

The Truth About Health and Art: Building a Strong Foundation for Creativity

When you dedicate time and energy to **focusing on your health**, everything else truly starts to fall into place. Health is the foundation upon which all other pursuits rest, and the more exuberant your physical well-being, the greater your *lust for life* and *motivation* to create.

Health as a Catalyst for Art

For me, prioritizing health has brought a sense of **confidence, vigor, and courage** that permeates my work. The healthier and stronger I become, the more I feel empowered to *transcend as an artist and photographer*. When your body is in peak condition, there's a clarity and energy that makes artistic expression not only more possible but more potent.

"The healthier and stronger I become, the more I can transcend as an artist and photographer."

More Meat, More Power, More Photographs

The best diet for a street photographer? **The carnivore diet**. Eating a diet rich in red meat provides a unique power and stamina—more energy to walk, explore, and photograph. By fasting during the day and eating a single, hearty meal at night, I'm fueled for the demands of street photography, with **a sharp mind and unlimited power** to stay on the hunt.

"More meat, more power, more photographs."

God is in Your Gut: Trusting Intuition in Street Photography

In street photography, following your intuition is essential. *Great photographers follow their godlike intuition or gut feeling.* Fasting and eating a large meal of red meat each night sharpen my instincts. This diet keeps me clear-headed and focused, without the distractions of hunger or bloat. I'm always ready to react, to capture, to create.

"God is in your gut."

Why Health Fuels Creativity

Health provides a solid platform for creativity. When the body is energized and resilient, the mind is free to wander, explore, and stay curious. It's a direct path to deeper inspiration and sharper focus, allowing you to channel your creativity with purpose and passion.

Key Takeaways

- **Prioritize health** as a foundation for all other pursuits.
- **Follow a high-protein, carnivorous diet** for energy, stamina, and focus.
- **Trust your gut**—fueled by fasting and a big, protein-rich meal, you'll have intuition and power to capture life as it unfolds.
- **Transcend in your art** by cultivating a healthy, energetic body and mind.

The truth about health and art is simple: the better you care for yourself, the stronger your creative spirit becomes. Make health your priority, and watch everything else—art, life, and purpose—fall into place.