



GIMME TEN

not just herbs



He is a former Australian sportstar who recently authored a book titled Ancient Wisdom for Modern Health on India's ancient wisdom of Ayurveda. Now a regular speaker at major corporations on health, motivation and Ayurveda, here Mark Bunn talks about why he loves Ayurveda and why we would benefit from reconnecting with it.

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Transcendental Meditation, Yoga, and other Ayurvedic approaches all helped me during my professional football career and continue to help me enjoy greater peace and less stress in my personal life.

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Whenever I travel I make use of Ayurveda to reduce jet lag and to adapt to changes in seasons as I move between countries.

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Unfortunately, most people today think Ayurveda is just Ayurvedic herbs, but this is a great tragedy. Ayurveda is a complete 'science of life', covering everything from higher states of consciousness to diet, exercise and even the cosmic effects of the planets.

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Thanks to Maharishi Mahesh Yogi, the original purity of Ayurveda has been restored (Maharishi Ayurveda). It once again incorporates the essential element of consciousness, and simple, mental 'technologies' such as Transcendental Meditation, to develop full human awareness.

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It gives me immense joy to help busy businesspeople to achieve both better wellbeing and life balance (inner health) while also maximising their work performance (outer success) through simple Ayurvedic changes.

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By understanding the doshas or 'governing principles of life' (*vata, pitta and kapha*), we can make simple changes to our diet, exercise or work to create balance rather than disease. Prevention is, you know it, better than cure.

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Recent negativity about the safety of Ayurvedic herbs is simply due to certain manufacturers not adhering to the traditional (proper) methods of preparation. Ayurvedic herbs should be prepared properly and taken in the right way.

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Ayurveda is recognised by the World Health Organisation as the 'world's oldest continuous system of health-care'. While Western drug-based medicine is proving to be highly toxic with harmful side-effects, simple Ayurvedic wisdoms of 'eating light at night', and rising with the morning sun, have been proven to promote health for thousands of years.

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Ayurveda is a renowned 'preventative' science. Each year my wife and I travel to India to do Ayurvedic *panchakarma* treatments. This allows us to start each new year rejuvenated and refreshed. It's like a new life altogether.

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Ayurveda lies at the heart of Indian culture and the profound tradition of Vedic knowledge. India and Ayurveda should be the world leaders in health-care today as Ayurveda is the only system that knows how to create complete health.