

DR. AMEET AGGARWAL ND

# Your Mind-Body Fast Track

5 Pillars of Health for Faster Healing and Lasting Results



# About the Author

Dr. Ameet Aggarwal is one of the only clinicians worldwide with credentials as both a naturopathic doctor and psychotherapist. Voted one of the top 43 therapists worldwide for his unique approach, he combines the science of functional medicine with the intuition of energetic therapies to help people heal the body and mind as one.

Dr. Ameet's best-selling book, *Heal Your Body, Cure Your Mind*, and the accompanying online course share one of the most comprehensive health approaches to anxiety, stress, depression, and chronic disease. Dr. Ameet is also available for personal virtual consultations worldwide. Learn more at [drameet.com](http://drameet.com).

# Disclaimer

The information in this guide is for educational purposes only and does not constitute medical advice. Nothing in this guide is meant to prevent, diagnose, or treat disease. Please consult a qualified healthcare practitioner before making any changes to your health routine. For complete terms and conditions, please visit [drameet.com](http://drameet.com).

# Welcome to your Mind-Body Fast Track!

Hi there...

I'm Dr. Ameet, and I'm so happy you've chosen to download this guide to your Mind-Body Fast Track. In this guide, you'll learn how to balance the 5 pillars of health so that you can finally heal your body and mind together.

If you are struggling with any chronic condition—whether it's anxiety, depression, insomnia, hormonal imbalances, digestive issues, weight gain, or something else...this guide is for you.

Even if you feel like you've exhausted your possibilities in medicine, nutrition, remedies, and therapy, I'm telling you there is hope.

That's because what most people miss is that you can never fully heal and attain long-lasting results unless you treat both the mind and body TOGETHER.

Over the last 15 years, I have helped thousands of people overcome challenging physical and emotional conditions with the strategies that I teach in my book, my online course, and personal consultations with clients.

Now I'm sharing some of those strategies with you for free—in the guide you are about to read.

I hope you will experience a transformation with the information you are about to read. And when you are ready, I hope you will also choose to join my online course at [drameet.com](http://drameet.com).



**Dr. Ameet Aggarwal ND**

Naturopathic Doctor and Psychotherapist

# The 5 Pillars of Health

In this guide and the accompanying video series, you'll learn how to balance the 5 pillars of your health so that you can heal faster and achieve lasting results. Here is an overview of the 5 pillars.

**1** Heal Your Gut

**2** Detoxify Your Liver

**3** Strengthen Your Adrenals

**4** Reprogram Your Emotions

**5** Release Family Entanglements



# 1 Heal Your Gut

**CLICK HERE** to  
watch the  
video at  
[DRAMEET.COM](https://drameet.com/video1)  
/VIDEO1

[\[Click to watch the video on healing your gut here\]](#)

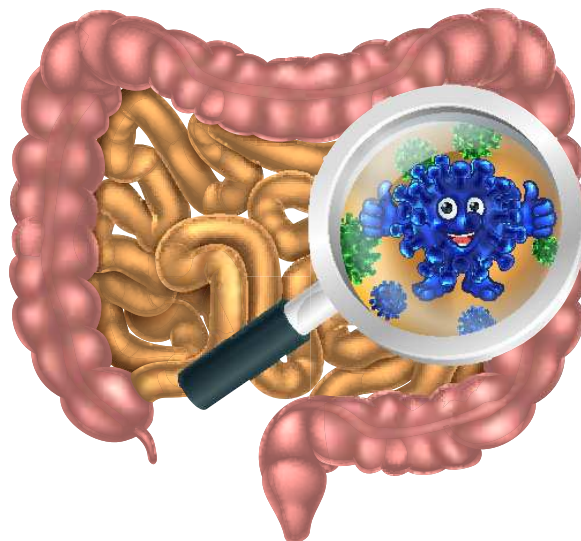
It isn't just people with heartburn or gas or bloating that need to worry about the gut. Poor gut health could silently be compromising the health of your entire body.

Why? Because the lining of your gut acts as a barrier between your body and the outside world. It is kept healthy by good bacteria and good food. Over time—because of stress and antibiotics and junk food—the good bacteria die off, and the lining of your gut becomes damaged.

**That causes inflammation.**

And the inflammation doesn't only affect your gut. It can affect any organ or body system. Inflammation from poor gut health drives chronic pain, headaches, and skin problems. It aggravates PMS, anxiety, and depression. Inflammation can make it almost impossible to lose weight.

The best place to start if you suspect that inflammation is wreaking havoc on your body is to heal the gut. You can do that with herbs, vitamins, and probiotics. You can also do it with foods.



## Quick Tip #1

Some foods and drinks create inflammation in the gut:

- Soda
- Alcohol
- Sugar
- Wheat
- Dairy

Which of these do you eat or drink most often? Is it every day? Multiple times a day? Remove that one food from your diet for an entire week. See if this simple change gives you more energy, clarity, or relief from pain.



## Meet Karlene...

Karlene came to me with severe premenstrual symptoms, migraines, fibroids and excessive bleeding. No doctors could help her and she had to take the birth control pill, which had its own side effects, like weight gain, water retention and mood swings. She took my program and fixed her hormones by changing her diet, detoxifying her liver and healing her gut. Within 5 weeks, her PMS symptoms disappeared, she threw away the birth control pills, never complained about migraines again, and is now a proud mother of a healthy baby boy.

# 2 Detoxify Your Liver

**CLICK HERE** to  
watch the  
video at  
**DRAMEET.COM**  
**/VIDEO2**

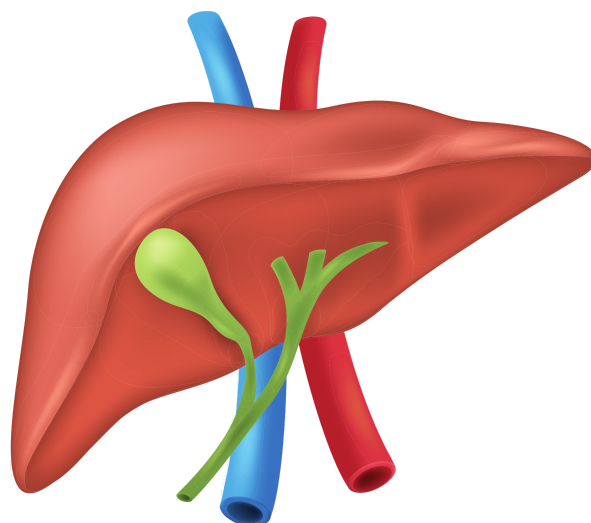
**[Click to watch the video on detoxifying your liver here]**

Poor liver function leads to toxicity in your body, which is directly linked to anxiety, depression as well as hormonal imbalances and conditions like low libido, menstrual issues, migraines, thyroid troubles, and more.

The liver's main job is to clear toxins from the body—things like everyday chemicals, pesticides, medications, and alcohol. But your liver also has many other functions. It produces bile for digestion, stores vitamins, activates immune cells, metabolizes hormones, and helps to control your blood sugar.

When your liver becomes overwhelmed by toxins, it cannot carry out its many essential functions. Your immune system cannot function properly, your hormones get out of whack, and your neurotransmitters suffer.

You can help to clean your liver every day by eating lots of fruits and vegetables, a high-fiber diet, and drinking plenty of water. There are also some herbs that can help, such as milk thistle or dandelion root.



## Quick Tip #2

There are 2 simple habits that will support healthy liver detoxification every day. Both habits trigger the liver to release bile, which will support your digestion and keep the liver healthy for all its functions.

1. Drink a mug of hot water with lemon and ginger each morning or between meals
2. Begin each meal with a salad of bitter greens, like arugula, radicchio, mustard greens, or dandelion greens



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"A year ago I was fighting with overweight, depression, stress, divorce and so much more. Today, a year later, I am a little under my goal weight, no more depression, stress free and happy to file for that divorce. Your guidance has played so much in my life that it has changed me all around. For 25 years I battled PCOS which I blamed and was never able to be happy but today with the way I followed you about lectures on the hormones and depression and how to eat, I've lost 80 pounds in one year. My doctors are all shocked to see my results and the only thing I can bring up is "Dr Ameet Aggarwal" I can't stop talking about you."

-Darshana

# 3 Strengthen Your Adrenal Glands

CLICK HERE to  
watch the  
video at  
DRAMEET.COM  
/VIDEO3

[\[Click to watch the video on strengthening your adrenal glands here\]](#)

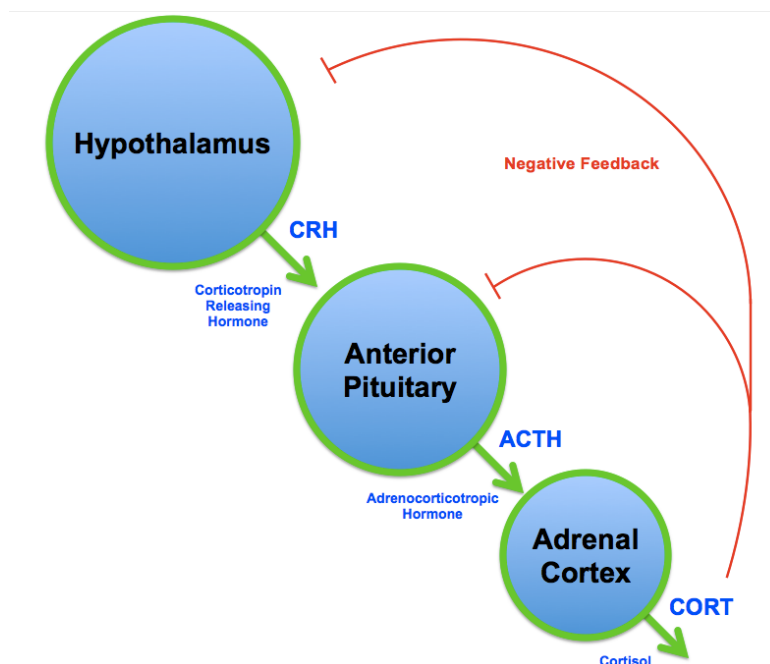
Whether or not you have trauma in your past, your adrenal glands and nervous system may be responding as if you have.

It could be things as simple as bullying, financial stress, or seeing your parents fighting a lot as a child. It could be something more serious, like abuse or abandonment. Any of these things can prime your nervous system to fight or run away from the stress.

And that taxes your adrenal glands.

Researchers use the term Adverse Childhood Experiences, (ACEs) to refer to any type of stress during childhood. Studies show that ACEs increase your risk for many chronic illnesses—like anxiety, depression, obesity, chronic fatigue, and nervous system disorders.

You can strengthen your adrenal glands with nutrients, like B vitamins, vitamin C, and zinc. You can strengthen them with herbs and homeopathic remedies. You can also strengthen your resilience to stress by using emotional release and breathing techniques.



## Quick Tip #3

Your adrenal glands become depleted by stress as well as too much sugar and starchy foods. One quick change to strengthen your adrenal glands is to eliminate sweets and sugar from your diet.

Another simple strategy is to take 5 deep breaths 5 times a day. Set a timer to be sure you remember this powerful stress-relieving technique.



## Meet Crafton...

Crafton, one of the top 40 businessmen under 40 years old, beat severe depression, anxiety and self-doubt. He recovered because we helped him heal his diet, reduce inflammation, strengthen his nervous system, and release self-doubting beliefs he acquired from negative experiences in his life.

# 4 Reprogram Your Emotions

**CLICK HERE** to  
watch the  
video at  
[DRAMEET.COM](http://DRAMEET.COM/VIDEO4)  
[/VIDEO4](http://DRAMEET.COM/VIDEO4)

[\[Click to watch the video on reprogramming your emotions here\]](#)

If you've experienced any sort of trauma or Adverse Childhood Experiences (ACEs), this transformational step is for you.

When you experience trauma, your body stores the emotion in a primitive part of the brain, called the limbic system. Even when you take supplements and herbs to heal your body, the root cause of your problem might still be living in your nervous system.

Talk therapy and counseling might help you make sense of past trauma and understand it in a logical way, but the only way to experience real and pure freedom is to release the trauma from your body and reprogram your patterns of emotions and beliefs.

I have recorded a video that walks you through an emotional release exercise that will help you overcome negative beliefs and emotional blockages which are stressing you and affecting your health.

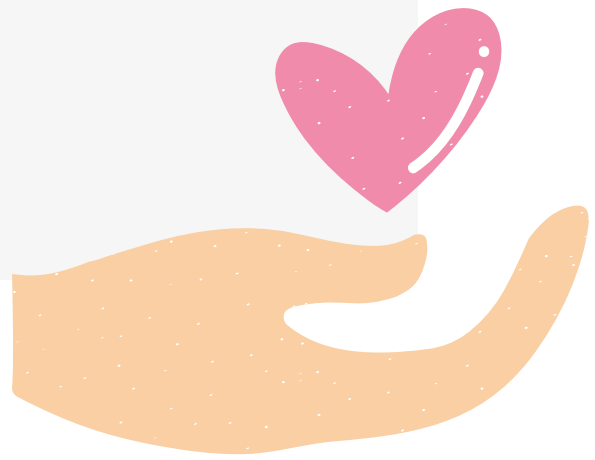
It's an exercise that is part of my comprehensive online course, *Heal Your Body, Cure Your Mind*, but is free with this guide.



## Quick Tip #4

Listen to the emotional release exercise that is part of the video at [drameet.com/video4](https://drameet.com/video4).

Repeat this exercise daily for the next several days.  
See how your thought patterns change over time.



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"I have been having issues with trauma, energy, weight gain, and insomnia. Slowly but surely, as i proceed through the course, things are improving. Forty some years of issues all being released and flushed from my system!"

-Sunny

# 5 Release Family Entanglements

CLICK HERE to  
watch the  
video at  
[DRAMEET.COM  
/VIDEO5](http://DRAMEET.COM/VIDEO5)

[\[Click to watch the video on releasing family entanglements here\]](#)

Once you've nourished your gut, liver, adrenal glands, and emotions, it's time to look beyond your individual self. Next, we look to the relationships you have within your family as well as links to your ancestors.

This step is especially important if you feel you've done everything you can yet still don't have the relief you seek for emotional challenges. Maybe you've gone to counseling or had psychotherapy or tried other types of emotional healing. But the same patterns keep emerging in your life. Maybe it is repeated miscarriages. Relationship break-ups. Unexplained anger or anxiety. Addictions that cannot be explained.

These repeated patterns in your life do **not** mean you'll never heal. They may mean that you have just not found the right therapy yet. One therapy I'd like you to consider is called Family Constellations Therapy.

Family Constellations Therapy is a way to let go of ancestral traumas and entanglements within your family system that could be affecting your well-being. Listen to the video at [drameet.com/video5](http://drameet.com/video5) for an explanation of this therapy.



## Quick Tip #5

If it feels safe, talk with your family members about any miscarriages, abortions, abandonment, or other traumatic events while you were a child. Were there any victims of war in your family, secret affairs, murders, big hardships in life, or any family members who were ignored or excluded by the rest of your family? All of these events carry a weight in your family system.

There are ways to heal these traumas with Family Constellations Therapy (available in 1:1 sessions), but even just knowing the information will begin a subtle healing within the family system.



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"I thank Dr. Ameet because he doesn't want to slam pills down your throat, he really wants to know what's going on, whether it's something interior with your organs or something emotional. He really cares about his patients and wants to change the way people think of medicine"

-Valentine

# Putting it all together...

## Embrace a Lifestyle of Health!

**CLICK HERE** to  
watch the  
video at  
**DRAMEET.COM**  
**/VIDEO6**

**[Click to watch the video on embracing a lifestyle of here]**

When you're feeling sick or tired or burned out or exhausted, it's easy to get distracted by all of the remedies and therapies that promise relief.

Maybe you've collected piles of nutritional supplements, hoping for a cure. Maybe you have a shelf full of herbs or homeopathic remedies that sounded promising but never really helped. Maybe you've invested time and money into counseling—only to still feel stuck or anxious or depressed.

It may be that you haven't yet found the right combination to heal your body and mind together. But it might also be that your own lifestyle habits are getting in the way. To achieve lasting results, you must also embrace a lifestyle of health:

- Eating a healthy diet
- Drinking plenty of clean water
- Exercising or moving your body
- Breathing the outdoor fresh air
- Sleeping on a regular schedule
- Adopting habits that help you relieve stress
- Spending time with the people you love.



# Embrace a Lifestyle of Health

Look at the list of healthy lifestyle habits on the previous page. Where do you need to improve? Choose one lifestyle habit that supports health and focus on doing that every day.

For more support and specific protocols that I use to help my clients embrace a lifestyle of health, check out the comprehensive online course at [drameet.com](http://drameet.com).



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"Dr. Ameet's course changed my life. I used to be overweight, fatigued, very depressed and ached all over. Now I can run, feel confident and even feel more intimate in my sex life.

Thank you!"

-Sarah

# Get the Exact and Complete Protocols

I hope you have found this Mind-Body Fast Track helpful! This is a small sample of what you will learn in the complete online course, *Heal Your Body, Cure Your Mind*. The course gives you specific vitamins, herbs, supplements, homeopathic remedies, AND emotional release techniques to help you heal faster and achieve more lasting energy and health.

Stop trying to piece together your own plan. Instead, enroll in the course and get my proven protocols. Your health will give you the freedom to enjoy a life of authenticity, abundance, and joy.

Blessings,

Dr. Ameet

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