

Align with Nature

Reconnecting with Nature

Recognizing our connection to nature—both externally and internally—is crucial. From the ground up, our bodies are **designed to connect** with the world around us, yet modern life disrupts this bond. Take shoes, for instance. The thick soles we wear today distance us from the Earth. Choosing barefoot shoes, or going completely barefoot, restores that **direct connection** through the soles of our feet. It's a simple shift, but it brings back a **sense of natural alignment**.

Beyond the physical link between our feet and the earth, it's essential to consider our **internal alignment**. The way we treat our bodies—**what we eat, how we move, even when we eat**—determines whether we thrive in sync with nature or fall into artificial patterns.

“To align with nature is to align with vitality.”

The Modern Imbalance

Look around: **boxes are everywhere**. We live in boxes, work in boxes, commute in boxes. Our bodies, trapped indoors, are isolated from the Earth's natural rhythms. Think back to the pandemic and lockdowns—that was the epitome of unnatural living. We shouldn't normalize that disconnection. **We must get outside**, whether for a walk, sunlight, or a moment in nature.

For me, **Fairmount Park** in Philadelphia is a sanctuary. Mornings on the Schuylkill River Trail, surrounded by birds and insects, are when I feel most alive. **The sun rising through the trees, dirt underfoot—this is alignment**. The sun on my skin, sounds of life awakening, and earth beneath my feet create a **sensory experience** that grounds me.

Aligning from Within

Internal alignment is just as important. **Fasting** is one way I cultivate this. By eliminating breakfast and lunch, I **align my gut and mind**, tuning into natural cycles of hunger and focus. This connection sharpens my senses, making me more **aware and alive**. Street photography, too, has improved as I fast—my attention to detail and awareness of my surroundings are heightened.

“Perhaps we are wired for this way of living, attuned to the natural rhythms of the world around us.”

Historically, hunter-gatherers were on their feet all day, only eating after a successful hunt. I replicate this by **fasting until evening** and breaking the fast with red meat. It’s a return to a natural state—and it works.

The Power of Food

For the past two years, I’ve been on a **carnivore diet**, and I’ve never felt better. **Eating red meat**—beef, lamb—is the ultimate fuel. When we eliminate junk foods, we realize just how **unnatural most foods are**. Recently, I checked a jar of peanut butter—loaded with vegetable oils and high fructose corn syrup. How did we stray so far from nature?

Movement and Strength

Movement is essential. I walk at least **30,000 steps a day**, about half a marathon. To me, **running feels unnatural**. Hunters in the wild didn’t sprint after prey; they crafted tools and hunted with precision. **Running wears down the body**, and I’ve rarely met a runner without knee or joint problems.

Our bodies are like batteries. With a good night’s sleep, we recharge, waking up with full energy reserves. My goal each day is to **deplete that energy by staying in motion—walking, standing, and moving**. By day’s end, I want to be at 1%, ready to recharge overnight. **Sitting, to me, is death**.

Living with Vitality

The only life worth living is one filled with **vitality**. Aligning with nature means aligning with vitality. It's simple: **stand up, walk, eat clean, feel the sun**. Don't weigh your body down with processed foods, toxins, or excessive sitting. Fuel yourself with the best—**real, whole food from nature**. Recharge with **deep sleep, sunlight, and constant movement**.

For me, this is the way. No clocks, no artificial rhythms—**just the sun, the earth, and the body as the ultimate guide**. When we align ourselves with nature, **vitality is inevitable**. And a life full of vitality? That's the only life worth living.

Key Takeaways

- **Reconnect with Nature:** Go barefoot or wear barefoot shoes to feel the earth beneath you.
- **Avoid the Modern Imbalance:** Spend time outdoors; Fairmount Park and morning walks are my go-to.
- **Align Internally with Fasting:** Skip breakfast and lunch; focus on a single, nourishing meal.
- **Fuel with Red Meat:** Avoid processed junk, focusing on whole, clean foods.
- **Stay in Motion:** Walk daily, avoid sitting, and let your body reach full energy depletion by day's end.
- **Embrace Vitality:** Stand, walk, eat clean, and enjoy the sun.