Summary Of
The Ancient Wisdom for Modern Health
rediscover the simple, timeless secrets of health and happiness
By Mark Bunn
Wisdom of Health Series

Who is the author?
Mark Bunn lives in Sydney, is an ex AFL footballer and now a natural health coach. His formal studies are in Maharishi Ayurveda, the 6000 year old ‘science of life’ that restores health, energy and zest for life using the universal, laws of nature. Mark worked for two years in Australia with a team of international doctors who used this health system to treat people with chronic health conditions that had plagued them for months and years. Using a change in diet, daily routines and lifestyle modifications, their conditions improved and there were significant improvements in their health, sleep patterns, blood sugar levels and shedding of excess kilos.

What research did Mark Bunn use?
His 2010 book is well researched, referencing over 100 scientific studies to validate the ancient habits of the healthiest, longest living people who are over 100 and are still active and lively. These people have not used western medicine and are from communities all over the world where aging is valued and their wisdom is respected.

They include
Native Americans   Indian Verdics   Ecuador’s Vilcabama
Australian Aborigines   Italian Campodimeles   SW China, Bama people
Russian Abkhazians   Japanese Okinawans
Indian Tarahumaras   Pakistan’s Hunzans

What are the Seven Wisdoms?
The Seven wisdoms are summarised below

1. **Wisdom One: Nourish The Heart before Nourishing the Body**—you cannot fall in love and catch a cold at the same time because loving who you are, the people around you and what you do makes the body strong.
   Laughter, helping others and optimism brings nourishing happiness.
   Social connection and feeling valued are the most highly prized factors in any health checklist. All these long living cultures value the wisdom of aging.

2. **Wisdom Two: Live In Tune with Nature’s Daily Cycles**—it guides how healthy people work, rest and play. The natural cycles are
   - **6 am -10 am- awakening energy.** Exercise is best early morning to kick start our body. Eat a light breakfast as the sun is low and rising, our metabolism is slower. Squat to eliminate wastes as bowel movement clears blockages to allow a natural flow of energy. 
   Have you noticed how unhappy constipated people are? That’s because laughter and contentment can’t flow through a blocked body.
   - **10 am-2 pm – peak energy.** Eat our main meal when the sun is high, our metabolism is high and our bodies are energised to easily digest food. The world’s healthiest people
have structured their day to fuel their body in this time frame— it prevents overeating at night. Support this with short bursts of sun on your skin for a Vitamin D power boost.

2 pm – 6 pm – creative energy. Our bodies are lighter, as the sun moves to set in the West. Our energy begins to wane and a short power nap after 3.30 in a sitting or semi reclined position (laying down makes us sluggish), eating fruit and drinking juice or sweet herbal teas around 4 pm will give an energy boost. For higher creativity include a walk or yoga.

6-10 pm – calming energy. Like the setting sun begin to slow down. Talk, read, meditate and eat supper which is supped or sipped like soup. Healthy cultures do not carry excessive weight and their blood vessels contain very little plaque the cause of heart attacks, stroke, Parkinson’s and Alzheimer’s. These diseases are only found in cultures that ignore natural cycles and eat fatty, rich foods in the evening when our bodies have little energy to digest them.

10 pm -2 am – restorative energy. This time is the most critical time for our health and well-being. Being asleep before 10 pm gives our body time to rest so our organs can digest impurities, fatigue, dissolve stress, detoxify and rejuvenate.

2 am and 6 am- brain functioning energy is the time of dreaming that rejuvenates our brain functioning. Awake with the birds and feel energised. Not so? Think about the previous 24 hours and if you have enjoyed the natural rhythm of living, eating, resting and receiving sunlight.

3. Wisdom Three: Eat ‘intelligent’ food. Rather than thinking of food as protein, carbohydrates and fats, think of food as an energy source to revitalise you. Wholesome decisions include choosing

a. Natural, wholesome, raw foods with no chemicals are not homogenised, refined, chemically preserved or fortified.

b. Not to zap food with microwaves kills the texture of food by changing its structure that conventional heating does not do.

c. Food for medicine. Don Tolman, the whole food medicine man has understood the secret messages of fruit and vegetables that help us remember their medicinal benefits. For example walnuts look like a brain and are good brain food, they nourish our memory and mental function

4. Wisdom Four: Exercise in ways that unite mind, body and spirit. Exercise has always been important for the peak development of humans. The ultimate purpose of exercise is to unify, rather than stress the body, so we create the exercise high, the relaxed, feel good endorphins.

People of long living cultures enjoy their physical activity. They move. They climb up and down mountains, garden, carry produce, dance, herd animals, til the soil as part of everyday life.

Maharishi Ayurveda advocates daily yoga practices where deep nasal breathing (as opposed to shallow mouth breathing), focuses our mind. Where attention goes energy flows. If we focus our attention on stretching muscles to release tension and stress, we relax and feel energised. If we focus our attention on enjoying our exercise, having fun and loving our work we do not have tension and stress, we feel energised. Life flows easily.

5. Wisdom Five: Connect daily with nature’s healing gifts, the elements – earth, water, air and fire (sun). Common to all healthy, long living populations has been a close affinity with the natural world.

The sun brings life, energy, vitality, colour, warmth and contrary to our western education, healthy sun exposure, for short periods of time in the middle of the day, when your shadow
is shorter than you are, is one of greatest allies to health and happiness. If you turn pink you have had too much exposure – the aim is to cover up before you become pink. If you feel pink in 10 mins then have 7 mins of sun exposure. Direct sunlight gives Vitamin D that helps fight infections, stimulate brain chemistry, regulates our body clock, helps calcium absorption and gives us a sunny disposition. Sun screens and commercial soaps can affect skin health and cause cancer. Studies by the world’s foremost skin cancer specialists Michael Hollick MD, PhD show the importance of Vit D for prevention of cancer.

The earth grounds us – it gives us stability, support and nourishment. Healthy cultures regularly walk bare feet on grass, sand, soil, and walk in nature. They sit on the grass.

Water purifies, cleanses, and revitalises us. Over 70% of our body is made up of water, our brains are 80% water and dehydration causes headaches, low energy levels, reduces blood flow, leads to constipation and reduces the ability of our cells to repair themselves. Water relaxes us, cools and soothes us. We do not need to drink 2 litres of water a day; the amount varies and depends on what we eat, where we are and what we do. Our urine is a better indicator – if we are hydrated our urine is clear and does not smell (unless you have eaten asparagus).

Air connects us – exercise increases air into our lungs and connects mind, body and soul.

Walk in the bush, connect with the natural, clean air.

Fresh air is important and at least one green plant in each main room of our house helps to oxygenate the air. Allow air to circulate using fans and opening windows.

In long living cultures space clearing exercises has been important for air and connection to flow. Reduce clutter to give yourself space to think and feel more clearly.

6. **Wisdom Six: Enliven Inner Silence** – we need to nourish our spiritual source through prayer, mediation, to know thy self. It is the silence between our thoughts that nourishes our highest creativity. Mark Bunn calls this transcendence – when we look past our busyness and thoughts to hear the space, the silence, the inner voice of what is important to us. We focus on bringing our subconscious to our conscious awareness. We understand our drivers.

7. **Wisdom Two Follow your inner wisdom** – when we hear our inner silence we listen to it – our gut feelings are our inner healing sign posts, our soul’s GPS. When we ask ourselves questions to understand how we are feeling, breathing, if we are energised, hungry, thirsty or tired. When we are aware of what we need we can tap into our inner wisdom and not rely on medical ‘experts’. Their knowledge guides us not dictates to us. All long living healthy people relied on their own observations and body wisdom. When we listen to our body, we know our sore throat will benefit more from eating the Vit C in oranges than swallowing a Vit C tablet. We know our body will heal quickly with a short rest rather than resting in bed for hours recovering from a cold or flu.

**In summary**

It is important to be happy and this is the basis for a healthy life. To give attention to what is important for each of us and where attention goes, energy, flows. When our attention, our thoughts and feelings focus on enjoying and appreciating what is important in our lives, connecting with important people and nature, energy flows and invites more of what makes us happy. This happiness creates endorphins that energise us and prevent disease, when our body is ill at ease with living.

These key messages have existed from the beginning of time and are seen in ancient cultures who have kept the connection with themselves, each other and nature.
So Mark Bunn reminds us to reconnect with what we already know to be true - to be healthy we happily listen and live our inner wisdom to connect with ourselves, our breathing, we exercise our body and mind and we give ourselves what we need to be in tune with the cycles of nature.

Some Reflective questions……..

1. When do you eat your main meal of the day - breakfast, lunch or dinner?
2. How often each day do you move your body and grow your mind?
3. How much processed food do you eat?
4. How much time do you focus on yourself, your spirit, your soul?
5. When do you listen to your inner silence – when you are frustrated, angry or sick or when you feel a niggle, uncomfortable, tired?
6. How often do you check on how you are feeling and breathing?
   i. Are you energised or is there tension?
   ii. Are you happy, anxious, thirsty, hungry or tired?
7. How often do you connect with the earth by walking barefoot or in nature, breathing air deeply, relaxing in water, feel the sunshine on your skin?