

BODY THRIVE

Uplevel Your Body & Your Life
with 10 Habits from Ayurveda and Yoga

CATE STILLMAN

Praise for *Body Thrive*

“In *Body Thrive*, Cate Stillman expertly distills the time-tested and often complex wisdom of Ayurveda to provide succinct tools and practical daily habits to help modern humans experience extraordinary health. This is the next frontier of Ayurveda.”

MARK HYMAN, MD
medical director at Cleveland Clinic’s Center for Functional
Medicine and 11-time #1 *New York Times* bestselling author

“Ayurveda is not only ancient Indian medicine—it is a universal body of knowledge that Cate Stillman delivers seamlessly into your living room, where it belongs. *Body Thrive* offers Ayurvedic practices that are doable and logical for modern readers!”

JOHN DOUILLARD, DC, CAP
bestselling author, founder of LifeSpa.com

“In *Body Thrive*, Cate Stillman delivers the timeless, ancient wisdom of Ayurveda in a practical 10-step program. Within the thalamus part of the brain, there is a special gene which maintains the circadian rhythms of our biological clock. Stillman’s teachings touch this subtle, invisible clock, bringing harmony, happiness, and long life. This book will change your body, mind, and consciousness so your life can become more whole.”

VASANT LAD, BAM&S, MASC
founder of The Ayurvedic Institute, author of *The
Complete Book of Ayurvedic Home Remedies*

“*Body Thrive* distills a road map for optimal health for the mystery we live in . . . our body. I recommend using Cate’s 10 habit principles to get into alignment and to discover your unique purpose in being alive in these interesting, changing times.”

ANA T. FORREST
creatix of Forrest Yoga and author of *Fierce Medicine*

“The beauty of the ancient tradition of Ayurveda is that it brings to the forefront the necessity of ritual for the body, mind, and soul. *Body Thrive* is a coming home, a way to truly be present with who we are on the spiritual level, by engaging in body-based self-care practices. This book is the perfect manual for honoring your body as a temple so that your life is manageable, fulfilling, and joyful!”

DEANNA MINICH, PHD

author of *Chakra Foods for Optimum Health* and *The Rainbow Diet*

“As complexity increases all around us, it is easy to forget that the most effective tools we have to make positive changes in ourselves are often the simplest. Change your habits and you change your existence. In *Body Thrive*, Cate Stillman—who has revised basic teachings from Ayurveda to fit the modern world—offers practical tools for realigning our lives with the rhythms of Life that our bodies crave to follow. Make an honest effort to introduce these 10 habits into your existence and you are certain to benefit.”

ROBERT SVOBODA

BAMS (Ayurvedacharya), author of *Prakriti: Your Ayurvedic Constitution*

“Cate Stillman is a healer and a dedicated advocate for self-healing through yoga and Ayurveda. In these pages, you will learn to nurture and nourish yourself by attuning your habits to focus on positive choices that garner health and happiness.”

MAYA TIWARI

Ayurveda pioneer, author, and humanitarian

“How many of us struggle with the wide chasm between what we *know* is ideal health and what we *do* to achieve it? In *Body Thrive*, Cate Stillman has distilled her decades of education and experience leading thousands through exemplary programs that build this bridge. She takes you through a powerful program with 10 simple but potent habits so that you can truly thrive.”

ERIC GRASSER, MD, CAY

“*Body Thrive* engages readers with life-changing advice and a no-nonsense approach to lasting health. I love how Cate ushers her readers into taking action so that they too can be masters of Ayurveda.”

TALYA LUTZKER

author of *The Ayurvedic Vegan Kitchen*

“In *Body Thrive*, Cate Stillman has provided a manifesto to thrive—not just survive—in our lives. Packed with numerous actionable pearls of wisdom for optimizing sleep, nutrition, movement, and connection with self and others, you can feel Cate’s approach to a body-empowered and zestful life come through the pages!”

MARK MENOLASCINO, MD
author of *Heart Solution for Women*

“*Body Thrive* is an upbeat and inspiring take on Ayurvedic wisdom. Cate’s supportive and engaging style welcomes readers into the fold and sets us up for success from the very beginning. Creating new habits is indeed an evolutionary science, and *Body Thrive* is on the cusp of this movement.”

KATE O’DONNELL
modern yoga wisdom teacher and author of *The Everyday Ayurveda Cookbook* and *Everyday Ayurveda Cooking for a Calm, Clear Mind*

“Cate is a genius at sharing the potent self-care practices of Ayurveda in an accessible, methodical, and joyful way. *Body Thrive* is an invaluable guide for anyone interested in self-healing and transformation.”

SCOTT BLOSSOM
founder of Shunyata Yoga

body thrive

uplevel your body &
your life with 10 habits
from ayurveda & yoga

CATE STILLMAN



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This book is not intended as a substitute for the medical recommendations of physicians, mental health professionals, or other health-care providers. Rather, it is intended to offer information to help the reader cooperate with physicians, mental health professionals, and health-care providers in a mutual quest for optimal well-being. We advise readers to carefully review and understand the ideas presented and to seek the advice of a qualified professional before attempting to use them. To protect the privacy of Body Thrive members whom the author has coached over the years, names have been fictionalized.

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To the Planet

May we humans awaken to our potentials of dynamic collaboration with each other and with Earth.

To My Clients

To the certified coaches in the worldwide association of Yoga Health Coaching and to the Body Thrive Coaches for your studentship (*adhikara*) and your dharma. May this book help you help others as you set the global standard for Yoga Health Coaching.

To My Teachers' Teachers

I'm a synthesizer. My tremendous teachers imparted deep wisdom, and I attempt to make this wisdom even more user friendly. In this book, you may recognize the voices of my teachers. They are, in order of appearance in my life: Tim and Missy Goss, Don Cannon, professor Michael Molitor, John Friend, Dr. Vasant Lad, Sally Kempton, Craig Hamilton, Katrina Blair, and Dr. Claudia Welch. In gratitude to all those who dedicate their life to seeking, living, and sharing deep wisdom for the good of all.

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You Only Get One Body

You only get one body. Which habits are you going to mold it with?

There is a rhythm to your body thriving. When you know and live into this rhythm, you engage in your best life ever. The rhythm creates an order. When you engage the order, you thrive; when you disregard it, you suffer.

This suffering may be slow and superficial, or deep and painful. The aim of this book is to up your thrive through engaging the rhythm of life, the natural order.

A vibrant physique, an abundance of energy, and higher consciousness are worthy aims for the arrow of your attention.

Ayurveda, an age-old science of rejuvenation, gives you a manual for body wisdom and daily thrive as you chronologically age. If you up your game in wellness and body smarts by learning from your yesterdays, you experience body thrive. Learning from past behavior is the basis of health and healing. Informed, intentional habits rejuvenate you.

Part 1

Orientation

How Are You Designing Your Body?

Your reality in body, mind, and spirit is a reflection of your habits. Your choices heal or undermine you, and your habits direct the lens through which you view your life. These small, seemingly inconsequential habits breed your life experience.

Will you merely survive? Or earnestly thrive? Better habits open and strengthen your body even as you age; they open your mind to attract ideas that align with what you want to do and who you want to become next. Better habits also awaken your spirit and foster better relationships.

If your current habits are aggravating your body but you keep up your current state of affairs, you'll exacerbate those aggravations, and things will get worse. When you don't act on what you've learned, you turn your direction toward suffering, which leads to aging. You'll be grumpy, anxious, tired, stiff, or fat instead of fluid, graceful, fun, and sparky.

You craft your inner universe: how it's organized, how it runs, the vibe, and the way you age. What is the organization of your organism? How is your reverberation? Are you fluid, connected, contented? Or are you chaotic, stressed, overscheduled, bloated, or depleted? Are your habits intentional and effortful, or careless and regressive?

Your Habits Should Get Smarter as You Age

As a self-reflective human, you're designed to get smarter. By your very design, you can upgrade how you experience your life by refining, reforming, and then automating your habits. Right now, you are choosing the habits that will generate future ease or future stress.

When you slip into substandard habits, you start to live out of sync. Your emotions will generate a negative reverberation, which will, in turn, influence your thoughts and your biochemistry. You will experience more stress than ease in your emotions, in your thoughts, in your relationships, and in your body.

In this book, I crack the code of ten essential daily habits from the deep and ancient holistic science of Ayurveda, the perennial body-wisdom tradition that arose in tandem with yoga, the fully embodied path of living awake and at ease. Here lies a simple curriculum that every person should learn as a child, master as an adult, and refine as an elder for their body and life to thrive. *Body Thrive* is about upleveling your habits into the habits of ease, of wellness, of thrive.

The Wisdom of Yogis Is Based on Habits

The yogis of yore deeply explored human consciousness. Through their four-plus millennia of guru-to-disciple personal experimentation, the *yogis* (yoga masters) and *vaidyas* (Ayurvedic doctors and masters) discovered that consciousness in both mind and spirit is wired through physiology.

Matter equals energy. As you open and strengthen the body's subtle energy technology, you open the mind to higher thought. You open your emotions to bliss and interconnectivity. Your physical body can support the capacity of your spirit to expand, and vice versa. As you pulsate, building integrity on both the subtle and gross levels, your capacity for thrive amplifies.

The body is wired for ecstasy, what the yogis call *bliss*. Your biochemistry is your pharmacology. The ten Body Thrive practices from yoga and Ayurveda teach you how to turn on and subtly optimize your biochemistry and activate your pharmacology. The practices become habits. When you age with the practices of yoga and Ayurveda, you elevate your capacity for and refinement of bliss on all levels of your

being: physical, mental, emotional, relational, spiritual. The ecstasy is actually internal—better named “enstacy.”

Inversely, most modern humans miss the boat and age themselves with physical, mental, emotional, or relational degeneration, much of which is preventable. We know from Sir Isaac Newton that an object in motion stays in motion with the same speed and in the same direction unless acted upon by another force. Humans are the evolution of the laws of physics and nature. We can consciously choose to align with these laws, which lead to an experience of ease, flow, and the awakened regenerative nature of our bodily intelligence. When we consciously or unconsciously choose not to align with the laws of nature, we suffer the consequence of degeneration.

Ayurveda is based on living in sync. In Ayurveda, the synchronized daily bodily rhythms are called *dinacharya*, which means “following the rhythm of the day.” Isn’t that lovely? You get to follow; no need to lead. No need for absolutes or rules or internal wars. Just pay attention and follow the lead. Nature isn’t just on your side; she’s got your back. *Dinacharya* becomes your daily schedule based on nature’s rhythms. When you synchronize your bodily rhythms to nature’s clock, your physiology harmonizes. You experience balance, ease, and flow. When you live against nature’s body clock, you experience stress, rapid aging, and dis-ease.

Body Thrive ushers its initiates toward subtle alignment with biorhythms at the speed of light, or one habit per week. As you drop into the ten core habits that align your day-to-day routine with natural rhythms, you thrive. You become a vibrant, dynamic human being on a growth path, which is a boon to yourself, your family, society, and the planet. You attune to the magnetic pull of the universal energies to align your personal body rhythms—like sleeping, pooping, eating, moving, playing, chillaxing. When you integrate the 10 Habits of Body Thrive, you align with the force of nature. You make the switch from degenerative to regenerative habits. That’s a big deal. You win big in the short run. You win bigger in the long run. You design your direction in life. You downshift aging. You evolve physically, relationally, and emotionally. This may sound like a tall order, but rest assured, the teachings in this book are simple, time-tested, empowered practical wisdom.

What Body Thrivers Report

The Body Thrive method came from my search as an innovative Ayurvedic practitioner and yoga teacher for a more effective path to guide my clients toward their desired health breakthroughs and wellness goals. This book grew out of my online Body Thrive coaching program, where my Body Thrive Coaches and Yoga Health Coaches guide members through ten habits in ten weeks. As you'll see, Body Thrive is innovative, practical, and focused on results, which are breathtaking. Actually, the results are *breathgiving*. Participants step into the driver's seat of their lives to achieve their ideal body weight, natural rhythm, joy, and enthusiasm. Here are a few of the reports:

“At the end of the ten weeks, I was surprised to get on the scale and find I was thirty pounds lighter. All I did was master the first habit—an earlier, lighter dinner.”

“I'm now able to get a good night's rest consistently. I can feel my immune system rebuilding. This is a big deal for me as I've struggled with chronic fatigue syndrome for twenty years.”

“I'm finally in control of how I feel. Instead of waking up groggy and grumpy, I wake up clear, alert, and ready for action.”

“I wish I had learned this as a child. I wish my parents had lived these basic habits. My children did this course with me. Our household is running smoother than ever and we're all happier. Amazing.”

Body Thrivers evolve into a state of integrity with themselves. Common feedback after ten weeks includes:

- I have more energy.
- I sleep better.
- I eat a healthier diet.
- I've developed better self-care habits.

- I've learned the daily habits for longevity and healthy aging.
- I've started a home yoga practice.
- I've taken my yoga practice deeper.
- I've started meditating.
- I have a stronger, more consistent meditation practice.

I designed the 10 Habits of Body Thrive to help you unwind imbalances in your body-mind that you've generated by living out of sync with your human biorhythms. Experiment with these habits to see how many of the listed results you experience—and how quickly!

After participating in the program, Body Thrivers commonly reflect on imbalances they suffered unnecessarily for years. Through embedding the habits based on humanity's ancient deep rhythms, Body Thrivers are crystal clear about which old habits fed their symptoms, thereby accelerating aging and disease. Able to pilot their own ships, they now steer in the direction they want to go.

There are currently more than a hundred Yoga Health Coaches using the Body Thrive method around the world. A poll of 150 clients showed the following after ten weeks:

- 89 percent developed better self-care habits
- 79 percent feel better in their bodies
- 59 percent are eating a healthier diet
- 51 percent are sleeping better and feel well-rested

I'm not going to ask you to change anything overnight, or even to stop the habits you know aren't helping you. I'm going to nudge you in the right direction for aging in your own skin. Within ten weeks, you will get a solid start. Then I recommend doing Body Thrive again and again and again, one chapter per week. Soon you'll be living the habits and compounding positive benefits to your present and future health.

My History with the Body Thrive Habits

I wrote this book, in part, because I wish I had been raised on Body Thrive. I'm blessed to come from a healthy, active, fun, and athletic

family; however, I was not a body-thriving kind of kid. My earliest memories include constipation and migraines. At five years old, I had headaches so bad that they would last three to four consecutive days of every month. Crying made the pain worse, so I learned early on not to cry. The doctors I went to for headaches never asked about the constipation.

It was the late 1970s in America. My childhood community didn't know about holistic wellness. Modern medicine couldn't help me. By my teen years, allergies piled onto the mix of constipation and headaches. The doctors prescribed more pills. My dad nicknamed me "The Pill Popper," and I hoped my chronic body issues would just go away. They didn't. Had my family not been athletic, and had my mom not prepared our meals, my health would have been far worse.

In high school and college, I took the care of my body into my own hands. I experimented with diet. After college, I researched human consciousness, human development, and healing systems. I kept running into Ayurveda. I went to Ayurveda school, and while there, I started to detox my body. The constipation, migraines, and allergies dematerialized. I started to experience empowerment over how I could feel. The old patterns of imbalance became self-evident. This map of habits-symptoms-alleviation was a pivotal breakthrough.

Fast-forward through twenty years of schooling and working as an Ayurvedic practitioner and yoga teacher. In the process of my work, I realized that most of my clients needed to detoxify their habits. I witnessed that my clients who invested in Body Thrive education, guidance, and coaching—the "nuts and bolts" of Ayurveda—had a more rapid and lasting wellness evolution than those who preferred one-to-one treatment with specialized diets, herbal drugs, and body therapies. I've found that my clients and students are more likely to hit their body, mind, and spirit wellness goals when they are part of a community of others working on similar goals.

Finding What Works and Taking Action

This book is the result of a teaching curriculum co-created out of the dynamic micro-think tank and practice lab that includes my clients,

students, and colleagues—my tribe. These peeps gave steady feedback about what they wanted next and what wasn't working in their busy lives. My tribe helped me refine the process you'll find in this book. I'm grateful to the innovative community at my wellness hub, Yogahealer.com, which demanded and digested this body of work, and to the certified Yoga Health Coaches for spreading it through their hoods around the planet. Based on this practice lab, the three key components we've found that accelerate wellness evolution are:

1. **Ayurveda** The habits of Ayurveda, based on biorhythms, are nonnegotiable for thrive. As we align with our biorhythms, we detox our habits. In doing so, our bodies, minds, emotions, and even our kitchens, homes, relationships, and lives uplevel into thrive. We experience the best time of our lives by living in cooperation with our bodies and our ecosystem.
2. **Behavioral science** Knowing what you *should* do and actually doing it are different sides of the coin. Behavioral science—or what I like to call the science of habit evolution—is what makes Body Thrive effective. Setbacks disappear with a strong, clear intention; smaller steps; tracking; rewards; and conscious community. With these, you will become the person who has the habits of thrive.
3. **Dynamic groups and relationship evolution** People in groups adopt Body Thrive Habits faster because they're with others who are focusing on similar goals. This book outlines how to create dynamic supportive relationships on the path to daily habit evolution.

These habits are as old as your ancestral lineage. My goal is to help you understand *why* you need them and *how* to embed them into your modern life. Your habits are moldable and become who you are and how you age. Let's see how good you can feel as you design your life intentionally. To do so, I've developed seven keys to help you get the most out of this book:

1. Work one habit a week. Some habits you may already have dialed into. Use those weeks to keep implementing the habits that are edgy for you right now. Don't work at mastery; keep moving forward.
2. Take small actions. Go baby step by baby step, microchoice by microchoice, and keep moving forward. Repetition is the route. Go to bodythrive.com/free to download the free *Body Thrive Workbook*, and print out the worksheets. Use them. They will help you take action.
3. Find a friend. If you're serious about wanting your body to thrive, look for a friend or posse to partner with on the expedition into Body Thrive. A *posse* is a group gathered for a common purpose. Your posse may be one to three friends who want a shift from their tired, overwhelmed, overweight, or inflamed reality. Ask everyone to get their own copy of this book, then commit to each other, the ten-week timeline, and the process. Follow the guidelines in "Create a Book Club for *Body Thrive*" on page 227. Or come to bodythrive.com and join our next live coaching group. Of course, you can go through the book alone. However, being in a group will help you gain deeper traction no matter where you're starting.
4. Follow your desire in how you shift your habits. Your desire is smart. Let it lead the way.
5. Work on what's working. When you get stuck or a habit is particularly unappealing, don't sweat it. Plan on going through the book again after your first ten weeks are done and catching it next time. Body Thrive members repeat the course again and again and again because their lives keep getting better.

6. Do Body Thrive four times a year. Keep cycling through the ten habits every ten weeks. These biorhythmic habits align you with your natural state of perpetual growth and evolution. This book is packed with information so that you can go deeper and learn more with each turn of the wheel.

7. If you want to get started right away, you can skip ahead to Habit 1: Eat an Earlier, Lighter Dinner. When you're ready for the theory and science pieces, come back to this orientation section in part I. The theory and science help, but each chapter stands on its own as well.

As you shape yourself through your habits into a healthy, whole, and interconnected human being on a growth path, you'll notice that people—your family, your community—and even your ecosystem follow your lead. This is an invitation to step into Body Thrive for your personal health *and* for the bigger whole that you are a part of.

Go ahead, spin through the wheel of time with cyclical daily habits that enable you to thrive. Embed better habits, and your day-to-day life will open up. You will live your life more awake, more in light than in darkness.

CATE STILLMAN



Cate Stillman has guided a global online tribe into thriving in body, family, and community through innovative yoga and Ayurvedic teachings since 2001. She hosts the Yogahealer Real Life Show, a weekly podcast featuring dozens of experts in the field, and is the author of *Body Thrive*. She splits her time between Wyoming and Mexico. For more, visit yogahealer.com.

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