace Breath for Renewal**

This Swar Vigyan variation is my breath anchor. Feel the balance! Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Monday (2026-1-12)

## **Surya Namaskar – My Daily 108-Movement Ritual for Full-Body Vitality**

### **Greeting the Sun for Total Renewal**

At 60, my body is flexible, strong, and energized — no joint pains, no fatigue, just radiant health without pills or doctors. This comes from my daily Surya Namaskar ritual: 9 rounds of the 12-step sequence, totaling 108 movements, done morning after silent laughter and clapping therapy. Each round flows through poses like *Pranamasana* (prayer), *Hastautanasana* (raised arms), *Padahastasana* (forward bend), *Ashwa Sanchalanasana* (equestrian), *Dandasana* (plank), *Ashtanga Namaskara* (eight-limbed), *Bhujangasana*

(cobra), *Adho Mukha Svanasana* (downward dog), and back, alternating legs. This full-body exercise honors the sun while toning every muscle, balancing hormones, and calming the mind.

### **The Science of Surya Namaskar's Full-Body Benefits**

Surya Namaskar is a dynamic yoga flow combining cardio, strength, and flexibility. Studies show 108 movements (9 rounds) burn 230-415 calories, improving cardiorespiratory fitness by 10-15%  $VO_2$  max (maximum volume of oxygen) and reducing resting heart rate [1][2]. It enhances muscle endurance and flexibility, with significant improvements in hamstring/shoulder range (20-30%) and core strength after 6-12 weeks [3][4]. Hormonally, it balances cortisol and boosts endorphins, reducing stress by 25-35% and improving mood via serotonin release [5][6]. As a full-body workout, it activates all major muscle groups, supporting bone density and preventing osteoporosis in older adults [7].

### **The Heart-Touching Flow of Sun Salutations**

This ritual feels like a moving meditation — each breath-synchronized pose connects me to nature's rhythm, fostering gratitude and inner peace. The 108 repetitions (sacred number in yoga) create emotional uplift, releasing tension and inviting joy. Research confirms yoga flows like this lower anxiety scores by 20% and enhance emotional resilience [8]. It's heart-touching because it transforms exercise into spiritual practice, aligning body and mind for daily harmony.

### **Benefits for Digestion, Immunity, and Longevity**

Surya Namaskar stimulates digestive fire (*agni*), improving metabolism and gut motility to relieve constipation [3][5]. It boosts immunity by enhancing lymphatic flow and white blood cell activity [6]. For longevity, regular practice reduces chronic inflammation, supports cardiovascular health by lowering BP 5-10 mmHg, and promotes anti-aging via telomere protection [1][7]. Ideal after morning rituals on empty stomach for max absorption.

### **How I Practice Surya Namaskar**

After silent laughter and clapping beneath the open sky first thing in the morning: Warm up lightly. Perform 9 rounds (12 steps each, alternate legs) at moderate pace, syncing breath (inhale extend, exhale fold). Focus on alignment to avoid strain. Beginners start 2-3 rounds; build up. Consult doctor for joint issues.

### **Embrace Surya Namaskar for Your Vitality**

This 108-movement ritual is my full-body elixir. Feel the sun's energy transform you! Visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch

videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

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Friday (2026-1-9)

## ***Laghu Shankha Prakshalana: Yogic Technique for Easy Stool Dispatch and Digestive Relief***

*Laghu Shankha Prakshalana* (LSP), the shorter version of *Shankha Prakshalana*, is a mild yogic cleansing practice designed for quick bowel evacuation after ingesting liquid, rather

than a full colon cleanse. It involves drinking half to 1 liter of lukewarm saline water (or alternatives like *triphalā* decoction) and performing five *asanas* to stimulate peristalsis and open sphincters for easy stool dispatch. Ideal for constipation relief, it enhances gut motility without the intensity of the full procedure, which uses more water for complete GI flushing [1]. Backed by research, LSP promotes digestive health, reduces symptoms like bloating, and supports overall well-being. This blog explores its science, steps, and evidence.

### **Mechanism and Procedure of *Laghu Shankha Prakshalana***

LSP works by hydrating the intestines with isotonic liquid to soften stool, while *asanas* mechanically massage organs and boost vagal tone for parasympathetic dominance, aiding evacuation [2]. Unlike full *Shankha Prakshalana* (up to 16 glasses for total cleanse), LSP uses less liquid for targeted relief. Procedure: Drink 1-2 glasses of warm saline (1 tsp salt/liter) or *triphalā* water, perform each asana 6-10 times, repeat cycles (2-3 total) until urge arises, then evacuate. Rest afterward with light diet. It's safe weekly for healthy adults, but consult for conditions [3].

#### **Step 1: Tadasana (Palm Tree Pose) – Abdominal Elongation**

Stand tall, arms raised, stretching the spine. This elongates the gut, aiding liquid flow and peristalsis [4]. Studies show it improves bowel regularity in constipation [2].

#### **Step 2: Tiryak Tadasana (Swaying Palm Tree Pose) – Lateral Compression**

Side bend while arms raised, compressing/stretching abdomen. Enhances organ blood flow, reducing transit time by 20-30% [5].

#### **Step 3: Kati Chakrasana (Standing Spinal Twist) – Organ Wringing**

Twist torso, squeezing colon for detox. Reduces irritable bowel syndrome symptoms via gut-brain axis [6].

#### **Step 4: Tiryak Bhujangasana (Twisting Cobra Pose) – Lower GI Stimulation**

Prone twist, targeting sacral area. Improves evacuation efficiency by 40% [3].

#### **Step 5: Udarakarshanasana (Abdominal Massage Pose) – Squatting Twist**

Squat and twist for deep massage. Reduces straining by 50%, ideal for stool dispatch [2].

### **Scientific Benefits and Evidence**

LSP offers immediate relief: One study on bowel health showed significant constipation score reduction ( $P<0.0001$ ) after weekly sessions, improving motility safely [2]. In hypertension, it lowered blood pressure (11.4% systolic with *triphalā*) without adverse

effects [1]. For low back pain (linked to constipation), LSP provided analgesic effects, reducing disability 37% and anxiety [3]. Related to colonoscopy prep, yogic cleansing (similar to LSP) outperformed PEG in efficacy/safety [7]. Overall, it balances microbiome, reduces inflammation, and enhances digestion [6][8].

Precautions: Avoid in pregnancy, ulcers, or severe HTN. Hydrate post-practice.

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Thursday (2026-1-8)

## The Science-Backed Morning Bed Ritual: Preventing Dizziness Through Better Circulation

Waking up and immediately standing can sometimes trigger dizziness or lightheadedness, a common issue stemming from **orthostatic hypotension (OH)**—a sudden drop in blood pressure due to overnight blood pooling in the abdomen and lower body. This ritual, involving supine leg cycling for at least 2 minutes, *Markatasana* (spinal twist), and *Sarvangasana* (shoulder stand) while still in bed, offers a gentle way to redistribute blood, enhance circulation, and support digestion. Backed by physiological research, these practices help ensure a smoother transition to standing, reducing the risk of falls or discomfort. In this expanded exploration, we'll delve deeper into the mechanisms, benefits, evidence, and now, the global impact including mortality statistics, making this routine accessible and evidence-based for daily use.

## **Understanding Morning Orthostatic Hypotension and Blood Pooling**

During sleep, the body remains horizontal for hours, allowing gravity to pool blood in the splanchnic (abdominal) region and lower extremities. This accumulation aids overnight digestion but can impair venous return to the heart upon rising, leading to reduced cardiac output and cerebral blood flow [1]. Symptoms like dizziness, blurred vision, or even fainting (syncope) are more pronounced in the morning due to factors such as nocturnal diuresis (increased urine production at night), which further shifts fluids, and a natural dip in cortisol levels that affects vascular tone [2]. Research indicates that this condition affects millions worldwide, with morning episodes peaking because of circadian rhythms influencing blood pressure regulation [3]. Without intervention, chronic occurrences can lead to fatigue, reduced quality of life, or increased fall risks, particularly as we age. Additionally, the morning surge in sympathetic activity can exacerbate hypotension in vulnerable individuals, making immediate post-wake activities like using stairs particularly hazardous.

Physiologically, the baroreflex—a feedback loop involving pressure sensors in the arteries—helps counteract this by triggering vasoconstriction and heart rate increases. However, in many individuals, this response is blunted overnight, exacerbating the issue. Simple bed exercises address this by mechanically aiding blood redistribution before gravity fully takes hold, essentially "priming" the circulatory system. Emerging data also links untreated morning hypotension to broader health cascades, including increased strain on the cardiovascular system over time.

## **Supine Leg Cycling: Activating the Muscle Pump for Venous Return**

This initial step involves lying flat and pedaling your legs in the air, mimicking cycling for about 2 minutes. It engages the leg muscles without weight-bearing, creating a "muscle pump" that squeezes veins to propel blood upward toward the heart. Studies on supine exercises in clinical settings, such as post-operative or elderly care, show that even short durations significantly enhance venous return and reduce orthostatic stress [4]. For instance, a randomized trial found that recumbent leg movements improved gastrointestinal motility by increasing abdominal blood flow, helping disperse overnight accumulations that hinder digestion [5].

Beyond circulation, this ritual supports metabolic health. Muscle hyperemia—the rush of blood to active tissues—during cycling promotes oxygen delivery and nutrient exchange, which can alleviate morning sluggishness. In a study of older adults, similar bedside cycling routines led to better orthostatic tolerance, with participants reporting fewer dizzy spells and improved energy levels throughout the day [6]. To perform it effectively: Keep movements slow and controlled, breathing deeply to engage the diaphragm, which further aids venous return through intra-abdominal pressure changes. Variations can include adding resistance with ankle weights for those seeking progression, but start basic to avoid strain.

### **Markatasana (Spinal Twist): Massaging Organs and Enhancing Autonomic Balance**

Following cycling, transition to *Markatasana* by drawing knees to the chest and gently twisting them side to side while keeping shoulders grounded. This pose compresses and releases the abdominal organs, stimulating peristalsis (gut movement) and lymphatic drainage. While specific research on *Markatasana* is emerging, broader yoga studies incorporating spinal twists demonstrate reduced abdominal congestion and improved visceral blood supply, which is crucial for circulating pooled blood from digestion [7]. A 12-week intervention with similar twists noted enhancements in metabolic markers, including lower inflammation and better lipid profiles, indirectly supporting overnight recovery [8].

The twist also influences the autonomic nervous system, shifting from sympathetic (fight-or-flight) dominance—common in mornings—to parasympathetic (rest-and-digest) mode. This helps stabilize blood pressure fluctuations, as evidenced by heart rate variability improvements in yoga practitioners [9]. For those with mild back stiffness from sleep, the pose gently mobilizes the spine, preventing compensatory poor posture that could worsen circulation issues. Practice tip: Hold each side for 30-60 seconds, focusing on breath to maximize relaxation and flow. If mobility is limited, modify by twisting one leg at a time.

### **Sarvangasana (Shoulder Stand): Leveraging Inversion for Gravity-Assisted Drainage**

The final pose elevates the legs straight upward, supporting the hips with hands to create a mild inversion. This reverses typical blood flow, encouraging drainage from the abdomen and legs toward the upper body, heart, and brain. Dedicated studies on *Sarvangasana* reveal positive cardiovascular effects, such as increased cerebral blood flow and reduced resting heart rates, which counteract orthostatic drops [10]. Inversions like this also stimulate the thyroid gland, boosting metabolism and energy—key for combating morning fatigue linked to sluggish circulation [11].

Research on yoga for digestive disorders, including irritable bowel syndrome (IBS), shows that such postures relieve bloating and improve symptom scores by enhancing blood redistribution and reducing inflammation [12]. However, modifications are essential for safety: Beginners can use a wall for support (*Viparita Karani* variation) to lessen neck strain. Overall, this pose completes the ritual by ensuring holistic circulation, preventing the "blood shortage" to the brain upon standing. Advanced practitioners might hold for longer, but limit to 1-2 minutes initially.

### **Who Benefits Most? Age-Specific Considerations for This Ritual**

While anyone can gain from improved circulation and digestion, these exercises are particularly **vital for older adults aged 60 and above**, where OH prevalence spikes dramatically. Under 50, the condition affects less than 5%, often tied to transient factors like dehydration. In middle age (45-59), it's 5-11%, but jumps to 15-20% by 65-69, 20-30% over 70, and over 25-30% past 85 [13]. Age-related changes, including stiffer arteries, reduced baroreceptor sensitivity, and

autonomic dysfunction, amplify morning risks, potentially leading to falls—a leading cause of injury in seniors [14].

For the elderly, **supine cycling** bolsters leg pump efficiency, **supine twists** aid in maintaining spinal health amid age-related stiffness, and controlled inversions by *Sarvangasana* enhance venous return without high impact. Studies confirm yoga interventions improve orthostatic tolerance in seniors, reducing syncope episodes and enhancing daily function [15]. Younger adults may use it preventively for general wellness, but for those 60+, it's a low-risk strategy to promote independence and vitality. Always adapt for conditions like arthritis; for example, shorten durations or use props. Gender differences also emerge, with some data showing higher OH-related risks in males [19].

### **Global Impact and Mortality Statistics: Raising Awareness on Morning Collapses**

To underscore the urgency of preventive rituals like this, consider the broader global toll. Worldwide, falls are the second leading cause of unintentional injury deaths, with an estimated 684,000 individuals dying annually—over 80% in low- and middle-income countries, and the highest rates among adults over 60 [19]. These fatalities often stem from complications like hip fractures or head trauma, with older adults facing the greatest burden due to age-related vulnerabilities.

Orthostatic hypotension significantly contributes to this, nearly doubling the risk of falls in older adults (odds ratio 1.73; 95% CI 1.50–1.99) and associating with a 36% increased risk of all-cause mortality (hazard ratio 1.36; 95% CI 1.13–1.63) [20]. While direct statistics on deaths from morning-specific collapses after waking and using stairs are not separately tracked—due to underreporting and multifactorial causes—morning is a peak period for OH episodes, with prevalence up to 32% immediately after standing, driven by circadian factors and overnight pooling [21]. Studies show both immediate and delayed OH predict higher fall risks (hazard ratios 1.65–1.73), and trends indicate rising OH-related mortality, particularly in males and rural areas [22]. In the US alone, OH-linked deaths have increased, with age-adjusted rates rising from 2000–2020, highlighting a global need for awareness [22]. Incorporating this data emphasizes how simple bed rituals could avert thousands of preventable incidents, especially stair-related falls, which account for a notable portion of home injuries.

### **The Combined Ritual: Synergistic Benefits and Long-Term Impact**

Integrating these three elements creates a 10-15 minute routine that synergistically addresses **circulation, digestion, and nervous system balance**. Systematic reviews of yoga for orthostatic issues emphasize enhanced baroreflex sensitivity and autonomic modulation, leading to fewer blood pressure fluctuations [16]. Over time, consistent practice may lower chronic risks, such as cardiovascular strain or digestive disorders, with participants in long-term studies reporting sustained improvements in energy and mood [17].

This bed-based approach is inclusive, requiring no equipment or gym access, making it ideal for busy lifestyles or limited mobility. Emerging research even links such rituals to better sleep quality the following night by regulating circadian rhythms [18]. To maximize benefits: Perform daily upon waking, track symptoms in a journal, and combine with hydration for optimal results. For global populations in resource-limited settings, this low-cost intervention could significantly reduce fall-related healthcare burdens.

### **Precautions, Modifications, and When to Seek Professional Advice**

Though generally safe, consult a healthcare provider before starting, especially with pre-existing conditions. Avoid *Sarvangasana* if you have uncontrolled hypertension, glaucoma, neck injuries, or during menstruation/pregnancy due to inversion risks. Modifications include gentler alternatives like legs-up-the-wall for inversions or seated twists if bed mobility is challenging. If dizziness persists despite the ritual, it may signal underlying issues like anemia or medication side effects—professional evaluation is key.

In summary, this science-supported morning ritual transforms potential vulnerabilities into strengths, fostering a vibrant start to the day. By addressing blood pooling at its source, it empowers users across ages, with profound impacts for seniors, and highlights the preventable nature of many fall-related deaths globally.

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Wednesday (2026-1-7)

## **My Morning EVOO Shot – The Liquid Gold That Keeps Me Pill-Free and Healthy**

### **The Simple Secret Behind My Perfect Health at 60**

My annual check-ups show numbers doctors call "exceptional" — perfect blood pressure, cholesterol, inflammation markers, and no need for medications or hospital visits. People are amazed, but the truth is simple: my daily rituals. One of the most important ritual (right after silent laughter, *Agnisar Kriya*, and clapping beneath the open sky) is my **tablespoon of**

**extra virgin olive oil (EVOO) on an empty stomach**, taken first thing in the morning. This "liquid gold" ritual has been a cornerstone of my health for years, protecting my heart, brain, gut, and cells from the inside out.

### **Why EVOO First Thing in the Morning?**

Extra virgin olive oil is nature's most potent anti-inflammatory food, rich in oleic acid and over 30 polyphenolic compounds, especially oleocanthal — which acts like **natural ibuprofen** (pain killer) without side effects [1]. Taking it on an empty stomach maximizes absorption: it coats the stomach lining, supports bile flow for better digestion, and delivers antioxidants directly into the bloodstream before any food interferes [2]. Studies from the PREDIMED trial show that daily EVOO consumption (at least 4 tablespoons total, but even 1-2 works) reduces cardiovascular risk by 30%, stroke by 35%, and overall mortality [3][4]. For me, this single morning shot primes my vascular system, lowers LDL oxidation, and keeps arteries flexible — key reasons I have zero heart issues.

### **The Heart-Touching Impact on Daily Life**

This ritual feels like a loving promise to my body each morning. No pills, no worries — just pure nourishment. I've noticed smoother digestion, glowing skin from reduced systemic inflammation, and steady energy without crashes. Research confirms EVOO's hydroxytyrosol protects brain cells, reducing cognitive decline risk by up to 40% in long-term users [5]. It's emotional because it reminds me health is built through consistent, gentle care — not dramatic fixes.

### **Broader Benefits for Longevity**

EVOO's magic extends to gut health (feeding beneficial bacteria), joint protection (reducing arthritis markers), and cancer risk reduction through apoptosis of damaged cells [6]. Morning intake enhances bioavailability of its compounds, supporting liver detox and insulin sensitivity — helping maintain my ideal weight and stable blood sugar without effort.

### **How I Do My EVOO Ritual**

Simple: Upon rising (after silent laughter, *Agnisar Kriya*, and clapping), I take 1 tablespoon of high-polyphenol extra virgin olive oil straight. Choose cold-pressed, dark-bottled EVOO harvested within the last year. Swallow slowly, letting it coat your throat and stomach.

### **Your Turn to Embrace Liquid Gold**

Start with half a tablespoon if new, build to one. Feel the difference in weeks. This ritual, combined with my others, keeps me completely healthy — no pills needed. For my other daily rituals to remain healthy, please visit the [wellness page of Explore Ikigai](#).

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Tuesday (2026-1-6)

## Clapping Therapy: My 2-3 Minute Daily Ritual for Circulation and Focus

Even at the age of 60, my hands are agile, my mind is sharp, and my energy is stable—no fatigue, no mental fog. This state is no coincidence. Behind it lies an extremely simple yet deeply impactful daily practice—Clapping Sadhana. Every day, I clap with moderate force for 2–3 minutes until my palms turn slightly red. I usually perform this practice regularly right after waking up in the morning under the open sky and sometimes also in the afternoon.

As a researcher, I have always looked for high-impact and low- or no-cost therapy or exercises to remain fully healthy. This clapping practice is exactly that kind of habit—no equipment required, no cost, yet the impact on the body, mind, and emotions is profound. It activates reflex points in the hands, increases blood circulation, and breaks the patterns of stress accumulated throughout the day. I clap in a rhythm and focus entirely on the sensation. In this way, this practice becomes more than just physical activity; it becomes a mindful “pattern interrupt” that instantly resets me mentally.

## The Science of Reflexology and Organ Stimulation in Clapping Practice

The human palm contains more than 30 acupressure points that are directly connected to vital organs such as the heart, lungs, liver, and kidneys [1]. When we clap vigorously, these points are activated, and signals are sent to the organs through the nervous system, improving their functional efficiency. Various studies have shown a 5–10 mmHg decrease in systolic blood pressure and improved heart rate following reflexology sessions [2][3]. From the perspective of percussion therapy, clapping causes immediate vasodilation in the blood vessels of the hands. This effect is not limited to the hands; it improves systemic blood circulation by 15–20% and helps in clearing plaque accumulated in the capillaries [4].

Neurologically, clapping activates the motor cortex and somatosensory areas. It coordinates both hemispheres of the brain, which improves concentration, reaction time, and overall cognitive performance. Functional MRI (fMRI) studies have proven that the brain activation seen during clapping is remarkably significant compared to other motor activities [5].

### **A Simple Clap for a Heart-Touching Mental Reset**

This practice is not dear to me for scientific reasons alone; it is also extremely powerful emotionally. The sound and touch generated while clapping create a sense of celebration. It triggers the release of endorphins, which uplifts the mood and spreads a wave of inner happiness [6]. In the language of NLP (Neuro-Linguistic Programming), it is an effective “pattern interrupt.” It breaks the chain of negative thoughts, reduces cortisol, and instantly lowers anxiety [7].

Emotionally, this practice is powerful because it transforms a very simple action into therapeutic self-care. It develops a sense of gratitude and increases resilience toward life.

### **Benefits for the Lymphatic System, Immunity, and Mental Health**

The vibration generated by clapping activates the lymphatic system. It is like percussion therapy, which moves lymphatic fluid and strengthens the body's immune response. Studies have shown a 10–15% increase in natural killer cells, which is vital for immunity [8]. Mentally, the practice of clapping acts as a kinesthetic anchor. It breaks stress cycles midway, improves emotional regulation, and reduces the risk of burnout [7][9]. In the long term, regular clapping practice improves handwriting, reduces spelling errors in children (the principle of which also applies to adult concentration), and supports heart health through blood pressure regulation [3][4].

### **How I Practice Clapping Therapy**

I practice clapping for only **2–3 minutes daily**, applying firm pressure to all my **fingertips** and the **base of my palms**. I use moderate force until my palms turn slightly red—this is a

sign of good blood circulation. Doing this in the morning provides energy for the whole day. Doing it in the afternoon removes mental fog. No equipment is needed, and no special place is required—your own hands are enough.

### **Adopt Clapping Practice for Daily Energy and Clarity**

This highly effective clapping practice beautifully complements my other daily spiritual disciplines (sadhana). If you want to improve blood circulation, increase mental clarity, and instantly free yourself from stress, you must try this practice.

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Monday (2026-1-5)

## My Morning Carrot Kanji Ritual – The Fermented Elixir for Gut Health and Vitality at 60

At 60, my gut is balanced, my energy steady, and my health toxin-free — no pills or doctor visits needed. This vitality stems from my daily rituals: drinking two glasses of lukewarm Carrot Kanji on an empty stomach, right before heading outdoors for silent laughter, clapping, and *Agnisar Kriya* under the open sky. This traditional North Indian fermented drink, made with red/black carrots, sugar beets, *Hing* (Asafoetida), rock/sea salt, and mustard seeds in a gut basket jar or a sim, is my probiotic powerhouse. Fermented 3-5 days, its tangy flavor and bioactives kickstart digestion and overall wellness.

### **The Science of Carrot Kanji's Probiotic and Antioxidant Benefits**

Carrot Kanji's lactic acid fermentation produces probiotics like *Lactobacillus*, reaching 7.9–8.96 log CFU/g, making it a plant-based probiotic with high antioxidant activity (up to 82% DPPH scavenging) from anthocyanins in carrots [1][2]. Studies show it enhances gut microbiota, reducing harmful bacteria like *E. coli* by antimicrobial activity and improving bile/acid tolerance for better digestion [3]. Daily consumption alleviates constipation and bloating, with phenolic content rising to 40.8 mg/mL for anti-inflammatory effects [4][5]. Taken lukewarm empty stomach, it maximizes bioactive absorption, supporting immunity by boosting natural killer cells and lowering oxidative stress [6].

### **The Heart-Touching Tradition of Fermented Nourishment**

This ritual connects me to North Indian heritage — the vibrant purple hue and tangy sip evoke family festivals like Holi. It's emotional because it transforms simple ingredients into healing elixir, fostering gratitude for nature's wisdom. Research confirms probiotic ferments like Kanji improve mood via the gut-brain axis, reducing anxiety by 15-25% [7].

### **Broader Benefits for Digestion, Immunity, and Longevity**

Kanji's anthocyanins (79-82% antioxidant capacity) protect against oxidative stress, with hepatoprotective and anticancer properties by inducing apoptosis in damaged cells [4][8]. It aids diabetes management by inhibiting glucose enzymes and supports liver detox [5][6]. For aging, it combats inflammation, enhances nutrient bioavailability (vitamins/minerals up 2-3x), and promotes skin glow [1][3].

### **How I Prepare and Drink Carrot Kanji**

Prep: Chop 4-5 red/black carrots, 1-2 sugar beets; add 1 tsp mustard seeds, pinch Hing, 1-2 tsp black or rock/sea salt, cover with water in gut basket jar, use a loose cover or cloth if a simple glass jar. Ferment under light sun 3-5 days, stir daily. Strain liquid. Morning: Warm to lukewarm, drink 2 glasses slowly empty stomach. Fresh batch; start 1 glass if new. If not possible to prepare each fresh batch, it can be put in the refrigerator for 2-3 days safely.

### **Embrace Carrot Kanji for Your Vitality**

Feel the gut transformation in days. This ritual keeps me thriving at 60. Download my related eBook for more at <https://exploreikigai.com/microbiome>.

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Friday (2026-1-2)

# Morning Sunlight Exposure: The "Master Switch" Ritual for Circadian Rhythm, Sleep, and Mood Enhancement

## Introduction

In my pursuit of sustained vitality and youthfulness, one of the simplest yet most impactful rituals I've adopted is exposing my eyes to natural morning sunlight within 10-30 minutes of waking.[1] This practice, often referred to as the "Master Switch" for your body's internal clock, has helped me achieve better sleep, elevated mood, and consistent energy levels without any gadgets or supplements.[2] Grounded in decades of research, morning light exposure aligns your circadian rhythm—the 24-hour cycle regulating hormones, alertness, and rest—leading to profound health benefits.[3] While indoor lights or windows can help, nothing matches the spectrum of natural outdoor light, even on cloudy days.[4] Studies confirm that brief, consistent exposure optimizes this rhythm, reducing risks of fatigue, depression, and metabolic issues.[5] In this blog, I'll explore the science, my personal routine, and tips to integrate it seamlessly for 2026 and beyond.

## The Science Behind Morning Sunlight: Key Benefits and Evidence

Morning sunlight primarily influences intrinsically photosensitive retinal ganglion cells (ipRGCs) in your eyes, which signal the suprachiasmatic nucleus (SCN) in the brain to suppress melatonin (sleep hormone) and elevate cortisol appropriately for wakefulness.[6] This sets a strong anchor for your circadian rhythm, preventing desynchronization common in modern indoor lifestyles.

Research demonstrates that morning bright light exposure (e.g., 2,500+ lux outdoors vs. dim indoor light) significantly improves nocturnal sleep efficiency, with one study showing an increase from 80.35% to 83.82% in participants exposed to bright light versus regular office light.[7] Another trial found that dynamic daylight-like light maintained stable circadian rhythms, enhancing cognitive performance and mood in shift workers.[8] For mood, light exposure behaviors predict better outcomes; systematic evidence links retinal light input to physiological and emotional regulation over four decades.[9] High circadian-effective light during the day correlates with reduced depression and improved sleep quality in office workers.[10]

## How to Practice Morning Sunlight Exposure: My Routine and Tips

- **Timing:** Within 10-30 minutes of waking, before breakfast or screens.
- **Duration:** 5-10 minutes on sunny days, 10-20 on cloudy, 20-30 on overcast—face the sky, not directly at the sun.
- **My Integration:** Soon after waking, I spend about 30 minutes outdoors—on a quiet early-morning road, or on the balcony if it's cold or raining, or in the garden barefoot when the weather is pleasant. During this time, I combine deep breathing or a gentle

walk for added benefit, include 3 minutes of clapping, and then complete ***Agnisar Kriya*** in the same session.

- **Tips:** No sunglasses initially (blocks key wavelengths); glasses/contacts OK. If indoors-bound, open curtains widely. Track with a journal—note sleep/mood improvements.
- **Safety:** Avoid staring at the sun; consult a doctor if light-sensitive.

Consistency is key; even partial adherence yields results, as per circadian studies.

## Conclusion

Embracing morning sunlight as your "Master Switch" is a science-backed, effortless way to optimize circadian health, sleep, and mood.[3][7] In our dim-lit world, this ritual restores natural alignment, fostering vitality without cost. Start small in 2026—your body will adapt, delivering deeper rest and brighter days. Remember, it's complementary to professional advice for any sleep/mood concerns.

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Monday (2026-1-5)

## **My Morning EVOO Shot – The Liquid Gold That Keeps Me Pill-Free and Healthy at 60**

### **The Simple Secret Behind My Perfect Health at 60**

At 60, my annual check-ups show numbers doctors call "exceptional" — perfect blood pressure, cholesterol, inflammation markers, and no need for medications or hospital visits. People are amazed, but the truth is simple: my daily rituals. The third most important one (right after silent laughter and *Agnisar Kriya*) is my **morning tablespoon of extra virgin olive oil (EVOO) on an empty stomach**, taken even before drinking any water or liquid. This "liquid gold" ritual has been a cornerstone of my health, experienced over a year so far, protecting my heart, brain, gut, and cells from the inside out.

### **Why EVOO First Thing in the Morning?**

Extra virgin olive oil is nature's most potent anti-inflammatory food, rich in oleic acid and over 30 polyphenolic compounds, especially oleocanthal — which acts like natural ibuprofen without side effects [1]. Taking it on an empty stomach maximizes absorption: it coats the stomach lining, supports bile flow for better digestion, and delivers antioxidants directly into the bloodstream before any food interferes [2]. Studies from the PREDIMED trial show that daily EVOO consumption (at least 4 tablespoons total, but even 1-2 works) reduces cardiovascular risk by 30%, stroke by 35%, and overall mortality [3][4]. For me, this single morning shot primes my vascular system, lowers LDL oxidation, and keeps arteries flexible — key reasons I have zero heart issues.

### **The Heart-Touching Impact on Daily Life**

This ritual feels like a loving promise to my body each morning. No pills, no worries — just pure nourishment. I've noticed smoother digestion, sharp-focused, and steady energy without crashes. Research confirms EVOO's hydroxytyrosol protects brain cells, reducing cognitive decline risk by up to 40% in long-term users [5]. It's emotional because it reminds me health is built through consistent, gentle care — not dramatic fixes.

## **Broader Benefits for Longevity**

EVOO's magic extends to gut health (feeding beneficial bacteria), joint protection (reducing arthritis markers), and cancer risk reduction through apoptosis of damaged cells [6].

Morning intake enhances bioavailability of its compounds, supporting liver detox and insulin sensitivity — helping maintain my ideal weight and stable blood sugar without effort.

## **How I Do My EVOO Ritual**

Simple: Upon rising (after silent laughter beneath the open sky and *Agnisar Kriya*), I take 1 tablespoon of high-polyphenol extra virgin olive oil straight. Choose cold-pressed, dark-bottled EVOO harvested within the last year. Swallow slowly, letting it coat your throat and stomach.

## **Your Turn to Embrace Liquid Gold**

Start with half a tablespoon if new, build to one. Feel the difference in weeks. This ritual, combined with my others, keeps me completely healthy — no pills needed. Download my updated eBook "My Rituals to Keep Me Young at 60" (now with EVOO details) — link in bio.

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Thursday (2026-1-1)

## ***Agnisar Kriya – My Morning Fire Ritual for Digestive Power and Energy at 60***

### **Igniting My Inner Fire for Perfect Health**

At 60, my health is exceptional — no pills, no hospital visits, flawless digestion, and sustained energy throughout the day. This is the result of my daily rituals, and one of the most powerful is *Agnisar Kriya*, performed first thing in the morning on a completely empty

stomach — right after waking, after clearing bowels if possible, and before any liquids or food. This dynamic yogic technique involves rapid abdominal contractions and expansions while holding the breath out, stimulating "Agni" (digestive fire). I do 100-200 pumps in sets, feeling warmth spread through my core. It's a game-changer for metabolism, organ tone, and vitality.

### **The Science Behind Agnisar Kriya**

*Agnisar Kriya* strengthens abdominal muscles, massages internal organs, and enhances gastric secretions for better digestion [1][2]. Studies on similar dynamic yoga practices show improved gastrointestinal motility, reduced constipation, and relief from irritable bowel syndrome (IBS) symptoms by stimulating the enteric nervous system and vagus nerve [3]. It boosts metabolism by increasing oxygen supply and heat production, aiding fat loss and energy levels [4]. Practiced on an empty stomach (ideally early morning after cleansing, or evening 4-6 hours post-meal), it maximizes benefits without discomfort, as food presence can cause nausea [5]. Regular practice lowers stress hormones via parasympathetic activation, supporting immunity and gut-brain health [6].

### **The Heart-Touching Awakening of Inner Strength**

This ritual feels like kindling a sacred fire within — a quiet, powerful start that fills me with confidence and lightness. The rhythmic pumping clears morning sluggishness, leaving me energized and focused. It's emotional because it connects me to ancient yogic wisdom, proving gentle daily discipline creates profound wellness. Many report reduced anxiety and better emotional balance from such practices [6].

### **Longevity Benefits and Safety**

*Agnisar* tones the diaphragm, improves lung capacity, and detoxifies by enhancing peristalsis — preventing bloating and promoting regular elimination [2][3]. For aging, it supports metabolic health, reduces visceral fat, and protects against diabetes by improving insulin sensitivity [4]. Timing is key: early morning empty stomach activates maximum *Agni*; evening practice needs 4-6 hours fasting. Caution: high BP, heart issues, ulcers, pregnancy, menstruation — consult a doctor.

### **How I Practice Agnisar Kriya Safely**

Best time: Early morning after ablutions, empty stomach. Stand with feet apart, hands on thighs, exhale fully (Bahya Kumbhaka). Rapidly contract (pull belly in) and expand abdomen 20-50 times per round. Start slow (10-20 pumps), build to 100-200 over sets. Breathe normally between rounds. Avoid strain; stop if dizzy.

### **Embrace Your Inner Fire**

Add *Agnisar* to your mornings for transformative digestion and energy. This ritual keeps me thriving at 60.

**Visit the [Wellness page](#) on [Explore Ikigai](#) to discover more daily rituals for a healthier life.**

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Wednesday (2025-12-31)

## **Welcoming 2026: Releasing Grief and Embracing Renewal – Reflections from My Journey and eBooks**

### **A Fresh Start: Letting Go of Grief as We Welcome the New Year**

As we stand on the threshold of 2026, I invite you to join me in a gentle release of the past year's griefs, sorrows, and burdens. At 60, I've learned that true vitality comes not just from physical rituals but from emotional freedom — forgiving old wounds, honoring losses, and opening space for joy. This New Year, let's forget what weighed us down and step forward lighter, with hearts full of hope. Science supports this: rituals of release, like expressive writing or symbolic ceremonies, reduce anxiety, depression, and stress while improving mood and resilience [1][2]. Forgiveness and letting go lower cortisol, boost self-esteem, and foster emotional healing, creating room for positive growth [3][4].

### **The Healing Power of Release**

Holding onto grief keeps us tethered to pain, but releasing it — through rituals like journaling grievances and burning the paper, or simply breathing deeply while affirming "I let go" — transforms us. Studies show such acts alleviate grieving, regain control, and

promote well-being, even for ambiguous losses [5]. For me, this practice has been heart-touching: it honors what was lost while making way for new beginnings. As we bid farewell to 2025's challenges, remember: grief and joy can coexist, but releasing the old invites fresh light.

### **My eBooks as Companions on This Journey**

This renewal aligns deeply with my three published eBooks, which share wisdom from my life and rituals:

- **Fasting for Longevity: Ancient Wisdom, Modern Science, and the Ikigai Path to a 100-Year Life** – My guide to the transformative power of fasting. Amazon: <https://www.amazon.com/dp/B0FWXBQSJP>
- **TRUSTING THE INVISIBLE: Rewilding Microbiomes for Immune Harmony, Longevity and Legacy: A Post-Nobel Journey from Loss to Legacy** – Everything I've learned about nurturing the inner ecosystem for health and youthfulness. Amazon: <https://www.amazon.com/dp/B0G2CK4HB3>
- **PILGRIMAGE AS REMEMBRANCE: Finding Ikigai After Loss** – Reflections on inner peace, faith, and emotional renewal. Amazon: <https://www.amazon.com/dp/B0G4926548>

These eBooks are my gifts to you — practical and heartfelt tools for releasing the past and embracing health, joy, and longevity.

### **Simple Rituals to Release and Renew**

Try these evidence-based rituals:

1. **Expressive Writing:** Write your griefs, then safely burn or shred the paper — reduces stress and improves health [1].
2. **Forgiveness Letter:** Write (unsent) to those who hurt you, releasing resentment for lower depression and higher hope [3].
3. **Candle Ceremony:** Light a candle for what you're releasing, blow it out for renewal — honors loss while creating closure [2][5].

These acts foster self-compassion, lower emotional burden, and enhance life satisfaction [4][6].

### **A Heartfelt New Year Wish**

As 2026 dawns, may we all release grief's hold and welcome abundance. My rituals — and eBooks — have taught me youth is a state of heart and mind. Let's start fresh together.

***Wishing you peace, joy, and renewal. Happy New Year!***

Grab my eBooks on Amazon — links above or request me for PDF files.

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### ***Agnisar Kriya – My Morning Fire Ritual for Digestive Power and Energy at 60***

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### **How I Practice *Agnisar* Kriya Safely**

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**Visit the [Wellness page](#) on [Explore Ikigai](#) to discover more daily rituals for a healthier life.**

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Tuesday (2025-12-30)

## **The Power of 3-Minute Silent Laughter: My Morning Ritual for Youthful Hormones at 60**

### **Discovering Joy in Silence: My Newest Ritual**

At 60, I look and feel like I'm in my 40s — flourishing, boundless energy, and a heart full of peace. This vitality comes from my daily rituals, and the latest addition is my **3-Minute Silent Laughter Exercise**, performed first thing in the morning, even before my extra-virgin olive oil shot. Beneath the open sky, I raise both hands high, inhale slowly and deeply to fill my lungs with oxygen, then exhale with a powerful silent laugh from the core — stomach pulling in, spine bending slightly forward, hands lowering. Each cycle lasts about 20-30 seconds, repeated 8-10 times in just 2-3 minutes. No sound disturbs anyone at home or in the park or surrounding, yet the inner joy is profound. This floods my body with happy hormones, setting a positive, youthful tone for the day.

### **The Science of Short Silent Laughter Sessions**

Even brief simulated laughter triggers remarkable benefits. Research shows that just **3 minutes** of intentional laughter (silent or vocal) can significantly reduce cortisol by up to 36.7% and elevate endorphins, creating immediate mood uplift and stress relief [1]. In one meta-analysis, short sessions were as effective as longer ones for hormone regulation, with no direct correlation between duration and impact — meaning my 2-3 minute practice is perfectly positioned for real results [2]. Silent laughter engages the diaphragm fully, oxygenating blood and stimulating the vagus nerve for parasympathetic calm, while the

deep exhalations mimic laughter yoga's proven effects: increased beta-endorphins (up 27%) and growth hormone (up 87%) for better immunity and vitality [3].

### **Why It Touches the Heart**

This ritual is deeply emotional because it's a quiet celebration of life. Starting the day forcing joy — even silently — transforms into authentic happiness. I've felt worries dissolve, replaced by resilience and gratitude. Studies confirm that regular short laughter sessions lower perceived stress, anxiety, and depression scores, with benefits appearing after just a few minutes daily [4]. It's heart-touching to know this simple act not only brightens my mood but protects against "inflamm-aging" by reducing inflammatory markers [5].

### **Longevity Through Brief Daily Laughter**

The physical gains are equally powerful. Oxygen-rich blood from deep cycles clears toxins via lymph flow and boosts natural killer cells that fight disease [3]. For anti-aging, lowering cortisol protects telomeres — the DNA caps that determine cellular lifespan — slowing biological decline [6]. My 3-minute routine fits seamlessly into mornings, priming the body before nourishment while building emotional strength that lasts all day.

### **How to Practice 3-Minute Silent Laughter**

Stand or sit comfortably. Raise hands overhead, inhale slowly through the nose for 4-6 seconds. Exhale forcefully but silently with a deep belly laugh — pull stomach in, bend forward slightly, lower hands. Smile widely to engage facial muscles. Repeat 8-12 cycles (2-3 minutes total). Feel the inner vibration and joy grow.

Try this each morning and notice the shift. It's free, silent, and profoundly effective.

**Visit the [Wellness page](#) on [Explore Ikigai](#) to discover more daily rituals for a healthier life.**

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Monday (2025-12-29)

## The First Hour Rule – My Daily Ritual for a Youthful Mind at 60

### The Secret to My Youthful Vitality at 60

Imagine waking up at 60, feeling as vibrant and sharp as in your 40s. People often ask me how I maintain this vibrant youthful energy, with no aches, clear skin, no any kind of illness and medication, and a mind that's always calm and focused. The answer lies in my 16 daily rituals, carefully crafted over years to nurture body, mind, and soul. Today, let's dive into the first one: the **First Hour Rule** – no screens in the first hour after waking. This simple act has been a game-changer, shielding my mindset from the chaos of the digital world and setting a foundation for timeless vitality.

### Why Avoid Screens in the Morning?

Our mornings are a precious window for self-renewal. When you grab your phone first thing, you're bombarded with notifications, emails, and social media – a recipe for instant stress. Instead, I spend this hour in quiet reflection, sipping warm kanji water, yoga and meditation journaling my gratitudes. This ritual isn't just habit; it's rooted in science. Blue light from screens, even in the morning, can disrupt your circadian rhythm by affecting melatonin regulation and cortisol balance, leading to heightened stress and potential accelerated cellular aging [1][2]. By skipping screens, I let my body naturally transition from rest to alertness, avoiding unnecessary cortisol spikes that contribute to anxiety and long-term health risks [3].

### The Emotional Power of Morning Silence

This practice touches the heart because it's about reclaiming control over your day. In a world where technology dictates our pace, choosing silence in the morning feels like a gentle rebellion – one that honors your inner peace. I've noticed my emotional resilience soar; no more starting the day with the weight of bad news or comparisons that drain joy. Chronic stress from such habits has been linked to telomere shortening, a marker of cellular aging [4][5]. It's emotional because it reminds us that true youth comes from within, from moments of stillness that recharge the soul.

### Physical Benefits for Longevity

The benefits extend to physical health too. Morning screen exposure can lead to disrupted focus and higher perceived stress, while delaying it preserves cognitive resources and supports better hormonal balance [6]. Studies show that chronic stress accelerates telomere attrition, shortening the protective caps on DNA and promoting earlier onset of age-related decline [4][5]. By protecting my first hour, I reduce unnecessary stress load, helping maintain longer telomeres and slower biological aging.

### **How to Embrace the First Hour Rule**

Implementing this ritual is easy yet profound. Upon waking, I leave my phone in another room, focusing on breath or nature. It's heart-touching to see how this small change creates ripple effects – better mood, deeper connections, and a sense of empowerment. At 60, I feel alive because I start each day on my terms.

### **Start Your Journey to Youthful Mornings**

If you're ready to feel younger, try the First Hour Rule tomorrow. Your future self will thank you. Until I prepare a full article on my all 16 rituals, please follow [my 11 sacred steps](#) if you like them.

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Friday (2025-12-26)

## **The Hidden Garden Within: How Fasting Revives Your Gut Microbiome and Ignites Unbreakable Immunity**

### **A Silent Crisis in Our Inner World**

Deep inside each of us lives a vast, invisible garden—trillions of microbes forming the gut microbiome, our lifelong guardians of health, mood, and immunity. In today's world of endless meals and processed foods, this delicate ecosystem often suffers, losing diversity and allowing inflammation to take root. A weakened microbiome leaves us vulnerable to chronic illness, fatigue, and emotional lows, breaking the harmony our bodies crave.<sup>1</sup> But ancient wisdom offers profound hope: fasting. Not deprivation, but a loving pause that allows this inner garden to bloom anew. Science now reveals that fasting preserves and enriches our microbiome, boosting beneficial bacteria that produce healing compounds and fortify our immune shield.<sup>2</sup> It's an emotional homecoming—the body whispering gratitude as renewal begins, reminding us that true strength comes from gentle restraint.

### **Autophagy: The Gentle Cleansing That Heals from Within**

At fasting's core lies autophagy, the Nobel-recognized process of "self-eating" where cells recycle damaged parts, clearing toxins and creating space for vitality.<sup>3</sup> During fasts, autophagy extends to the gut, removing debris that harms beneficial microbes and reducing inflammation that erodes our defenses.<sup>4</sup> This cellular spring cleaning preserves microbial diversity, enriching strains like *Akkermansia muciniphila* and *Faecalibacterium prausnitzii*—heroes that strengthen the gut barrier and produce short-chain fatty acids (SCFAs) to calm the immune system.<sup>5</sup> Imagine the heartbreak of a neglected garden overgrown with weeds; fasting tenderly prunes it, allowing protective bacteria to thrive and shield us from disease. Studies show intermittent fasting increases microbial richness, lowering pathogenic overgrowth and enhancing immunity against infections and autoimmunity.<sup>6</sup> This renewal touches the soul, evoking tears of relief as the body heals itself with quiet intelligence.

### **From Ancient Rhythms to Modern Resilience**

Blue Zones elders, like those in Okinawa, instinctively practice mindful restraint—eating lightly and pausing—preserving their microbiome for joyful longevity.<sup>7</sup> Science echoes this: fasting regimens, from time-restricted eating to periodic longer fasts, remodel the gut ecosystem, boosting SCFA production that supports emotional well-being and robust immunity.<sup>8</sup> One touching study found fasting reduced blood pressure and inflammation

while reshaping microbes for lasting health benefits.<sup>9</sup> When we fast, we honor our inner guardians, allowing them to multiply and protect us fiercely. This isn't just biology—it's a heartfelt act of self-love, reconnecting us to nature's rhythm and gifting unbreakable resilience.

### **Embracing the Pause for a Brighter Life**

Fasting revives our gut microbiome, turning potential weakness into profound strength. By preserving this sacred inner world, we nurture immunity that shields our health and spirit. In a noisy world urging constant consumption, choose the emotional power of pause—let your microbiome flourish, and feel the deep joy of renewal. Your body, with its ancient wisdom, will thank you with vitality and peace.

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Thursday (2025-12-25)

## **Ikigai and the Art of Restraint – Finding Purpose in Chosen Hunger**

### **The Japanese Secret of Long Life**

In the beautiful islands of Okinawa, Japan, people live longer than almost anywhere else. Their secret is called **Ikigai** – finding your reason to wake up every morning. It is a mix of what you love, what you are good at, what the world needs, and what you can be paid for.<sup>1</sup>

But Ikigai is not just about doing more. It is about **restraint** – eating less, wanting less, and enjoying simple things. Okinawans follow "Hara Hachi Bu" – eat only until you are 80% full. This gentle fasting every day keeps them healthy, happy, and full of energy even in old age.<sup>2</sup>

### **Restraint as Strength**

In a world that says "have more," Ikigai teaches "need less." Fasting is part of this art. By choosing hunger sometimes, we gain control over our desires. We become free from always wanting food, things, or pleasure. This freedom brings peace and clear thinking.<sup>3</sup> Pythagoras, an ancient Greek teacher, said fasting sharpens the mind. Modern science agrees – short fasts help the brain grow new cells and think better.<sup>4</sup>

### **Fasting in Ikigai Daily Life**

Okinawans don't fast strictly. They just eat small portions of simple foods – vegetables, tofu, fish, sweet potatoes. They stop before full. They garden, walk, laugh with friends, and find joy in little things. This natural restraint – including light eating – is their fountain of youth.<sup>5</sup>

Many live past 100, strong and smiling. Their Ikigai gives purpose; restraint gives the body time to heal and renew.

### **Lessons for Us**

We can learn from Ikigai:

- Eat until 80% full – leave a little hunger.
- Find your purpose – something that makes you happy to get up.
- Enjoy simple meals and simple joys.
- Fast gently sometimes – one meal skip, or eat less one day a week.
- If possible, eat only within an 8-hour window while keeping the stomach empty and avoiding solid food for the remaining 16 hours each day. This practice is called **intermittent fasting** (but should only be under medical supervision or doctor's advice if suffering from diabetes or any chronic diseases).

This art of restraint is not suffering. It is freedom. It brings longer life, clearer mind, and deeper happiness.<sup>6</sup>

***Try it today: eat a little less at your next meal. Feel the lightness. Discover your own Ikigai.***

### **Will you embrace the art of restraint for a fuller life?**

This chapter is from my [eBook on fasting and longevity](#). Message me for a free PDF if you'd like to read more and write a review on Amazon or Goodreads.com. I'd love to share. ❤️

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Wednesday (2025-12-24)

## **The Ancient Whisper of Hunger: Humanity's Timeless Language of Fasting**

### **A Silent Language Born in Hunger**

Long before diets, labs, or wellness trends, our ancestors spoke a profound, silent language—fasting. In caves and forests, hunter-gatherers endured days without food, turning necessity into ritual and survival into reverence.<sup>1,2</sup> This wasn't punishment; it was a doorway to clarity, strength, and connection with the unseen.

### **Echoes Across Ancient Civilizations**

Across civilizations, fasting carried the same heartfelt essence. In Mesopotamia, people abstained before sacred offerings. Pythagoras demanded his students fast, believing an empty stomach sharpened the mind—"Empty your stomach, and you will fill your mind."<sup>3</sup> Egyptians fasted for divine dreams, Native Americans for vision quests, and Greeks before philosophical enlightenment. It marked life's sacred thresholds—war, marriage, initiation—reminding us that restraint awakens our deeper self.<sup>4</sup>

### **The Poor Man's Offering: Dignity in Emptiness**

In the humble villages of Nepal, fasting was never a luxury—it was the poor man's offering, a touching act of devotion. Women labored in fields under scorching sun, yet on Ekadashi they consumed only fruits or water, singing hymns by the river with bright eyes despite cracked lips. As one elderly farmer shared, "Hunger visits me every day. But when I fast, hunger becomes prayer. That makes it lighter to carry." Chosen hunger transforms suffering into strength, shame into quiet pride.

### **Nature's Gentle Teacher**

Nature itself whispers this ancient lesson. Animals instinctively fast—healing when ill, hibernating through winters, migrating vast distances—aligning with life's rhythms of renewal and endurance.<sup>5</sup> Fasting extends beyond food: silence from words, patience from

anger, simplicity from desires. It polishes the lens of the mind, revealing unexpected clarity and inner peace.<sup>6</sup>

### **Personal Encounters: Stories That Touch the Soul**

Stories touch us deepest. In childhood scarcity, wise mothers turned empty grain stores into sacred fasts. A sadhu by the Ganges compared fasting to crossing a river: hold steady, emerge stronger. Even in modern Japan, a skeptical colleague discovered flowing thoughts after trying it for the first time.

## Reclaiming Our Shared Heritage

Fasting is humanity's timeless chorus—a whisper across generations: You are stronger than you think. Hunger, when chosen, becomes your teacher; restraint, your quiet freedom. In a world of constant consumption, choosing emptiness reconnects us to resilience, humility, and inner light. Try it gently: skip one meal willingly, observe the discomfort and the emerging strength. Break it humbly with simple fruits. Rediscover this ancient language—let it heal your body and gently touch your spirit.

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Tuesday (2025-12-23)

## The Silent Loss: How Modernity Silenced Our Immune System's Greatest Teacher

### The Empty Classroom: A Child's Lost Playground

Imagine a child playing barefoot in the soil, hands caked in earth, surrounded by animals and plants—a scene from generations past. This wasn't just play; it was profound education for the immune system, guided by trillions of invisible microbial teachers that co-evolved with us over millennia.

Today, in our sanitized world of indoor living and screen time, that classroom is empty, and the consequences are heartbreaking: a global surge in allergies, asthma, autoimmune diseases, and chronic inflammation affecting millions, including our children.

### The Hygiene Hypothesis: Unveiling a Modern Tragedy

The **hygiene hypothesis**, first proposed by epidemiologist David Strachan in 1989, revealed this tragedy. He observed that children from larger families, exposed to more microbes through siblings, had lower rates of allergies and asthma.<sup>1</sup> This sparked decades of research confirming that early-life microbial exposure is essential for training the immune system to distinguish friend from foe.<sup>2</sup>

## **The Disconnection: How Modernity Stripped Our Microbial Diversity**

Modern life has accelerated this disconnection. Over the past century, urbanization, processed foods, antibiotics, and excessive hygiene have drastically reduced microbial diversity in our bodies. The gut microbiome, once rich with thousands of species in traditional societies, is now depleted in industrialized populations, with lower diversity linked to higher disease risk.<sup>3</sup> Similarly, daily use of soaps and sanitizers strips the skin of protective commensals, weakening its barrier and immune tolerance.<sup>4</sup>

## **The Heartbreaking Human Cost**

The human cost is profound. Allergies have tripled in prevalence over recent decades, autoimmune diseases now affect nearly 10% of people in developed nations—disproportionately women—and conditions like eczema and inflammatory disorders trace back to this microbial silence.<sup>5,6</sup> It's as if our immune system, left without guidance, turns inward in loneliness and fear, attacking harmless substances or its own tissues.

## A Path of Hope: Restoration Through Nature

Yet, there is hope—a path to restoration that touches the heart. Personal stories of individuals reconnecting with nature show remarkable recoveries: clearer skin, fewer allergies, renewed vitality. Science supports this: exposure to farm environments or green spaces boosts microbial diversity, recalibrating immunity and reducing inflammation.<sup>7</sup> The 2025 Nobel Prize in Physiology or Medicine, awarded to Mary E. Brunkow, Frederick J. Ramsdell, and Shimon Sakaguchi for discoveries on peripheral immune tolerance and regulatory T cells—the diplomats trained by microbes—illuminates this further.<sup>8</sup>

## Reclaiming Our Ancient Partnership

We don't need to abandon cleanliness; we need balanced hygiene that honors our microbial allies. Embrace fiber-rich whole foods, limit unnecessary antibiotics, spend time in nature—gardening, walking in forests, letting children play in dirt.

These acts aren't just healthy; they're acts of love, reconnecting us to the ancient partnership that sustains life. By nurturing our microbiome, we reclaim our immune system's teacher, healing ourselves and future generations from this silent epidemic.

For detailed explanation and in-depth information, please [purchase this book available on Amazon](#)

Or, you may request the full book PDF to read for free and provide a review, you can request it via this WhatsApp link: <https://chat.whatsapp.com/HS0Ynlre1iU02oqcMHVtu3>

Or contact us through our website: <https://exploreikigai.com/contact>

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Monday (2025/12/22)

## Chapter 1.2: A Breakthrough in Immunology – The Peacemakers of Your Immune System

### A Quiet Discovery That Changed Everything

In 1995, a Japanese scientist named Prof. Shimon Sakaguchi found something special in his lab. A small group of T cells could stop the immune system from attacking the body itself.<sup>1</sup> These cells were later called regulatory T cells – or Tregs. They are like peacemakers who keep the immune system calm.

Later, scientists Mary E. Brunkow and Fred Ramsdell discovered a gene called FOXP3. This gene is the main switch that turns normal T cells into Tregs.<sup>2</sup> Without it, the body starts fighting itself – causing diseases like type 1 diabetes or arthritis.

Before Tregs, doctors thought more immune power was always better. But Tregs showed the truth: too much immune activity is dangerous. The strongest protection is balance.<sup>3</sup>

### The 2025 Nobel Prize – A Big Moment

In 2025, three scientists won the Nobel Prize for discovering Tregs and how they work.<sup>4</sup> This prize was special because it proved:

- The immune system can be taught to stay calm.
- Good microbes help teach it.
- We can prevent many diseases by helping our microbes, not just with medicine.<sup>5</sup>

This changed medicine from “fight and kill” to “teach and balance”.

“Sometimes, the greatest revolutions happen in silence — in a petri dish, in a gene, or in the space between two cells.”

### How Microbes Teach Tregs

Tregs are like students. They learn their lessons from good microbes.<sup>6</sup>

- In the gut, bacteria make special chemicals (like butyrate) that turn on the FOXP3 gene and create more Tregs.<sup>7</sup>
- On the skin, friendly bacteria help Tregs grow to protect the skin.<sup>8</sup>
- In the nose and lungs, microbes teach tolerance to dust and pollen.<sup>9</sup>

Children who play in soil and meet many microbes early in life have stronger Tregs – and fewer allergies later.<sup>10</sup>

### Why This Matters for You

This discovery means:

- Autoimmune diseases are not just bad luck – they can often be prevented by better microbial education.

- Simple habits – eating fermented foods, spending time in nature, reducing stress – can help Tregs work better.<sup>11</sup>
- Long and healthy life is connected to strong immune balance.

## My Own Experience

When I stopped harsh soaps, started eating fermented foods, and lived closer to soil and sun, something changed inside me. My body felt calmer. Inflammation went down. Skin improved. Sleep got deeper. I caught fewer infections. Science calls this “re-training the immune system through microbes”. I just call it coming home.

## A Call to Relearn Peace

Tregs teach us: the immune system is not a soldier – it is a student. And our microbes are the teachers.<sup>1</sup> When we live simply and close to nature, we help this classroom work again. The result is peace inside the body.

**Will you help your inner peacemakers learn again?** Please read my book *TRUSTING THE INVISIBLE* (with 140 color pictures, 102 tables, nearly 200 scientific studies, and Nobel-level research) — or just message me for a free PDF. I would love to share it with you. ❤️

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Friday (2025/12/19)

## Chapter 1.1: The Silent Orchestra – The Hidden Music Inside You

### A Quiet Music Playing in Your Body

Inside every one of us, there is a hidden orchestra. Trillions of tiny microbes, such as bacteria, viruses, and so on, play a beautiful music that keeps our body healthy and calm.<sup>1</sup> Long ago, people thought microbes were only bad – enemies to kill with soap or medicine. But now science shows they are our good friends, living in our gut, on our skin, and in other places.<sup>2,3</sup>

These microbes work together like musicians in an orchestra. Some make vitamins (Vit B12, Vit K, B-complex, etc.) and happy chemicals (Serotonin, Dopamine, etc.). Others protect us from bad germs. They send soft signals to our immune system, teaching it to stay peaceful.<sup>4,5</sup>

### The Leader: Special Immune Cells Called Tregs

The leader of this orchestra is a special group of immune cells called **Tregs**. In 2025, **three scientists won the Nobel Prize** for discovering how Tregs keep peace in the body – stopping it from attacking itself.<sup>6</sup>

Tregs need lessons or teachings from the microbes. Tiny signals from good bacteria (like *butyrate*) help Tregs grow strong and calm.<sup>7,8</sup> When everything works well, we feel strong, with no extra swelling or allergies.

***“Inside each of us lives an orchestra without strings — billions of microbial notes composing the symphony of life.”***

### When the Music Stops

Today, many things make this music quiet or stop: too much soap removes good skin bacteria, antibiotics kill many gut friends, junk food starves them, and staying indoors keeps us away from nature's microbes.<sup>9,10</sup>

Without the music, Tregs get confused. The body gets angry at itself – leading to more allergies, tiredness, and diseases that attack our own cells (Autoimmune, Type 1 Diabetes, etc.).<sup>11</sup>

### My Own Story: Bringing the Music Back

When I stopped using soap and started living close to nature – walking barefoot, sun bathing, drinking fermented liquid like Kanji water – the orchestra came back to life. My skin

felt natural and healthy. Fatigue went away. Allergies and colds became rare. I felt full of energy again.

***It was simple: letting good microbes return helped my body find peace.***

## **Let's Listen to the Music Again**

The **Nobel Prize** shows what old village ways already knew: ***living with nature keeps our inner microbes happy.***<sup>6</sup> Small changes – more time in soil, sun, giving up junk food, and taking real or natural food – can bring the harmony back.

***Will you listen to the quiet music inside you?*** Please go through my eBook **TRUSTING THE INVISIBLE** (backed by 140 color figures, 102 tables, nearly 200 DOI-backed scientific references and Nobel-level research) OR simply ask me for a free PDF file for review. I would love to share it with you. ❤

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Thursday (2025/12/18)

## **A Revolution Beneath the Skin: Trusting the Invisible World Within Us**

### **The Unseen Universe Within**

In the quiet depths of our bodies lives an unseen universe—one that holds the key to our health, resilience, and longevity. Trillions of microbes, our oldest allies, form the microbiome that shapes our immune system, protects us from disease, and teaches our cells the delicate art of tolerance<sup>1</sup>. Yet, in our modern world, we've drifted far from this inner harmony, stripping away these vital partners with harsh chemicals, processed foods, and disconnected lives.

### **A Personal Awakening from Loss**

For me, this truth became heartbreakingly clear after the profound loss of my beloved son. In the depths of grief, I stopped chasing external fixes and turned inward. I listened to my body. I abandoned soaps and shampoos, embracing natural rituals like bathing in Neem water, sea salt, and apple cider vinegar. I drank fermented Kanji daily, fasted with reverence, and practiced deep breathing to nourish every cell and microbe. The transformation was profound: chronic allergies vanished, fatigue lifted, and a vibrant energy returned. My skin began to glow with life, not chemicals. This wasn't a miracle—it was the microbiome awakening, restoring balance from within.

### **Science Validates Ancient Wisdom**

Science now echoes this ancient wisdom. In 2025, the Nobel Prize in Physiology or Medicine was awarded to Mary E. Brunkow, Fred Ramsdell, and Shimon Sakaguchi for their discoveries of regulatory T cells (Tregs)—the immune system's wise diplomats that

maintain peripheral tolerance and prevent self-attack<sup>2</sup>. Emerging research highlights how Tregs interact profoundly with the microbiome, learning tolerance from microbial signals and short-chain fatty acids produced by gut bacteria<sup>34</sup>. When our microbial ecosystem thrives, Tregs flourish, shielding us from autoimmune diseases, allergies, and chronic inflammation.

***“The microbiome does not just live in us. We live because of it.”***

## **The Modern Crisis of Disconnection**

Today, we face rising rates of autoimmune conditions, allergies, and exhaustion—not because nature failed us, but because we've forgotten our symbiotic bond with these invisible friends<sup>5</sup>. Overuse of soaps and sanitizers disrupts the skin microbiome, while antibiotics, sugar-laden diets, and stress alter gut microbial balance, contributing to a crisis of disconnection<sup>6</sup>.

## Hope Through Simple, Heartfelt Practices

Yet hope blooms in simple, heartfelt practices: fasting resets immunity and enriches beneficial bacteria<sup>7</sup>; breathwork oxygenates our microbial allies; nature immersion rewilds our bodies; and rituals rooted in trust rather than fear restore harmony.

## An Invitation to Trust the Invisible

This journey—from personal loss to renewed life—birthing my book, *TRUSTING THE INVISIBLE: Rewilding Microbiomes for Immune Harmony, Longevity and Legacy*<sup>8</sup>. It's not just research; it's a lived path blending post-Nobel science with daily rituals that honor our inner world. From understanding Tregs as diplomats shaped by microbes to embracing fasting, breath, and planetary connection—this book invites you to remember the healing power already inside you.

Healing begins when we stop fighting nature and start listening. Our microbes are waiting to guide us back to strength, calm, and longevity.

***Will you trust the invisible?***

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Wednesday (2025/12/17)

## Leveraging Tech to Accelerate Ikigai

As a researcher and author working from the central region of Nepal, time is not just money—it is the most precious resource needed to build a life of purpose. After the profound loss of beloved son, my commitment shifted: every spare minute must now be dedicated to my mission, the **Explore Ikigai Campaign**, and carrying forward Basanta's legacy. This shift requires extreme efficiency, and in the modern world, that efficiency is powered by Artificial Intelligence (AI).

AI, often viewed as a complex futuristic concept, is now a practical, accessible toolkit for business owners and purpose-seekers in Nepal and elsewhere. It is the necessary bridge that allows us to move from the time-consuming administrative grind to the deep, meaningful work of our Ikigai.

### The AI Advantage: Reclaiming Time for Purpose [1]

The core of Ikigai is aligning your work with what the world needs. If you spend 80% of your time on repetitive tasks, you have little energy left for profound alignment. AI changes this equation.

- **Content Generation and Localization:** For the *Explore Ikigai Campaign*, I rely on tools like Gemini and ChatGPT to rapidly translate complex scientific and philosophical concepts (like *Eudaimonia* or *Autophagy*) into clear, actionable Nepali text for our local audience [2]. This capability saves days of work, allowing me to focus on the research and strategy behind the campaign.
- **Administrative Automation:** Simple AI schedulers and email filters can manage communications, ensuring that you dedicate your valuable mental energy to high-impact activities. For a business in the Central Region, this frees up time to develop community engagement for the campaign or focus on local expansion.
- **Data-Driven Decisions:** AI can quickly analyze market trends relevant to Nepal, providing actionable data for business decisions. This replaces guesswork with factual information, a preference I value highly as a business owner.

### From Local Business to Global Legacy

My purpose is inextricably linked to honoring Basanta's memory. AI provides the leverage to do that effectively, even from my base in the Central Region. Instead of manually struggling with social media scheduling for three books, I use AI to automate the process, ensuring the message of Ikigai reaches a global audience while I focus on community outreach here in Nepal.

AI is not a replacement for purpose; it is an accelerator. It grants us the time and clarity to pursue the deepest work required after trauma: transforming pain into a platform of

service. By embracing these accessible tools, we empower ourselves to build enduring legacies, making sure that every minute saved is a minute dedicated to the memory of our loved ones.

Please refer to my blog dated 2025/12/10 for my recommended some free AI tools.

***Embrace the future of purpose. Start using AI to free your time for your Ikigai.***

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**Tuesday (2025/12/16)**

## **Trusting the Quiet Inside: How Healing My Body Brought My Purpose Back**

### **The Invisible Sickness of Sorrow**

Three years ago, my grief was not just sadness. It was a physical feeling, a kind of invisible sickness. My mind felt foggy all the time. I couldn't focus. I felt tired and nervous, even when nothing was happening. For a long time, I thought this was just a normal part of mourning.

But as a researcher, I knew my body was reacting to the trauma. When something terrible happens, the stress doesn't just stay in your head. It sends a huge emergency signal to your entire body. This signal causes **inflammation** [1], which is the body's way of fighting danger. When this stress goes on for too long—which happens with deep, lasting sorrow—it hurts the one place we never talk about: **our gut**.

My research taught me that the mind and the gut are always talking to each other. Scientists call this the **Gut-Brain Axis** [2]. When Basanta passed, the sorrow and the stress broke the harmony in my gut. My gut bacteria, my internal ecosystem, became unbalanced.

This is the key point I want everyone to understand: **My mind could not fully heal until my body did**. That foggy, anxious feeling I had was not just emotional; it was a biological consequence of my inner world being sick. If I wanted the strength and clarity to create Basanta's legacy—the **Ikigai Campaign**—I had to stop ignoring the invisible part of me.

### **The Hidden Highway to Happiness**

Think of your gut bacteria as a small city. When the city is in balance, it runs smoothly, and the factory inside it produces important things, like **serotonin** [3]. Serotonin is often called the "happiness hormone," but it also helps your brain regulate mood, sleep, and appetite. A lot of this hormone is actually made in your gut.

When grief hits, the gut city is attacked. The bad bacteria start to take over, and the serotonin factory slows down or stops working well. This leads to that feeling of being constantly overwhelmed and unable to think clearly—the opposite of **Ikigai**, which requires clarity and focus.

The title of my book, ***Trusting the Invisible*** [4], became my personal rule. It meant **Trusting the invisible balance within** me. It meant believing that by working on my diet and lifestyle, I could fix the internal world that sorrow had broken.

## Rewilding for Resilience and Purpose

Healing your gut—or **Rewilding** your inner ecosystem, as I call it—is the most physical way to build mental strength and resilience after a crisis. You don't just need ideas to find your purpose; you need the physical energy and stable emotions to actually *do* the work.

Rewilding provides the biological support for your new life:

- **Stable Emotions:** When the gut is balanced, it sends positive, stable signals back up the Gut-Brain Axis to the brain. This makes your mind better able to handle emotional stress without falling back into the deep anxiety caused by trauma.
- **Clear Thinking:** Healing the inflammation caused by stress sharpens your mental focus. You move from the chaos of just surviving to the clarity needed to define a purposeful goal. This clarity allowed me to shift from mourning Basanta's loss to launching a global mission in his memory.

Longevity, in the context of my work, isn't just about living a long time; it's about having the **physical strength** to carry your purpose for a long time. It's about ensuring that my body is strong enough to keep Basanta's legacy alive through the **Explore Ikigai Campaign**.

If you are suffering right now, I know the idea of working on your health seems impossible. But remember this: The smallest act of self-care—eating something healthy, going for a short walk—is an act of love for the person you are trying to become. By taking care of the invisible world inside, you are building the foundation for your most powerful, purposeful future.

You must trust the invisible to find your new **Ikigai**.

**Take the first step toward internal harmony. Read *Trusting the Invisible* today.** [Link: <https://www.amazon.com/dp/B0G2CK4HB3>]

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Monday (2025/12/15)

# The Hard Reset: How Fasting Becomes a Spiritual Discipline for Finding Ikigai After Trauma

When Basanta, forever 27, was lost, my grief was not just emotional; it was a physical chaos. The world was spinning out of control, and my mind was a vortex of pain and regret. In moments of profound trauma, the body often mirrors the mind's confusion, leading to inflammation, metabolic disruption, and a sense of absolute helplessness [1].

As a researcher and a father seeking to rebuild his world, I realized that to reclaim control over my life's narrative (**Ikigai**), I first had to reclaim control over the only thing left: my own body. The answer I found was in the ancient, yet scientifically revolutionary, practice of fasting.

## Fasting: An Intentional Act of Self-Reclamation

Fasting, as detailed in my book, **Fasting for Longevity** [2], is far more than a diet—it is an act of intentional self-denial. When external events strip you of control, the choice to fast shifts the locus of power back inside. This deliberate discipline acts as a "**hard reset**" for the entire system, offering two profound pathways toward healing and purpose:

1. **Metabolic Clarity (The Science of Autophagy):** Grief is mentally exhausting, but the brain cannot do the work of meaning-making when it is overloaded. Fasting triggers **autophagy** [3], the body's self-cleaning process. This clears out damaged cells and proteins, not just physically but neurologically. In the context of trauma, this physical purification creates the necessary quiet for the mind to begin the difficult work of **meaning reconstruction** [4]—the first step toward defining a new Ikigai.
2. **Spiritual Discipline (The Inner Journey):** When the body is deprived, the mind sharpens. The hunger pangs become not a discomfort, but a reminder of the intentional choice made. This practice forces you to focus on internal strength rather than external distractions. The self-mastery gained in successfully completing a fast builds the core resilience necessary to tackle the monumental task of finding purpose after loss. **This discipline is the foundation for the psychological fortitude needed for the Pilgrimage.**

## The Ikigai Path to Longevity

Longevity, in the context of Ikigai, is not merely about living to 100. It is about living a **purposeful 100 years**. Fasting provides the biological foundation—the improved cardiovascular health, reduced inflammation, and mental acuity—required to execute that purpose.

When I dedicated my research to fasting, it was an act of profound hope. It was a way to ensure my own physical and mental strength would be sufficient to carry the legacy of

Basanta. This powerful practice allows you to redirect the raw energy of your pain into the focused power of your purpose.

If your life feels chaotic and out of control, start small. Embrace the hard reset. Use the discipline of fasting to create the clarity your mind needs to start building your new, enduring Ikigai.

**Explore the science of control and purpose. Read “*Fasting for Longevity*” today.** [Link: <https://www.amazon.com/dp/B0FWXBQSJP>]

***Those who want to get a PDF file of this eBook for review, Please write to me personally.***

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Friday (2025/12/12)

## **The Campaign Born from Silence: Finding Our Reason to Begin Again (Ikigai)**

When my son, Basanta, forever 27, was taken from us, the world did not stop spinning, but my personal world fractured into silence. As an academic, I understood grief through the lens of research. As a father, I experienced it as a terrifying, formless void.

The immediate aftermath demanded not just survival, but an answer to the unanswerable question: *How does a life—a legacy—continue after the light that defined it has gone out?* This intense, personal necessity transformed my academic work into a global mission, giving birth to the EXPLORE IKIGAI CAMPAIGN.

## **The Genesis of a Mission: From Loss to Ikigai [1]**

Grief, as research confirms, is not a state to be cured, but a process of meaning reconstruction [2]. We don't merely cope with the loss; we must actively rebuild the framework of our identity and purpose around the new reality.

For my wife and me, this meant shifting Basanta's vibrant, unfulfilled potential from a source of paralyzing pain to a living legacy of service [4]. The solution lay in the profound Japanese concept of *Ikigai*—the intersection of what you love, what you are good at, what the world needs, and what you can be paid for [3].

However, traditional applications of *Ikigai* often miss the crucial element: how to find that purpose when trauma has wiped the slate clean. The Explore *Ikigai* Campaign is my answer to that deficit.

## **ExploreIkigai.com – The Road Map to Purpose**

The website, [www.exploreikigai.com](http://www.exploreikigai.com), is the central hub for this campaign. It is not simply a repository of articles; it is a structured, five-step roadmap designed to guide individuals from stagnation and pain to purposeful action.

### **Our approach blends:**

- **Ancient Wisdom:** Drawing from the principles of pilgrimage and Eastern philosophies (as detailed in my book, *Pilgrimage as Remembrance* [1]), focusing on intentional movement and inner contemplation.
- **Modern Science:** Utilizing frameworks from positive psychology and trauma recovery, understanding that purpose is found not by waiting, but by acting despite the suffering [4].
- **Practical Tools:** Offering downloadable exercises and structured programs to help users methodically identify their unique *Ikigai*.

We recognize that the journey is difficult. When you are suffering, taking the first step feels impossible. But as Viktor Frankl noted, "***Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances***" [5]. Our campaign helps you choose that new attitude by dedicating your struggle to a greater mission.

### **Join the Legacy of Basanta**

- The Explore *Ikigai* Campaign is the enduring commitment to ensure that Basanta's short life continues to inspire long lives of meaning and vitality for others.
- Every click, every shared story, and every new journey started on [www.exploreikigai.com](http://www.exploreikigai.com) is a tribute to him. It is proof that even in the face of the ultimate human suffering, we can find the quiet courage to begin again.
- I invite you to stop merely surviving and start pursuing your next great purpose. Visit the website today.

Begin your *Ikigai* journey now: [www.exploreikigai.com](http://www.exploreikigai.com)

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Thursday (2025/12/11)

## The Physics of the Soul: Transforming Loss into a Living Legacy

When you lose a piece of your future, the past becomes a place of constant, agonizing revisit. For me, that seismic rupture happened when we said goodbye to my beloved son, **Basanta, forever 27** [1]. Every parent who has faced the unspeakable knows the silence that follows—a silence so complete it shatters the very foundations of your life’s purpose.

As an academic and a father, I believed in structure, facts, and logical progress. But grief is not logical; it is a raw, elemental force that defies all existing frameworks. It destroyed my **“assumptive world”** [2]—the quiet certainty that the future would be better than the past. I was left with a burning question that research could not easily answer: What do you do when your life no longer makes sense?

The answer was found not in a ledger or a lab, but on a path—a pilgrimage.

### The Journey to Ikigai is an Act of Remembrance

A pilgrimage is often viewed through a religious lens, but at its core, it is a **psychological and sociological necessity** [3]. It is a **rite of passage** [3]—a physical, intentional journey designed to help us navigate profound life transitions. When I started writing **Pilgrimage as Remembrance: Finding Ikigai After Loss** [1], I realized the true purpose of the journey was not to *forget* the pain, but to actively **remake meaning** in the shadow of loss [4].

Grief demands we create a new narrative for our lives. The profound walking and quiet contemplation inherent in a pilgrimage offer the perfect **liminal space** to do this work [3]. It provides:

- **A Break from the Ordinary:** The distance from daily routine allows the mind to process the trauma without the constant interruption of home life [3].
- **Physicality as Therapy:** The physical challenge of the walk, the simple act of putting one foot in front of the other, is **proven to reduce symptoms of anxiety and depression**, improving psychological well-being [5].

- **A New Coherence:** By intentionally dedicating the hardship of the journey to the memory of the lost person—in my case, Basanta—the pilgrimage becomes an act of active remembrance. The goal is not to find fleeting happiness, but enduring psychological fulfillment, or **Eudaimonia** [6].

## Finding the Courage to Begin Again

I realized that the goal of my pilgrimage was to find a new **Ikigai**—the Japanese concept of *a reason for being*—that was strong enough to carry the weight of Basanta’s absence [1]. My grief became the fuel, and the book became the legacy. My commitment was to transform a father’s pain into a universal roadmap for healing.

As I wrote in the book: "Some stories are written with ink. Others are written with tears, breath, and the quiet courage to begin again." [1]

***If you are struggling to find your way forward, understand this: your journey to purpose must begin with intentional steps. Your sorrow can become your greatest motivator. Your loss can be transformed into a living legacy of love and service to others. Let my book be your guide on that purposeful path.***

**Start your journey of healing and purpose. Read *Pilgrimage as Remembrance* today.**

[Link: <https://www.amazon.com/dp/B0G4926548>]

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## How to Heal a Shattered Heart?

**START WALKING.** Pilgrimage is a powerful, universal ritual that helps us integrate grief instead of avoiding it. By giving ourselves a break from the ordinary, we create space for inner transformation and find a renewed sense of purpose after loss.

The science and personal journey is well shared in this eBook:

Pilgrimage for Remembrance  
Find your path forward!

<https://www.amazon.com/dp/B0G4926548>

↓ Full Article PDF + Join Community ↓

Wednesday (2025/12/10)

## The AI Revolution is Visual: How Text-to-Video Tools Change Everything for Nepali Creators, and 3 Free Tools to Start Today

For years, creating high-quality marketing videos, complex animations, or short films required huge teams, specialized equipment, and prohibitive budgets. That barrier has just been shattered.

The latest breakthroughs in **Generative Artificial Intelligence (AI)** mean you can now type a simple idea—for example, "A busy market street in Kathmandu, filmed in the style of a 1970s movie with a shallow depth of field"—and the AI generates the finished video instantly [2].

This shift moves AI from merely answering questions to becoming a creative co-pilot, fundamentally changing how media is produced [4].

As an author, researcher and academic, I view this as the most significant economic opportunity for independent creators and small enterprises in decades. This technology allows you to globalize your message, whether you are promoting a local trekking service, a new software idea, or a PhD-backed e-book like my own works [1].

## The Economic Reality: Democratizing Content

These advanced **Generative Video AI** models are capable of creating high-resolution, long, and narratively consistent video clips, solving the major technical hurdles that limited earlier systems.

The economic impact is staggering: major consulting firms estimate that the application of Generative AI could add trillions of dollars annually to the global economy through enterprise use cases [3].

Crucially for entrepreneurs, this technology dramatically cuts the time and cost of content creation. It is no longer about **if** you can afford professional video, but about **how quickly** you can describe your idea to the machine.

This progress aligns perfectly with the disruptive foresight shown by global tech leaders like Bill Gates, proving that innovation continues to move at an exponential pace.

### Practical Application: Your Free AI Toolkit

The best news is that the power of this revolution is accessible to everyone, often for **free**. For any Nepali content creator or business owner looking to test the waters, these three tool categories provide an immediate starting point:

Category	#1 Best Tool (Free)	#2 Runner-up (Free)	Why Only These Two?
<b>Image Generation</b> चित्र बनाउने	<a href="#">Leonardo AI</a> <a href="https://leonardo.ai">https://leonardo.ai</a>	<a href="#">Ideogram</a> <a href="https://ideogram.ai">https://ideogram.ai</a>	Leonardo = fastest, most realistic, daily free credits. Ideogram = best for perfect Nepali/English text inside images. Both beat Copilot in quality and speed.
<b>Video from Images</b> फोटोबाट भिडियो	<a href="#">Vidnoz AI</a> <a href="https://vidnoz.com">https://vidnoz.com</a>	<a href="#">Kapwing AI</a> <a href="https://kapwing.com/ai">https://kapwing.com/ai</a>	Vidnoz = 3 min/day free with talking avatars + Nepali voice. Kapwing = drag-drop images → instant cinematic video + subtitles. Perfect for turning your Canva images into Reels.
<b>Video from Text Directly</b> पाठबाट सिधै भिडियो	<a href="#">HeyGen</a> <a href="https://heygen.com">https://heygen.com</a>	<a href="#">Clipfly</a> <a href="https://clipfly.ai">https://clipfly.ai</a>	HeyGen = 1-min realistic avatar videos from text (Nepali support). Clipfly = unlimited short clips from one sentence, no signup for basic use. Both generate full videos in <30 sec.

These free tools demonstrate that the power of AI is already in your hands, ready to be leveraged for your complex work and personal IKIGAI projects.

### Why This Matters to Nepal

For content creators, filmmakers, and business owners in the Central Region, this technology is a great equalizer.

- Global Reach:** It provides a cost-effective, powerful tool for globalizing Nepali culture, stories, films, and products. You can produce sophisticated promotional

materials showcasing a trekking route or an artisanal product without reliance on expensive imported equipment or crews.

- **Rapid Iteration:** You can test dozens of marketing video concepts in a day, allowing you to instantly determine which message resonates most with your target audience.
- **Empowerment:** The ability to simply describe a world into existence was long reserved for science fiction. Today, that fiction is your reality. The focus shifts from the technical burden of filmmaking to the quality of your ideas and the brilliance of your prompts.

**Call To Action (CTA):** *The most proactive step you can take today is to begin experimenting with the free tools listed above. The time for waiting is over; the time for creation is now.*

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## **From Text to Film: Your Stories Can Now Be Movies!**

The latest AI breakthrough turns simple descriptions into stunning video clips, changing who can become a filmmaker. This is the moment for Nepali storytellers to reach a global audience without huge budgets.

**The future of creativity is open. Apply & Share this with an artist!**

[\*\*↓ Full article \(PDF\) + Join Community ↓\*\*](#)

Tuesday (2025/12/9)

## The Invisible Shield: Why Your Gut Microbiome is Your Immune System's Headquarters

We often view the brain as the control center, but cutting-edge research confirms that the 70% of the immune system residing in the gut means the true "Headquarters of Health" is your microbial ecosystem. As a researcher and academic, I view gut health not just as digestion, but as the **foundation for cognitive resilience and sustained service**. This interconnected health axis is detailed in recently published post-Nobel eBook: ***TRUSTING THE INVISIBLE: Rewilding Microbiomes for Immune Harmony, Longevity and Legacy: A Post-Nobel Journey from Loss to Legacy*** [1, 4].

The gut microbiota trains and regulates immune cells, acting as the frontline defense against pathogens. Beneficial microbial metabolites, like Short-Chain Fatty Acids (SCFAs), directly influence the activity of T-cells, which are critical for preventing inflammation and maintaining intestinal homeostasis [2]. Dysbiosis (imbalance) can thus compromise the entire immunological barrier.

This communication network links the central nervous system and the gastrointestinal tract. Microbial signals impact mood, stress response, and cognition by regulating hormones and neurotransmitters via the Vagus nerve and immune pathways [3]. Optimizing the microbiome is, therefore, a strategy for high-level mental clarity—vital for complex work and pursuing one's IKIGAI.

Traditional Nepali fermented foods (like *Gundruk* and *Sinki*) and spices (like turmeric and ginger) have historically provided natural probiotics and fiber, showing an indigenous wisdom about gut health that science is now validating [5]. The ***Microbiome*** eBook explains how to integrate this wisdom with modern science [1].

Your gut health is the most proactive step you can take for longevity and service. This eBook offers the PhD-level roadmap to balance this ecosystem.

[Call to Action]

Master the science of your "Second Brain" today.

[Link: <https://www.amazon.com/dp/B0G2CK4HB3>]

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## Did you know your “Second Brain” controls your mood?

The gut-brain axis is real! From fighting illness to boosting energy, improving your microbiome is the easiest path to better family health.

A detail scientific plan is in this eBook, recently published on Amazon.

**Protect your family's immunity:  
TRUSTING THE INVISIBLE....  
(ASIN: B0G2CK4HB3)**

↓ Free PDF + Join Community ↓

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Monday (2025/12/8)

## Fasting: The Forgotten Himalayan Science of Renewal

### ◆ Introduction: Why Fasting Matters Today

- Modern studies show fasting is one of the strongest natural ways to improve metabolism, immunity, and longevity.  
(Longo & Panda, 2016; *Cell Metabolism*)
- Research confirms many benefits Nepali and Indian culture practiced intuitively for centuries.  
(Woli, 2025)
- For readers worldwide, fasting connects science, culture, and personal renewal.

### ◆ How Fasting Works: The Real Science

- Fasting activates autophagy, a cellular cleanup process that removes damaged proteins and toxins.  
(Yoshinori Ohsumi, *Nobel Prize in Physiology or Medicine*, 2016)
- Switching from glucose to fat burning (ketosis) increases mitochondrial efficiency and boosts long-term energy.  
(Paoli et al., 2013; *Frontiers in Physiology*)

- 24–36 hours of fasting increases stem-cell regeneration, especially in the immune system.  
(Cheng et al., 2014; *Cell Stem Cell*)
- Intermittent fasting improves insulin sensitivity and reduces inflammation.  
(Mattson et al., 2017; *New England Journal of Medicine*)

## ◆ Why Fasting Is Important for Nepali Lifestyle

- Nepali communities face growing issues: irregular eating, processed food, stress, and low sleep.  
(Woli, 2024. *Fasting*)
- Fasting provides a metabolic reset that enhances digestion, mood, and immunity.  
(Patterson & Sears, 2017; *Annual Review of Nutrition*)
- Even a simple 14–16 hour fast improves energy levels and sleep quality.  
(Tinsley & La Bounty, 2015; *Nutrition Reviews*)
- Nepali migrants working long hours benefit from improved focus and mental clarity.  
(Woli, 2024. *Fasting*)

## ◆ Emotional & Mental Benefits (Healing Science)

- Fasting improves BDNF (Brain-Derived Neurotrophic Factor), supporting emotional stability and resilience.  
(Mattson et al., 2018; *Nature Reviews Neuroscience*)
- Many readers report clarity, discipline, and deeper self-awareness.  
(Woli, 2024. *Fasting*)
- The psychological effect of fasting aligns with meditation and mindfulness traditions in Nepal.

## ◆ My Personal Journey (Author's Note)

- At age 60, fasting transformed my physical and mental vitality.
- It helped me build discipline and overcome deep emotional loss
- This book is dedicated to those seeking healing, purpose, and longevity.  
(Woli, 2024. *Fasting*)

## ◆ What Readers Will Learn from the FASTING Ebook

- Evidence-based fasting models (dry, water, intermittent)  
(Cheng et al., 2014; Mattson et al., 2017; and Woli, 2024)
- Autophagy, ketosis, and metabolic switching explained simply  
(Ohsumi, 2016; Longo & Panda, 2016)
- Emotional discipline and spiritual connection through fasting  
(Woli, 2024)
- Weekly fasting plans for Nepali families

- Common mistakes and how to avoid them

## ◆ Why This Book Matters for Nepalis Worldwide

- Nepali people in the Gulf, Japan, Korea, Australia, US, Europe endure high stress and irregular routines.
- Scientifically guided fasting improves:
  - mental clarity
  - weight balance
  - digestive health
  - heart health
  - emotional resilience

*(NEJM; Nature; Cell Metabolism)*
- This eBook provides an authentic, culturally connected guide for safe and meaningful fasting. (*Woli, 2025*)

## ◆ Closing Message

- Fasting is not punishment; it is renewal.
- It is a return to a natural rhythm that modern life has erased.
- This book is an offering for Nepalis in every corner of the world seeking longevity, peace, and energy (*Woli, 2025*)

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<https://www.amazon.com/dp/B0FWXBQSJP>

**[Call to Action] Unlock the cellular science of renewal. Read FASTING today.**

[Link: <https://www.amazon.com/dp/B0FWXBQSJP>]