



Healthy Living According to Gandhi

Mahatma Gandhi, M.K. Gandhi

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A discerning selection of thematic essays on health & sustainable wellness by one of the truly great figures of the twentieth century. True health is a balanced state of physical, emotional, spiritual, mental and social well-being attained only by living in obedience to the laws of nature. Illness is the result not only of our actions but also of our thoughts. More people die out of the fear of disease than the disease itself. Nature has given our body an innate capacity to heal itself. Our role is to help promote this process by removing obstacles to healing so that body can take care of itself. Ignorance is the root of disease. We often get bewildered at the most ordinary diseases, and in our anxiety to get better simply make matters worse. Our ignorance of the most elementary laws of nature and health leads us to adopt wrong remedies.

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