

Strong Body, Strong Spirit

Poor mental health is a manifestation of spiritual starvation.

Or to say it more tangibly—

Your body is a temple.

If your temple is poisoned by drugs, alcohol, processed food, poor sleep, and a lack of movement or strength—then of course the mind will suffer. The person inhabiting that temple will experience what we now call *depression*, *anxiety*, *fatigue*, and all the rest.

But when your temple is clean—when you're fasting, drinking pure water, eating satiating animal foods like red meat, sleeping deeply, moving daily, spending time under the sun—then the person inside the temple begins to thrive.

Strong body, strong spirit.

Physical purity leads to mental clarity.

And **physical health is the outer reflection of inner spiritual health.**