

Health Is Wealth

What's popping, people? It's Dante, getting my morning started off here in the **Symposium**. Welcome, welcome. This is the Pavilion in the Trees—a place I love to be.

Today's topic: **health**. *Health is wealth* and what that means to me.

Health and Vitality as an Artist

As an artist and a photographer, focusing on my **vitality** is what allows me to cultivate curiosity. Waking up well-rested, eager to start the day, and catching the sunrise—that, to me, is success.

“Increasing my curiosity by 1% each day is my ultimate goal. To achieve this, I must focus on health and vitality at the forefront.”

Health puts life into perspective. I'm simply grateful to:

- Walk freely.
- Breathe in fresh air.
- Drink clean water.
- Have clothes that protect me in winter.
- Rest in a warm bed each night.

These simple things remind me how much wealth I already have through health.

Gratitude and the Finite Nature of Life

At the end of life, you can acquire all the material things, but what really matters? To me, it's the ability to wake up in the morning and have another chance at life.

“Any day could be your last. Maybe it’s best to focus on the simple fact that we have another chance—another day.”

We are bound by gravity, creatures of flesh who bleed and will die. But each day we wake up, we have another shot, and that's wealth in itself.

Fasting: A Path to Clarity and Strength

I learned about fasting during my time volunteering with a Palestinian family in Jericho. It was Ramadan, and we fasted all day and feasted at night. That clarity I felt while fasting stayed with me.

Two years ago, I started taking fasting seriously—removing breakfast and lunch and eating just one meal a day. The results?

- **More energy**
- **Improved health**
- A clear connection between mind and body

“The gut is more intelligent than the brain, and as an artist working with spontaneity, having strong intuition is critical.”

There's also a spiritual component to fasting—something primal. I remember the **Eid al-Adha** day of sacrifice in Jericho. We fasted, slaughtered goats, and then feasted at night. That gratitude for food, for life itself, was profound.

Now, I only eat meat in the evening. It fuels me with **abundance**, with energy, and with power. Honestly, I feel healthier than ever.

The Problem With Modern Food

When I was a kid, I'd eat one Oreo, then the whole sleeve. These foods are designed to addict us. But here's the thing:

- You can't blame corporations.
- You can't blame the food.

You have to take control of your life.

“If you view health as the ultimate sign of wealth, the decisions you make each day will be different.”

You'll avoid junk food, skip sugary sodas, and instead fuel your body with protein, fat, and nutrients that give you vitality. Feeling low on energy is the ultimate defeat, and I refuse to accept that.

Extremes Over Moderation

Moderation doesn't work for me. I'm an extreme person, and I want **extreme health** and **extreme vitality**. For me, the carnivore diet and fasting have honed my everyday life into something supreme.

“The ultimate way to live life is by maximizing joy. And to maximize joy, you must maximize your health.”

Take Control of Your Life

If this inspires just one person to stop eating junk food, start fasting, and take control of their health, it would make my day. Don't let sugar and processed food poison you.

Instead:

- Focus on increasing vitality.
- Go to bed as if it's your last night.
- Wake up feeling grateful for another chance.

“If I were to die tonight in my sleep, so be it. But if I wake up tomorrow, full of health, vitality, and power—let's go.”

Recognize That Health Is Wealth

Health is wealth. It's about feeling good, knowing your family is healthy, and waking up each day full of vitality. For me, it's the ability to walk out my door and feel good—physically, mentally, and spiritually.

“With health at the forefront, everything else falls into place.”

Health is wealth. Don't forget it.