



MANTRA WELLNESS

*A Not for profit mission to revitalize lifestyle
medicine.*



MANTRA WELLNESS

A NON-PROFIT ORGANIZATION

*Watch your thoughts, they become your words
Watch your words, they become your actions
watch your actions, they become your habits
watch your habits, they become your character
Watch your character it becomes your destiny*

-Lao Tzu

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ABOUT/MISSION

The world is a much different place than the millions of years of evolution that shaped us as humans. Modern day advancements in living conditions and technology have dramatically altered our worlds in every sense.

This exponentially quick shift has left our physiology scrambling to adapt, and as a result we have become some of the unhealthiest human population to ever walk this planet. The pressures that shaped us instilled miraculous adaptive systems that allowed us to survive and grow rather seamlessly in our environments.

And even though we utilize and appreciate the advanced states of being from our modern day existence, there are many forgotten lessons from nature and traditional living that can help harmonize and rebalance our bodies in these challenging times.

We are here to revitalize the teachings nature provides.



METHOD

MANTRA-METHOD is the culmination of our philosophies and approaches aimed at achieving a longer, healthier, more balanced life.

Holistic Approach:

Every part of us has all of us. We are complex organisms, but any small change impacts the whole and there is no single part of us that isn't effected by the whole. The Entirety of the human experience must be considered for balanced wellbeing.

Vitalism

Nature is the highest form of technology and we are the highest expression of nature. Our innate capacity to heal is the most effective tool we have when optimized and tuned.

Naturopathic Principles/Therapeutic Order



3 PILLARS (3 MODES) (MantraModes?)

NUTRITION

Nourishment, Nutrients, Diet/Biochemical

—

MOVEMENT

Motion, Exercise, Physical

—

FOCUS

Stress, Mentality, Mental

These 3 Pillars/Modes are the foundations of MantraMethod

Each Mode is broken into 3 tiers

I-THE STORY

II-THE BASICS

III-THE DETAILS

NUTRITION

MANTRA NOURISHMENT

Nourishment, Nutrients, Diet/Biochemical

THE STORY

“We are what we eat”

We are constantly repairing and rebuilding our bodies with new materials and energy that we receive from the environment. So what we consume actually becomes the building blocks that make up our very regrowing cells and tissues.

It is imperative that we become more aware of the relationship of how certain forms of nourishment are affecting our bodies and minds.

Consider what your cavemen ancestors were consuming for hundreds of thousands of years before processed foods were invented. To better improve our health it is crucial we wake up to the drastically different food environment that we live in today. Our current food culture is dominated by processed foods that our bodies do not recognize, this increases inflammation. Beginning to move towards a nutritional intake closer to that of our wild ancestors, will begin to restore balance to all systems in our bodies and minds.

BASICS

Blood Sugar stability:

An Integral part of MantraNourish is our understanding around the importance of the first meal of our day. What we break our fast with can determine what the rest of the day may be like metabolically.

If we consume a meal high in sugars/processed foods, our body may be left stressing trying to regulate its blood sugar the rest of the day.

Trying to eat a meal more grounded in protein, vegetables and fat can be much more stabilizing and nourishing. This will allow your body to heal more and have more energy because it is not fighting to avoid post sugar fallout or hitting “the wall”.

Whole foods nutrition:

Consider what your cavemen ancestors were consuming for hundreds of thousands of years before processed foods were invented. To better improve our health it is crucial we wake up to the drastically different food environment that we live in today. Whole foods from nature grown in natural organic conditions have more nutrition because the soil is of better health and therefore the fruits and veggies have more nutritional content for our bodies. Also less chemicals.

Reduce/Eliminate Ultra Processed foods:

Our current food culture is dominated by processed foods that our bodies do not recognize, this increases inflammation. Beginning to move towards a nutritional intake closer to that of our wild ancestors, will begin to restore balance to all systems in our bodies and minds.

Start asking yourself, is this food I'm eating a product of mother nature, how many ingredients does it have, do I know where it came from.

Ultimately the name of the game for longevity sake is keeping your body in a healthy relationship with inflammation. Nothing is more clearly linked with this than ultra-processed foods and refined sugars.

Beginning to identify the major sources of these in our diets and eliminating them or replacing them with healthier alternatives can be extremely important.

The MantraMethod weaves modern science with traditional philosophies and understandings in order to educate us into a more empowered mode of nourishment. We want to be more in touch with our bodies and find ways to learn to eat intuitively that works for our own individual needs while also respecting the core of our biological systems.

MOVEMENT

MANTRA MOTION

Motion, Exercise, Physical

THE STORY

“Motion is Lotion”

Our body is all we have in this life, and unfortunately it breaks, hurts, gets old and eventually passes. Everything we think, say and do affects this precious human body. In particular the way we move it has a particularly profound impact on how it holds itself over time.

Understanding the principles of how our biomechanics and frequency of varying movements systems allows us to practice what works best for us to maximize the length and quality of our lives.

BASICS

“Sitting is the new smoking” Sedentary Lifestyle risks:

Sedentary lifestyles have become an epidemic of modern living because of the effects on metabolism and stagnation of energy etc. We were made to move so when we don't do it enough, problems occur.

Movement patterns, metabolic dysfunction, detoxification and even neuro-chemistry are all heavily influenced by flow of blood and mechanical movement. Therefore it is important for us to learn safe, efficient and sustainable movement practices.

Non-Stressful cardio training:

Modern day lifestyles in a way are more stressful in addition to us having less effective and numerous modes of coping. With the limited time that we do have we often choose high intensity exercise so that we can maximize our time and effort. Unfortunately, when we are stressed and overworked our nervous system becomes prone to be overtrained even when we do lighter workouts or exercise.

In order to optimize exercise programs it is integral that we learn to do a more nourishing styles of cardiorespiratory exercise that allows us to stay within the parameters of zone 2. This provides more opportunities for us to rest our nervous system and let it recover out of a stressful fight or flight state associated with more intense modes of exercise. This rest state is required for healing.

Functional Strength training:

In order to age safely, we need to be able to move our bodies safely against gravity and within proper neuromuscular and postural models that prevent injury. Being strong enough to prevent falls and move our skeletal system in a way that prevents injury and damage is integral to living longer with a much higher quality of life.

The MantraMethod weaves modern science with traditional philosophies and understandings in order to educate us into a more empowered mode of movement. We want to be more in touch with our bodies and

find ways to learn to move intuitively that works for our own individual needs while also respecting the core of our biological systems.

FOCUS MANTRA MENTALITY

Stress, Mental, Emotional

THE STORY

“We suffer more in imagination than in reality”

Stress is an innate part of life, stressors are the signals that stimulate growth pathways and responses that allow us to grow and adapt to our environments. But stress can turn into one of the most harmful influences in our life if it continues for too long, is too intense or if we don't have the proper support/coping systems. Stress is always gonna be a part of our lives, so many aspects of our existence are out of our control. However, how we react and how we train ourselves to be able to react can determine how our bodies handle it.

Every single cell in our body, is constantly reacting to every picture that plays in our head. In order to improve our quality of life and longevity, it is essential that we learn how to modulate our practices and modalities that reduce the impacts of perceived stress.

BASICS

Mindfulness around breath and stress:

Stress greatly affects all aspects of our conscious, subconscious and non conscious parts of our brain. The best way to work with all these parts is through ones breath and various mindfulness practices.

Mindfulness and conscious breathing are the most direct and effective ways to help us steer and modulate our autonomic nervous system. Our Default Mode Network (DMN) is the programming in the brain that is running all of our background thoughts and belief systems that we are not in direct control of. This programming is subject and victim to our entire lifetime of experiences and habits, therefore it kind of has a mind of its own. This is the part of us that gets stressed, worries, or anxious even when we tell ourselves not to be.

Conscious breathing techniques, mindfulness practices and general awareness around this phenomena can improve our physiology in response to all the different kinds of distress in our lives.

To optimize our quality of life and enhance our health-span, it is integral that we learn techniques that work for us individually to improve our awareness around breathing, tension and apply practices of reduction techniques.

Importance of sleep:

It is impossible to heal without adequate quality and quantity of sleep. There is a reason we spend almost half of our lives sleeping, because we are such high functional biologic organisms we require massive amounts of down time for recovery and restoration. When this part of our life is restricted it significantly

impacts our quality of life and ability to heal/recover (especially as we get older). In order for us to have a balanced and healthy life, it is paramount that our body is able to heal and recover during sleep and rest. We should be able to regularly get close to 7-9 hours of quality sleep without any chemical or herbal support. And if not we should be working towards getting to this point/assessing why we might have a hard time getting good sleep.

Self care:

In a world so busy and focused on work and production, it is easy to not have any time to take care of ourselves. So it is especially hard to learn new techniques or practices to improve our self care. Only highlighting the point of our desperate need of self care practices and prioritizing this effort. These kinds of practices reinforce and rebuild our resilience for all of the challenges that life brings. If our coping strategies aren't intact or sufficient, this can lead to major erosions in our quality of life and general wellbeing.

The MantraMethod weaves modern science with traditional philosophies and understandings in order to educate us into a more empowered mode of mental function. We want to be more in touch with our bodies and find ways to learn to think and feel intuitively that works for our own individual needs while also respecting the core of our biological systems.



MANTRA LIBRARY:

Mantra Library is a collection of resources and content that demonstrates and expands upon certain practices and applications of our method.

Hydrotherapy:

Contrast showers/baths
Nasal irrigation
Face ice bowl
Magic socks
Headache compress foot bath

Breathwork:

Box Breath
PSNS 2part inhale, extended exhale
Nodi Shodana (alt. nostril breathing)
Diaphragm exercise (count 1-10)

Nauli Kriya

Myofascial Release:

Spine foam rolling
Occiput release
Hips foam rolling
Theragun Protocol (many parts)
TMJ manual release
Face Gun Sha/Roller
Oil Body Massages

Exercise:

Core activities (dead bug/bear crawl)
Intrabdominal pressure? IAP
Zone 2 RPE
Travel kit packing (amazon)

Sick Care:

Stress:

EFT Tapping
NET FAST technique
Body Cross Mindfulness/Grounding
Sensory Grounding Techniques

Sleep:

Legs up the wall
Mouth tape
Raising bed headboard



DONATIONS AND SUPPORT:



COMMUNITY AND RESOURCES:

CNDA NDs

<https://www.calnd.org/find-an-nd#!directory/map/ord=rnd>

Misc Resources:

Applied Kinesiology (muscle testing) Docs

<https://www.icakusa.com/patients>

NET Docs

<https://www.netmindbody.com/find-a-practitioner/>

Hakomi Practitioners:

<https://hakomiinstitute.com/directory/directory-practitioners>

Psych med support

<https://www.sbarnesmd.com>

EWG

<https://www.ewg.org/>

Clothing

DNS, ATG, FMS

<https://www.atgonlinecoaching.com/>

<https://www.rehabps.com/>
<https://www.functionalmovement.com/>

Books?

IG health guy?

Naturopathic Medical Principles

Vis Medicatrix Naturae (The Healing Power of Nature)

- The body has an inherent ability to heal itself. Naturopathic medicine aims to support and enhance this natural healing process.

Tolle Causam (Identify and Treat the Causes)

- Rather than merely addressing symptoms, naturopathic medicine seeks to identify and treat the underlying causes of illness.

Primum Non Nocere (First, Do No Harm)

- Naturopathic practitioners use methods and medicines that minimize risk and avoid harmful side effects, prioritizing treatments that are gentle and non-toxic.

Docere (The Doctor as Teacher)

- Naturopathic doctors educate and empower patients to take an active role in their own health and wellness, emphasizing the importance of patient education and self-care.

Treat the Whole Person

- Naturopathic medicine views health and illness holistically, considering physical, emotional, mental, and spiritual aspects of the individual.

Prevention is the Best Cure

- Emphasis is placed on preventing disease and promoting wellness through proactive lifestyle changes and health practices.

Therapeutic Order

Establish the Foundation for Health

- **Identify and Remove Obstacles to Healing:** Recognize and eliminate factors that impede the body's natural healing processes. This includes addressing lifestyle factors such as diet, exercise, and emotional stress that might obstruct the body's vital force.
- **Optimize Lifestyle:** Create a supportive environment for healing by optimizing foundational aspects of health. This involves encouraging habits that align with the body's natural rhythms and needs, thereby supporting the vital force.

Stimulate the Body's Vital Force

- **Support and Stimulate the Body's Natural Healing Processes:** Use treatments that activate and enhance the body's intrinsic healing power. This might include therapies like homeopathy, botanical medicine, or hydrotherapy, which work to stimulate the vital force and encourage self-healing.

Correct Structural Imbalances

- **Address Physical and Structural Issues:** Recognize and correct imbalances in the body's structure and function that may hinder the vital force. Techniques such as osteopathic manipulation, chiropractic care, or physical therapy help realign the body and facilitate the free flow of vital energy.

Address Pathophysiology

- **Treat the Specific Disease or Condition:** Once foundational and stimulating treatments are in place, address specific pathological issues with targeted interventions. This may involve using more direct treatments to correct underlying dysfunctions while continuing to support the body's vital force.

Use High-Intervention Therapies

- **Apply More Intensive or Invasive Treatments:** Consider more aggressive or invasive treatments only when necessary and when less invasive options have been exhausted. This step respects the body's ability to heal naturally but acknowledges that certain conditions may require more intensive interventions.

Consider Advanced Therapies

- **Utilize Advanced and Specialized Therapies:** Employ advanced or specialized treatments as a last resort. This approach ensures that the body's natural healing processes are prioritized, while recognizing that some conditions may require highly specialized or advanced care.

AYURVEDIC Medicine/Holism

Ayurvedic medicine is a traditional system of healing from India, rooted in holistic principles that focus on balancing the mind, body, and spirit to achieve health and well-being. Key principles of Ayurvedic healing include:

- 1. The Five Elements (Pancha Mahabhutas):** Ayurveda believes that all living and non-living things are composed of five basic elements: Earth, Water, Fire, Air, and Ether (Space). These elements form the building blocks of the body and nature.

2. **Three Doshas (Vata, Pitta, Kapha):** The three doshas are bio-energies derived from the five elements:
 - **Vata** (Air and Ether) controls movement, breathing, and circulation.
 - **Pitta** (Fire and Water) governs metabolism, digestion, and energy production.
 - **Kapha** (Earth and Water) regulates growth, structure, and lubrication. Health is achieved by balancing these doshas, and imbalances lead to disease.
3. **Individual Constitution (Prakriti):** Each person has a unique combination of doshas, called their "prakriti," which determines their physical and mental characteristics. Treatment is individualized based on this constitution.
4. **Diet and Lifestyle:** Ayurveda emphasizes the importance of proper diet and lifestyle choices to maintain balance. Foods, exercises, and routines are prescribed based on a person's dosha type to enhance well-being.
5. **Holistic Healing:** Ayurveda treats the whole person—body, mind, and spirit—focusing on the root cause of disease rather than just the symptoms. Techniques include herbal medicine, yoga, meditation, and detoxification practices like Panchakarma.
6. **Prevention:** Ayurveda strongly emphasizes prevention through daily and seasonal routines (dinacharya and ritucharya), mental hygiene, and maintaining a healthy environment.

These principles aim to create harmony within the body and between the individual and their surroundings.

Neuro Emotional Technique and Theory Application:

NeuroEmotional Technique (NET) is a mind-body therapy that addresses the physiological and emotional components of stress and trauma. It is based on the premise that unresolved emotional stress can manifest as physical symptoms and block the body's ability to heal itself. NET is often used by practitioners like chiropractors, acupuncturists, and other healthcare professionals to relieve stress-related health issues.

Principles of NET:

1. **Mind-Body Connection:** NET operates on the understanding that emotions like fear, anger, or grief can become "trapped" in the body and affect physical health. These emotional blocks are thought to trigger physiological responses that lead to muscle tension, pain, or dysfunction in specific organs.
2. **Muscle Testing:** Practitioners use muscle testing (applied kinesiology) to identify emotional stressors. By checking muscle strength in response to different stimuli, they can detect areas of emotional conflict or distress.

3. **Meridian System:** NET also draws on principles from Traditional Chinese Medicine (TCM), particularly the meridian system. Specific emotions are associated with different organs; for example, grief is often linked to the lungs, and anger to the liver.
4. **Releasing Emotional Blocks:** Once an emotional stressor is identified, the practitioner helps the patient process and release it. Techniques such as spinal adjustments, breathwork, or tapping specific points on the body are used to reset the body's response to the stressor.

Why Is It Effective?

1. **Addresses Emotional Triggers of Physical Symptoms:** Many physical conditions have emotional or psychological underpinnings, and NET addresses these directly. By clearing emotional blocks, NET can potentially improve conditions like chronic pain, digestive issues, or headaches that are exacerbated by stress.
2. **Holistic Approach:** NET treats the patient as a whole, integrating emotional, psychological, and physical aspects of health. This multi-faceted approach can be more effective than addressing physical symptoms alone.
3. **Personalized Treatment:** Each session of NET is tailored to the individual's unique emotional and physical landscape. This customization makes it highly adaptable for a variety of conditions and patient needs.
4. **Evidence of Efficacy:** Though NET is considered a complementary and alternative therapy, some clinical studies have suggested that it can help reduce anxiety and stress, particularly in relation to traumatic experiences. It has been found useful in conditions where emotional stress is a known contributing factor .

In conclusion, NET is effective for patients experiencing stress-related physical and emotional issues because it combines the principles of emotional awareness, muscle testing, and meridian therapy to release unresolved emotional conflicts that may be contributing to physical health problems.

MIND BODY- Somatic Autonomic Rebalancing

Somatic Mind-Body Therapy is a therapeutic approach that focuses on the connection between the body (soma) and the mind, emphasizing the way emotions, trauma, and stress manifest physically in the body. It involves a range of practices aimed at releasing stored tension, trauma, and emotional distress through awareness of bodily sensations, movement, and breath. By addressing both the mental and physical aspects of a person, somatic therapy helps bring balance to the autonomic nervous system (ANS), which regulates automatic bodily functions like heart rate, digestion, and stress responses.

Core Principles of Somatic Mind-Body Therapy:

1. **Body Awareness:** Somatic therapies encourage individuals to tune into the body's sensations, which may hold unresolved trauma or stress. Patients are guided to notice areas of tension, pain, or discomfort, and through this awareness, emotional healing can occur.
2. **Release of Stored Trauma:** Traumatic experiences can get "stuck" in the body, resulting in chronic tension, pain, or dysfunction in the autonomic nervous system. Somatic therapy aims to release these trapped emotions and sensations through movement, breath, and therapeutic touch.
3. **Autonomic Nervous System (ANS) Regulation:** The ANS has two branches—sympathetic (fight-or-flight) and parasympathetic (rest-and-digest). Chronic stress or trauma can lead to dysregulation, causing someone to get "stuck" in a constant state of fight-or-flight. Somatic therapy helps restore balance, allowing the body to switch more easily between these states.

Why It's Important for Autonomic Dysfunction in Modern Western Humans:

1. **Chronic Stress and Trauma:** Modern life often involves high levels of chronic stress, from fast-paced work environments to personal stressors. This can lead to autonomic dysfunction, where the body is in a constant state of hyperarousal (sympathetic dominance), leading to health problems such as anxiety, digestive issues, hypertension, and sleep disturbances. Somatic therapy helps individuals release this stored stress from the body, promoting relaxation and parasympathetic (rest-and-digest) activation.
2. **Disconnection from the Body:** Many people in the modern Western world live disconnected from their bodies due to the pressures of daily life, digital distractions, and lack of physical activity. This disconnection can make it harder to recognize and respond to the body's signals of stress or tension, contributing to autonomic imbalance. Somatic therapy fosters reconnection to the body, which is critical for emotional and physical health.
3. **Regulation of Trauma Responses:** People with unresolved trauma often experience dysregulation in their autonomic nervous system, alternating between hyperarousal (anxiety, panic) and hypoarousal (numbness, dissociation). Somatic therapies such as **Somatic Experiencing (SE)** or **Sensorimotor Psychotherapy** focus on helping the body process trauma at a physiological level, which in turn helps regulate emotional and stress responses.
4. **Restoring Balance and Resilience:** The body's ability to self-regulate and recover from stress, known as resilience, is compromised when autonomic dysfunction is present. Somatic therapy strengthens the connection between mind and body, promoting better stress resilience and recovery by enhancing parasympathetic activity, which supports healing, digestion, and restoration.

In conclusion, **somatic mind-body therapy** is important for addressing **autonomic dysfunction** in modern Western humans because it helps reconnect individuals with their bodies, releases stored trauma and stress, and supports better regulation of the autonomic nervous system. Given that many people experience chronic stress and disconnection from their bodily experiences, somatic therapy offers a crucial path for restoring balance and well-being.



Spiritual Dedication for the Benefit of all Sentient Beings:

The Paradox of our Age -HHDL

Paradox of our age:
We have bigger houses but smaller families,
More conveniences but less time,
We have more degrees but less sense,
More knowledge but less judgement
More experts but more problems
More medicines but less healthiness
We've been all the way to the moon and back
But have trouble crossing the street to meet the new neighbor
We built computers to hold more information to produce more copies than ever but we have less
communication
We have become long on quantity but short on quality
These are times of fast food but slow digestion
Tall man but short character
Steep profits but shallow relationships
It's a time when there is much in the window
But nothing in the room
-HH the XIVth Dalai Lama

