

# Organic Food, Yoga & Meditation

A Simple & Powerful Guide to Healthy Living

✦ **The Ultimate Guide for Curing Illness** ✦  
(through natural food, mindful living & inner healing)

✦ **The Ultimate Guide for Physical,  
Mental & Spiritual Growth** ✦  
(balance your body, calm your mind & awaken your inner  
strength)



— By Mahesh Kathpalia —

Health & Wellness Coach | Yoga & Meditation Guide

Heal Naturally • Live Mindfully • Grow Holistically



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## ✦ Introduction ✦

✦ Hi, my name is **Mahesh Kathpalia**.

I have more than **20 years** of experience in the health and wellness field. I have worked as a **Wellness Coach**, where I helped many people successfully lose weight and improve their overall health.

Along with this, I have deep knowledge and practical experience in ✦ **ORGANIC FOOD, YOGA, and MEDITATION**. I strongly believe in natural and **holistic healing methods** for long-term health.

## ✦ My Experience & Observation

In my **20+ years** of experience, I have observed that most modern diseases such as:

- **Obesity, Diabetes** (sugar),
- **Hyperthyroidism, Asthma,**

and many lifestyle disorders are mainly caused by:

- **Chemically cultivated food**
- **Highly processed food**
- **Unhealthy lifestyle habits**

## ✦ What This PDF Will Teach You ✦

- ✦ The importance of **organic food**
- ✦ How yoga helps the body **heal naturally**
- ✦ How **meditation** reduces stress and improves immunity





# What is Organic Food

Organic food is produced **using natural farming methods**, without the use of chemical fertilizers, pesticides, or genetically modified organisms (GMOs). It includes:

- ✓ **Pure and naturally grown fruits and vegetables.**
- ✓ **Whole grains** such as organic rice, quinoa, and millet.
- ✓ Natural dairy products like **organic milk** and ghee.

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## Benefits of Organic Food

I firmly believe that if we eat organic food, we will never suffer from most diseases, because all modern diseases are primarily caused by chemically cultivated food.

- ✓ Organic food is **free from harmful chemicals and pesticides.**
- ✓ Organic food **contains higher levels of vitamins, minerals** and antioxidants.
- ✓ Organic food is healthier for the environment and **supports sustainable** farming.
- ✓ Organic food boosts our **immune system** and helps our body **heal naturally.**

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If we fall ill and take medicine from a doctor but continue to eat **chemically grown food**, recovery takes longer. However, if we take medicine and eat **organic food**, we can recover quickly and naturally.

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## Make Your Home Environment Eco-Friendly

🚫 **Do not use** products like Good Knight, Phenyl, and Harpic, because these dangerous chemicals mix in our blood when we take breath. Due to which all kinds of diseases are caused. So, throw away these chemicals from home.

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- Use **mosquito net** instead of Good Knight
  - Use neem liquid for wiping out floors instead of Phenyl
  - Use **Surf Excel** for cleaning toilets instead of Harpic.
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**⊘ Do Not Use Perfumes, Body Lotions, Face Creams, Shaving Creams, Shampoo, Hair Color**

**These products contain very harmful chemicals which enter into our blood through our skin & make us Sick!**

**✓ You Can Use Organic Virgin Coconut Oil as a Body Lotion, Hair Oil & Face Cream**

**✓ Do Not Use Hair Colors; Use Natural Mehndi in hair**



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## Anulom Vilom Pranayam

Anulom Vilom Pranayam is a simple and effective breathing exercise for balancing the mind and body. Also known as alternate nostril breathing, this pranayam is great for health and is beneficial for mental well-being.

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### Benefits of Anulom Vilom Pranayam

- **Beneficial for mental health**  
Enhances focus and relieves stress, anxiety, and depression.
  - **Removes toxins from our body**  
Purifies the blood, detoxifies the body, and improves lung function.
  - **Good for mental peace and spiritual growth**  
Calms the mind, balances the nervous system, and fosters spiritual growth.
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## Anulom Vilom Pranayam Procedure

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1. Sit comfortably in a cross-legged position on a mat.
2. Close your eyes and relax your body.
3. Close your right nostril with your right thumb.
4. **Inhale** slowly and deeply through your **left nostril**, counting to 4.
5. Close your **left nostril** with your ring finger, and open your right nostril.
6. Exhale slowly and completely through your right nostril, counting to 4.
7. **Inhale** slowly and deeply through your **right nostril**, counting to 4.
8. Close your right nostril with your right thumb again, and open your left nostril.
9. Exhale slowly and completely through your **left nostril**, counting to 4.
10. This completes one round of **Anulom Vilom**. Repeat this process for 5-10 minutes.

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✓ *Start with 5 minutes and gradually increase the time as you become more comfortable with the practice.*


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# VIPASSANA MEDITATION


## *The Art of Living a Peaceful & Mindful Life*



### What is Vipassana Meditation?

**Vipassana** is one of the **most ancient** and powerful meditation techniques. It means **“to see things as they really are.”**

This meditation helps us **observe our breath, thoughts** and **sensations without reacting**, bringing **deep inner peace and clarity**.




### Procedure of Doing Vipassana Meditation




#### Step 1: Choose a Calm Place

- ✓ Sit in a quiet, clean and peaceful place.
- ✓ You may sit on the floor on a mat or on a chair.
- ✓ Keep your spine straight and body relaxed.




#### Step 2: Close Your Eyes Gently

- ✓ Close your eyes softly.
- ✓ Relax your face, shoulders and entire body.
- ✓ Take 2-3 **deep breaths** to calm your mind.



#### Step 3: Focus on Natural Breathing

- ✓ Now bring your attention to your **natural breath**.
- ✓ Do not control the breath.
- ✓ Just **observe** the air entering and leaving through your nostrils.

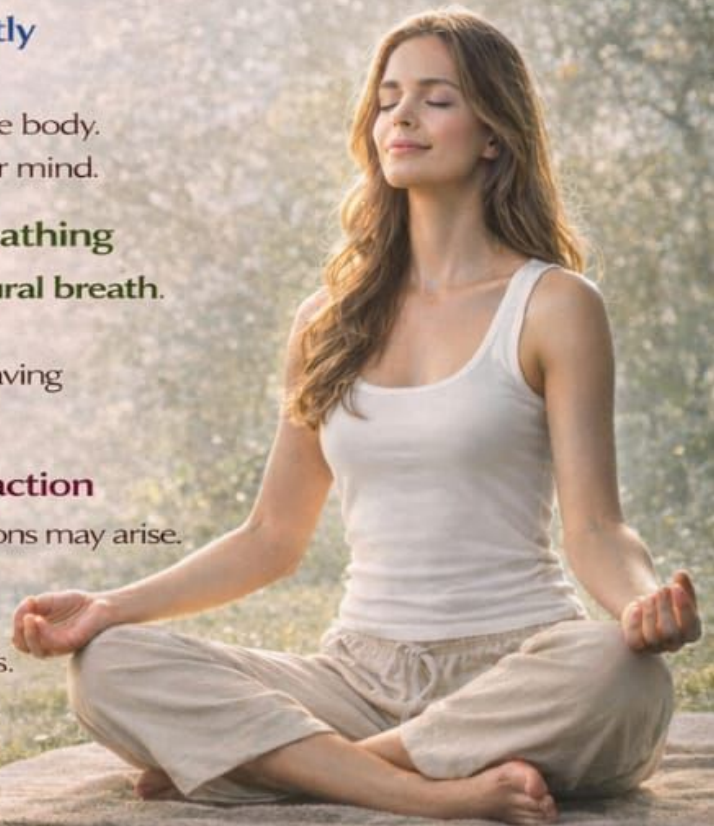


#### Step 4: Observe Without Reaction

Thoughts, emotions, or body sensations may arise.

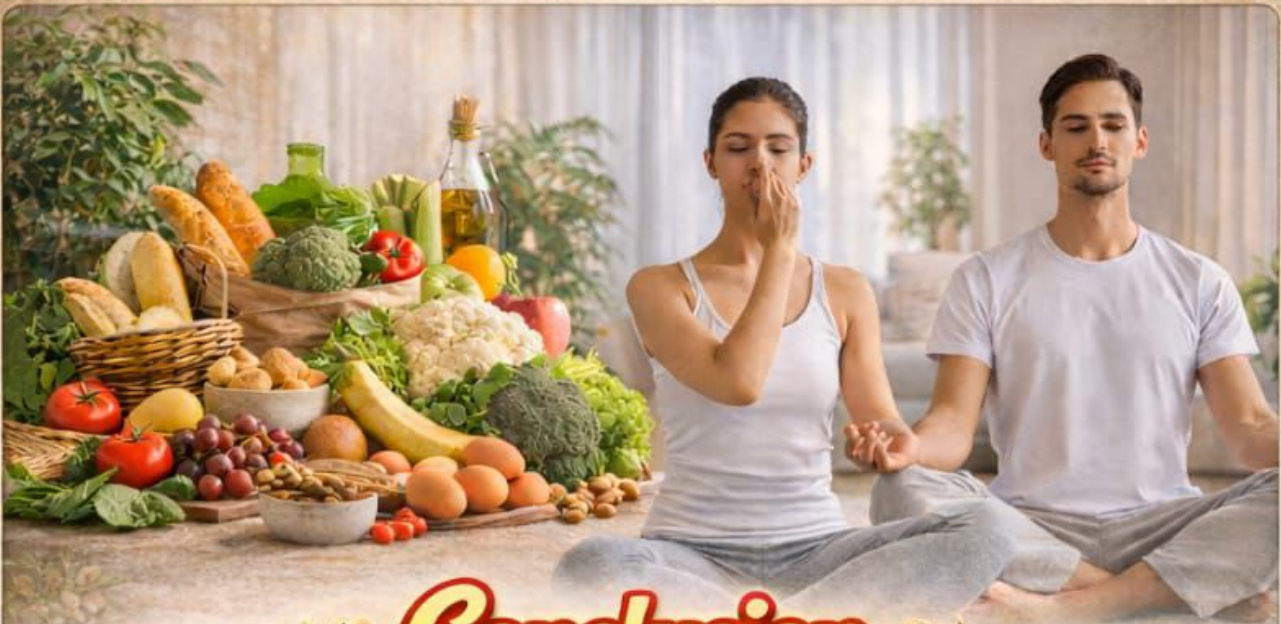
- ✓ ✓ Do not judge
- ✓ ✓ Do not react
- ✓ ✓ Simply observe and let them pass.

**This is the core of Vipassana.**



*“When you observe your breath,  
you begin to heal your mind.”*





## Conclusion

In today's modern lifestyle, **chemically cultivated food** and pesticide-processed food have badly affected our **IMMUNITY** and **METABOLISM**. Due to this imbalance, many lifestyle diseases have become very common, such as:

- **Obesity**
- **Diabetes (Sugar)**
- **Asthma**
- **Hyperthyroidism**
- **Asthma**
- **Stress-related disorders**

*These diseases are not sudden; they develop slowly due to **unhealthy food** habits, chemical exposure, and lack of **natural living**.*

## The Natural Path to Health

From my experience, I strongly believe that **MEDICINES** alone are **not enough**. Natural lifestyle changes can help the body **HEAL FASTER & STAY HEALTHY**.

### If we:

- ✓ **Take medicines** as advised by a doctor when needed
- ✓ **Eat pure ORGANIC FOOD** daily
- ✓ **Practice YOGA** regularly
- ✓ **Do Anulom Vilom Pranayama** every day
- ✓ **Practice MEDITATION** daily for mental peace

With Best Wishes for Your Healthy Life

**Mahesh Kathpalia**

Health & Wellness Coach

Yoga & Meditation Guide



# Disclaimer

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This guide, “Organic Food, Yoga & Meditation: A Simple Guide to Healthy Living” is created for educational and informational purposes only.

The information shared in this PDF is based on personal experience, traditional wellness practices, and general health knowledge related to organic food, yoga, pranayama, and meditation. It is **not** intended to diagnose, treat, cure, or prevent any disease.

Always consult a qualified medical doctor or healthcare professional before:

- ✓ Starting any new diet plan
- ✓ Practicing yoga or pranayama.
- ✓ Beginning meditation if you have medical or mental health conditions.
- ✓ Making changes to prescribed medications

Results may vary from person to person depending on age, lifestyle, health condition, and consistency of practice.

The author and publisher are not responsible for any health issues, injuries, or losses that may occur by following the information provided in this guide.

**By reading and using this guide, you agree that you are responsible for your own health decisions.**





# Thank You!

Congratulations!  
Your FREE health guide is on the way.

You'll receive an email shortly with your copy  
of Organic Food, Yoga & Meditation: A  
Simple Guide to Healthy Living

Start reading and take your first steps to a healthier,  
more natural lifestyle. I'm here to help you along the  
way!



Stay connected for more **tips, updates,** and  
natural wellness advice.

Watch out for helpful emails about improving your  
health naturally through organic food, yoga,  
meditation, and eco-friendly lifestyle habits.

Warmly,  
Mahesh Kathpalia

