

7 SECRETS TO  
**120 YEARS**

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*Stay Active and Vibrant  
Until Your Last Breath*

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**BODY**



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**120 YEARS**  
*Stay Active and Vibrant  
Until Your Last Breath*  
**BODY**

**KAPIIL GUPTTA`**

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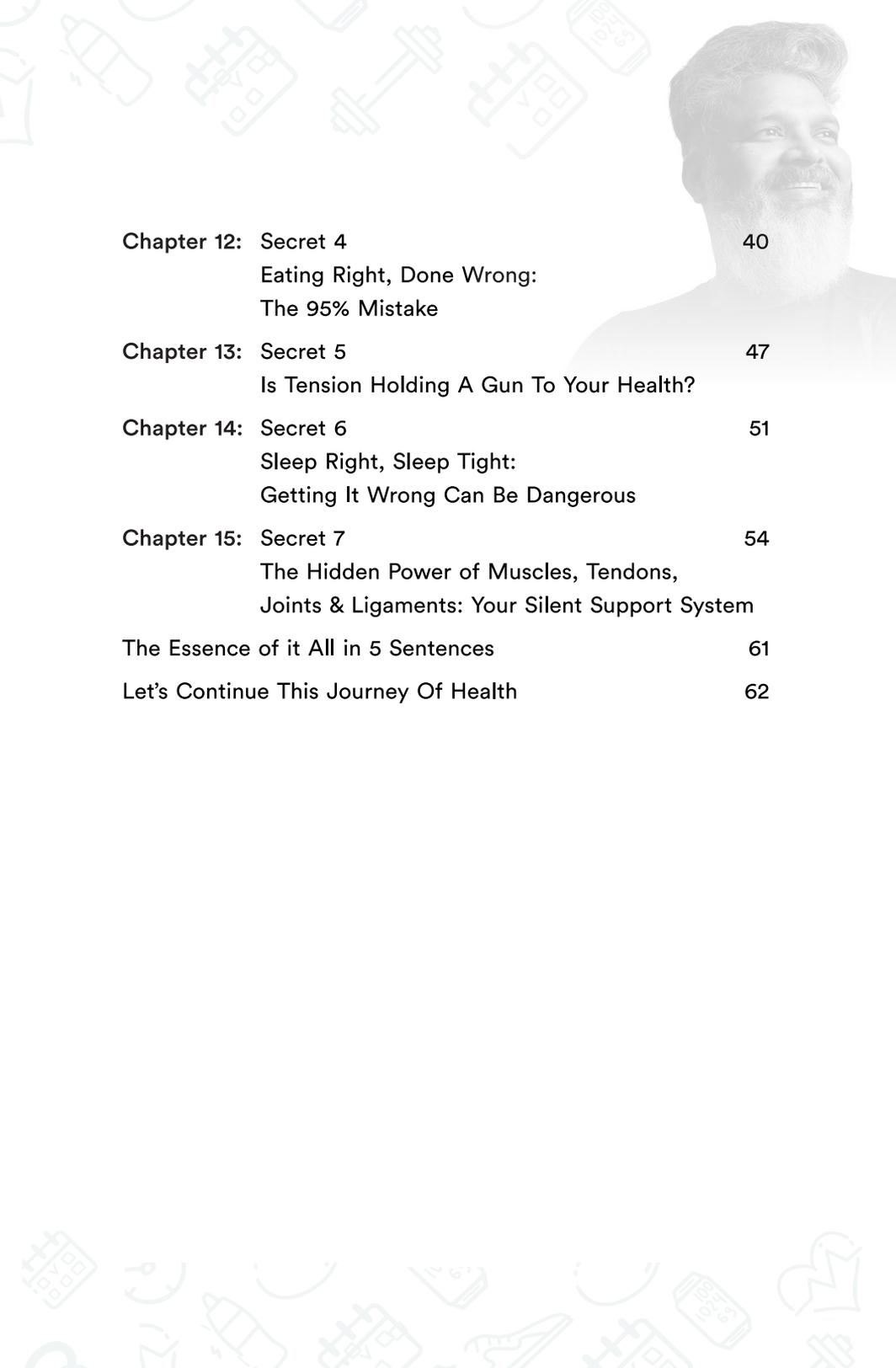
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# Foreword

Bring your pen and highlighters because there is a lot to learn here. The book you are about to read is about upgrading your health with simple and easy steps so that you can stay active till your last breath.

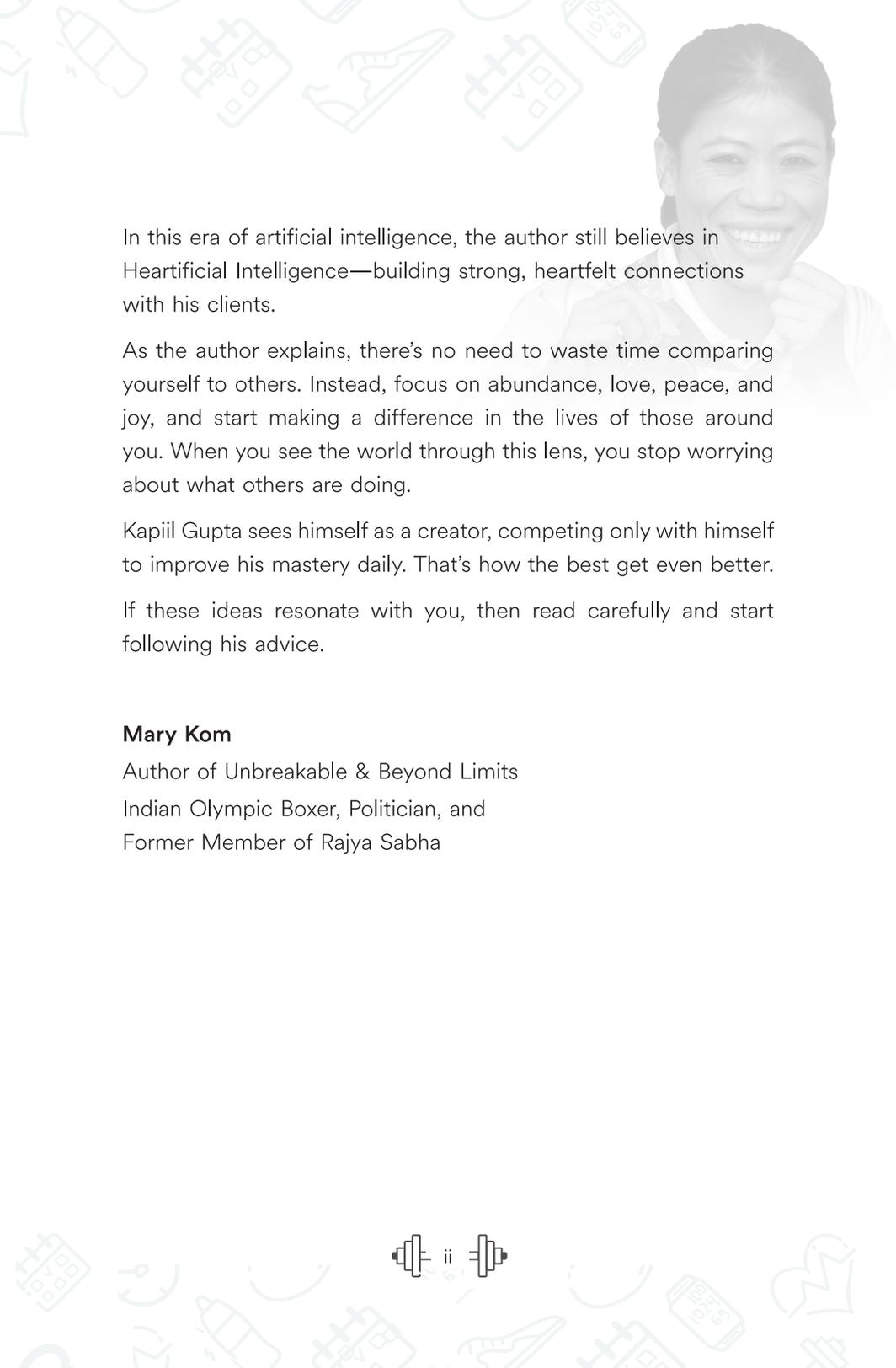
In this book, the author has demonstrated easy and straightforward methods to live a healthy life, primarily by becoming more aware. He has decoded health into simple steps, especially for those who feel they don't have the time to take care of their mental and physical well-being.

Everything revolves around consciousness and awareness, which is why the author focuses heavily on the Five Levels of Awareness.

The author's mission is to help busy people get healthy, ultimately making the world more joyful, abundant, and peaceful. Through his "Upgrade Your Health in 17 Min" program, he has crafted a Health & Wellness approach that helps people live a medicine-free and pain-free lifestyle.

It all begins with learning to be present through simple breathing exercises. Once you're present, you become more aware of the choices you have, and those choices shape your life. The author teaches that by taking command of your health, you can regain your fitness and energy, opening doors to unlimited opportunities for career growth, business success, wealth, and better relationships.

The author has developed his own philosophy and program, standing apart from other health and fitness coaches.



In this era of artificial intelligence, the author still believes in Heartificial Intelligence—building strong, heartfelt connections with his clients.

As the author explains, there's no need to waste time comparing yourself to others. Instead, focus on abundance, love, peace, and joy, and start making a difference in the lives of those around you. When you see the world through this lens, you stop worrying about what others are doing.

Kapiil Gupta sees himself as a creator, competing only with himself to improve his mastery daily. That's how the best get even better.

If these ideas resonate with you, then read carefully and start following his advice.

## **Mary Kom**

Author of *Unbreakable & Beyond Limits*

Indian Olympic Boxer, Politician, and

Former Member of Rajya Sabha

# Acknowledgement

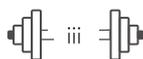
I extend my heartfelt gratitude to my pillars of strength, my beloved wife Archana, and our children, Shruti and Varesh. They are truly the divine messengers in my life, guiding me through adversity and enabling me to embark on this journey of service to others. It is their unwavering support that has fueled my passion to assist those grappling with health challenges amidst their busy lives, relying on fleeting shortcuts in the market.

I am profoundly indebted to my fitness inspirations, including Greg Plitt, Arnold Schwarzenegger, Mohan Gupta Ji, and Pooja Bansal Ji, whose dedication and achievements have motivated me to strive for excellence. Additionally, I am grateful to my mindset influencers whose wisdom has shaped my journey over the past three decades. Special thanks to Steven Covey, Robin Sharma, and Akshar Yadav for their invaluable teachings.

I am also indebted to my spiritual guides, including Osho, Swami Vivekananda, Maharishi Patanjali, and Swami Dayanand, Shrimad Bhagavad Gita, Vedas & Upanishads, whose profound insights have illuminated my path and enriched my understanding of life.

Lastly, my deepest appreciation goes to the universe, nature, and the myriad experiences that have shaped my existence. It is through these encounters that I have gleaned invaluable lessons and found profound meaning in my purpose.

This journey of gratitude and learning would not have been possible without the unwavering support and guidance of these remarkable individuals and forces.





# How The Book Is Impacting People & Lives

## WHAT INDIA'S GREATEST ATHLETES ARE SAYING

The Book is a masterpiece, sculpted to ensure results,  
**whether you're a fitness enthusiast or not.**

Keep up the incredible work, Kapiil Bhai and continue making  
a profound impact in people's lives!

**-Akhil Kumar**

**Honored By Arjun Award, International Boxer & DSP  
Haryana Police Arjun Awardee**

In this book, Kapiil Sir has given every secret he lives, and  
breathes., By applying them, I not only **boosted my physical  
fitness** but also **strengthened my mental fortitude**, which  
helped me in **Increasing my Focus**, because of which I've  
become a significantly **better athlete**  
**(There are Health Coaches who pretend to show they  
are knowledgeable, and then there is Kapiil who is truly a  
difference-maker**

**-Varsha Tomar**

**(International Shooter)**

## **7 SECRETS TO 120 YEARS BODY**

“In this book, Kapiil brings you the most important natural resources that can help anyone sustain peak performance, and lead a healthy and more vital life.”

- **Neelu Varanasi**  
**International Master Athlete**

In “7 Secrets to 120 Years Body” you’ll find the breakthroughs and natural therapies available free to help you heal and strengthen your body and mental fitness with the same nonsurgical solutions. Once you understand them, you can live medicine-free forever. They will dramatically enhance your life!

- **Dr. Sona Chaudhry**  
**Former Indian Football Team Captain and**  
**Motivational Speaker**

“Very impressive book with good details in a simple manner. Must read.”

- **Manoj Kumar**  
**Olympian Boxer, Arjun Award Winner**

## WHAT MEDICAL PROFESSIONALS HAVE TO SAY ABOUT KAPIIL, THIS BOOK & *THE MINDFUL HEALTH MASTERY PROGRAM*

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“7 Secrets to 120 Years Body, is a Masterpiece. Kapiil has beautifully explained the much-needed blend of Health, Fitness & Wellness using ancient to latest scientific studies, to maximize health- and lifespan. A must-read for anyone who desires to function optimally now and protect themselves from diseases in the future in this fast-paced world.”

- **Dr. Kulveen Wadhwa – MBBS, MD.**  
**Chairman & CEO Param Diagnosis**

“Kapiil has authored a powerful and friendly roadmap for maximizing health and vitality in the peak of this Mental & Physical Chaos era. His book does a marvelous job of providing techniques to transform your body into a high performer, regardless of your busy schedule.”

- **Dr. Latika Arya, India’s Leading Dermatologist**

“7 Secrets to a 120-Year Body is a must-read for achieving a healthy, whole, and complete life.”

- **Dr. Priti, Functional Medicine Expert**

“This book reveals your patterns and empowers you to make transformative changes through simple steps.”

- **Dr. Gunjan Gupta, Founder & Director, Gunjan IVF**

## WHAT BUSINESS OWNERS HAVE TO SAY *ABOUT KAPIIL, THIS BOOK*

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“As business owners, we often neglect our health, but Kapiil’s book compels us to prioritize it for true success.”

- **Dhruv Garg, Co-founder and CEO, Global Republic**

“If you want to transform your body into a high-performance money-making machine, this book is your essential first step.”

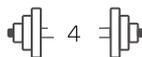
- **Divya Gupta, TEDx speaker, Author Director-Momzjoy, Marketing Director-K.R.Mangalam Schools(GK1 & Fbd)**

“This book will transform your relationship with your body; you won’t take your health lightly after reading it.”

- **CA Raman Khatulawa, Profit Expert**

“Every leader, in any field, will gain invaluable insights from 7 Secrets to a 120-Year Body. Kapiil Gupta is paving the way for India’s \$5 trillion dream by guiding us to better health, both physically and mentally. A must-read!”

- **Amit Aggarwal, Director, Agromac Engineering**



## CHAPTER 2

# The Most Powerful Tool - This Book In Your Hands

Probably this is the first book ever written and explained in simple, understandable language for a common man, about complete fitness. This book will help readers to remain fit forever, by following the 6P Framework of Health which is based on the Body's & Nature's Basic Laws.

**By following these principles you will get the following benefits:**

**1. A Medicine-free, Pain-free, Injury-free lifestyle forever.**

By following the simple, yet effective organic, mindful choices & practices of the Mindful Health Mastery Program you will be able to self-heal and live a mobile and flexible life.

**2. Enhanced Energy, Efficiency and Productivity**

The mindfulness health practices will energize you. High energy levels will automatically translate into efficiency leading to higher productivity without burnout.

**3. Regain your Shape, Strength, Stamina, and Vitality effortlessly**

By spending only 10-15 minutes a day, you will be able to understand fitness, wellness and health and their subtle differences which will help you understand and practice exactly

## 7 SECRETS TO 120 YEARS BODY

what your body needs. As a result, you will look much younger, & will be able to live a Tension-free, Happy & Vibrant life with your loved ones.

### 4. **Mobility & Independence**

With the Mindful Health Mastery Program, you will have better Mind & Body Coordination, which means you will not be dependent on anyone (including going to the bathroom till your last breath), to make yourself healthy, as you will be able to make your fitness programs by yourself and thus be able to manage day-to-day life challenges gracefully with an athletic mindset even in your old age.

### 5. **Set Examples of Health, Fitness & Wellness for your loved ones**

Seeing your exemplary health, your kids & other loved ones will be more disciplined and will learn how to manage life in all dimensions working/staying in the same day-to-day hectic environment. This is something that no university or course teaches.

**That is why this book is the most powerful tool that you have ever had or will ever have, as this tool will keep you healthy & independent till the end of your life making life better for you and your loved ones.**

**Also, this book is a powerful tool because, no matter what you have been doing till now, with the tips & learnings shared in this book you can reverse the damages that you have done to your health through unhealthy living.**

And these are not just tall claims, throughout the book I have shared with you the experiences of real people who have experienced real transformation in their lives.

### Client Transformation-1

*Kapiil Ji, se milne ke baad, Fit & Healthy rehne ka matlab samajh aaya.*

[Only after meeting Kapiil ji did I truly understand the meaning of being Fit & Healthy]

**I began running marathons, bid farewell to my pain** and enjoyed my new **active lifestyle** by incorporating **his easy and valuable tips into my life.**

What's even better is that my son joined me on this journey, and now **I feel 10-15 years younger.**

**- Praveen Jain**  
**Director, Creative Engineering**

### Client Transformation-2

I was so busy growing my business that I never thought about how important health is. I used to think, "I don't have time to take care of the most important thing in this world - MY BODY."

After joining Kapiil ji's Community, amazingly, now I have BOTH - time for myself and a faster-growing business!

Thank you, Kapiil Ji - DIL SE!

**- Praveen Jagga**  
**Owner & Director Today Footwear & Lakhani Footwears**

**Turn the page to begin the journey to your own transformation.....**

## CHAPTER 3

# Why This Book?

Well, the answer is simple-

Because I can teach you to live a healthy 120 years of life!

Unbelievable & Untrue, I can hear your mind screaming.

Stay with me and in the following pages of the book, I will show you exactly how you can pack 120 years full of health and vitality into your life, and remember, it's never too late to begin.

**Hello, My Name is Kapiil Gupta, I am an age reversal architect.**

My Tryst with Health & Fitness began early – on in my life as a health enthusiast 15 yrs. back.

Ever since then, it has never failed to help me in terms of establishing lasting relationships with my clients but also in terms of keeping myself & my friends healthy.

I live and breathe basic, timeless Health & Wellness principles daily & they continue to top my list of healthy habits that deliver measurable results constantly.

Over the years, I have successfully used these principles to build my & 1000s of clients' complete health & helped business owners & busy professionals.

The journey so far has been brilliant.

## 7 SECRETS TO 120 YEARS BODY

You must be wondering why I'm sharing this book/e-book when I could have charged a premium for sharing the information. After all, if you implement the suggestions contained within this book/e-book, you can make a real killing and grow your body into a high performer in leaps and bounds. Besides, as we often learn in our life "there is no free lunch?"

One, being in love with Health & Fitness, it breaks my heart to see people abuse and misuse the body. So I want maximum people on the right path.

Two, I am unable to coach everyone personally due to time constraints, so this book/e-book is my Gift to every busy person sharing 10 valuable lessons that I have learnt during my journey as a Fitness Enthusiast.

I assure you these lessons will steer you to the path of success with **Complete Health and Wellness**.

**Your Friendly Health & Wellness Expert.**

**Kapiil Gupta**

**So without further ado, let's explore the 9 lessons I learned About Health & Wellness.....**



## CHAPTER 4

# An Eye-Opening Story

NO MATTER HOW MANY DAYS ARE THERE IN  
YOUR LIFE, WHAT MATTERS IS HOW MUCH  
LIFE IS IN YOUR DAYS

- UNKNOWN

Before you take my health principles and use them to transform your life, I am sure you are eager to know more about me and my health journey.

As I mentioned above, my name is Kapiil Gupta, I am an Engineer by education, an **Age Reversal Architect** by passion, a Crossfit Pro, Marathon Runner, Body Builder, Model, Healer & Motivator, Boxer, Black Belt & National Gold Medalist in Taekwondo.,

I have completed courses on Sports Science and Nutrition from Howard, and Pain Management courses from NSA - UK, also, I am a Certified Yoga Therapist from Ayush Mantralaya and have written articles for some of India's leading Magazines. I am often invited to speak at different forums alongside various dignitaries.

## From Engineer to Coach - A Transformational Journey

My fitness journey started when I won my first gold medal in a race while I was in 5th grade. That got me hooked on staying active. Over the years, I played various sports - Kho Kho, Volleyball, and Basketball up to the state level.

I was chosen NCC's Best Cadet of my Batch, earned a Black Belt & a National Gold Medal in Taekwondo, and even practiced boxing and won a few matches. Later I even pursued Bodybuilding & Modeling, ran Marathons, and participated in Crossfit Training. As far as fitness was concerned, I explored and excelled in almost all avenues and whatnot.

I completed Engineering while working with my father in his shop. Life then took a very busy and different turn, I was stuck in a rut of building my career, working on different sites and traveling all over the globe around 26 countries, in addition to the Indian states.

I believed it was tough to keep myself healthy in my highly busy & stressed work schedule. My clothes sizes went from **Small to Medium, Medium to large, Large to X-L and XL to XXL in no time.** I didn't feel good about this change, however without addressing the root of the issue, I tried to fill the gap by buying and wearing Branded Clothes...to look attractive & to feel confident.

And thus life went on.....

At the relatively young age of 35 only when I faced issues with my Chest, Back and stomach, then I realised that to become successful in business or jobs, I need to be completely fit physically and mentally.

**My health issues were an eye-opener for me and I managed to shed 30 kgs, going from 110 kgs to 80 kgs and built muscles while working in the same hectic environment.** I breathed a sigh of relief as I thought, now I am in perfect health.

**When all was going well, Covid hit, I was one of the lucky survivors but then the aftereffects developed Fatty Liver, high cholesterol, sugar, swelling & infection in the intestine, 18-20 kgs overweight again, not able to walk even 10 steps, lost all the muscles.**

I started **feeling depressed, stressed** and **anxious. Losses in Business &** relationship issues started occurring, I thought my time was bad, but later I realised that it was Not my Time, but My Physical & Mental Health that was bad.

Phir decide kiya mujhe iss tarike se, **dawaiyonio ke sahare sarare rahte huye, 48 me 80 ki feeling lete huye nahi jina.**

[I decided that I didn't want to live like this, being dependent on medicines and feeling like 80 when I was just 48.]

Also, when my family and kids love me so much, I love them so much, They should be rewarded for their love, not punished **in case I become bedridden in my old age...**

**In life's challenges, there's always a way to manage by living consciously.**

**We can maintain health and fitness in our busy schedules, staying strong and active with just 17 minutes a day.**

Life's hardships are inevitable, but by adapting and focusing on our well-being, we can navigate through with greater ease. Life's challenges, from financial struggles to strained relationships, can feel overwhelming, but with conscious effort and self-care, we can face them head-on and thrive.

WHEN WE ARE NO LONGER ABLE TO CHANGE  
THE SITUATION, WE ARE CHALLENGED TO  
CHANGE OURSELVES.

- VICTOR FRANKL, PSYCHOLOGIST.

## The Mindful Health Mastery Way

So, the reason behind writing this book is all the Kapiil's in this world.

I was motivated to write this book to help out people like myself who are stuck and thinking that one day they will start taking care of their bodies.

Once I too was also in the same situation, so I know the pain and disadvantages of being there thoroughly. And then I found a way to rise out of this. And journeying from my experience to expertise, I realised that this path will be helpful for everyone who is in the same situation as I once was in.

And then with myself and other busy professionals like me, who cannot even give quality time to themselves, let alone their family & children in mind and using my fitness experience of 30 odd years, coupled with research on Patanjali & latest scientific research, I designed the **"Mindful Health Mastery Program"**

**Which is a Scientific and Systematic approach that helps people to design their Diet & Workout program specifically as per the needs of their body. Also this program keeps you self-motivated without any dependence on a personal coach or Health App. This program teaches you to keep yourself, healthy, strong and pain & injury-free by dedicating 15-20 minutes each day.**

Now, what about you?

**How many of you are on the same path as I was?**

- Are you dependent on medication for your health?
- Are you also taking your physical and mental health lightly?
- Are you stressed and irritable all the time and venting it out on staff & family?
- Are your friends more party-oriented than fitness-oriented?
- Do you feel Ten/Twenty years older than your age?

**If you answered yes to any, many or all of these, this book is for you.**

Most people assume that maintaining great health is very complicated.

However, let me bust that myth for you right at the beginning of this book.

Believe me, maintaining health isn't so hard!

**Sadly, we are never taught that if you do not take care of your body then, the body will not be able to take care of you, when needed.**

That is what this book will show you.

Imagine a book that could lighten life's burdens, not add to them. While it may not solve every challenge, it can certainly make them more manageable.

Whether you're starting anew or have tried and failed before, the steps outlined here are easy to follow, even in a busy schedule.

By following these simple guidelines for just a few months, you could reverse the effects of aging and live a vibrant, stress-free life.

## 7 SECRETS TO 120 YEARS BODY

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The Mindful Health Mastery Program is a scientific & systematic approach that allows you to design your diet & workout as per your body and will keep you motivated without a coach or being dependent on an app.

**Take a deep breath and get ready to learn something unbelievable — Living 120 years.....**



## CHAPTER 5

# Why & How 120 Years?

Everyone wishes to add years to their life. The desire for a longer, healthier life is fueled by dreams, goals, and cherished moments with loved ones, aiming to experience life's richness fully.

Seeking longevity to witness future advancements, leave a lasting impact, and savor more experiences underscores the quest to maximize life's quality.

So, what if I told you that you could have a 120-year body?

Wouldn't that be amazing?

So what does a 120-year body mean?

A 120-YEAR BODY SIMPLY MEANS— ADDING LIFE TO YEARS, WHICH INVOLVES FOCUSING ON IMPROVING THE QUALITY OF LIFE RATHER THAN JUST EXTENDING ITS DURATION.

A 120-year body simply means— - Adding life to years, which involves focusing on improving the quality of life rather than just extending its duration.

And that dear readers is the core of this book.

## 7 SECRETS TO 120 YEARS BODY

Imagine doing, witnessing & experiencing everything that you could do in 120 years of your life in a normal life span without the disadvantages of a deteriorating 120-year-old body.

In this book, I am going to show you the mindful organic ways to pack 120 years of healthy living into a normal lifespan..

### **Why Health & Wellness for 120 Years Body?**

#### **What does it mean to be healthy?**

Being healthy means different things to different people. Some aim to live without medication, while others seek more energy or athletic achievements. Some want to participate in their kids' sports, and some plan for independence in old age. Understanding our personal reasons for health can motivate us to maintain a healthy lifestyle

#### **Understanding the differences between health, wellness, and fitness is crucial.**

Many don't realize that maintaining health and wellness can unlock hidden energy, leading to greater success in life, work, and personal endeavors. Our body is our most important asset, and neglecting it can hinder success in other areas.

For failures of our businesses, relationships, and jobs, we blame others, but whom to blame, if we are unable to keep ourselves Healthy & Fit, Physically and Mentally?

**When you don't know the difference, then you don't know your goal,** and then it's obvious most people choose the wrong health activity, sports, diet or ways to keep themselves healthy & fit.

## 7 SECRETS TO 120 YEARS BODY

You might have seen most of the people try once or twice to keep themselves in good shape, and condition but most of them can't maintain it for the long term.

Understanding health, wellness, and fitness leads to a fulfilling life by meeting your body and mind's unique needs.

**Complete fitness across all awareness levels is key for high performance and long-term sustainability, stay excited as we learn more about it in the coming chapters.....**



## CHAPTER 6

# Mistakes Most People Make

Before we begin, it's crucial to understand the five levels of awareness. In health, fitness, and wellness these levels can be structured as follows:

1. **Physical awareness** is about knowing your body's strengths, weaknesses, and condition, including sensations, posture, movement, and any discomfort."
2. **Nutritional Awareness:** "It means understanding how your food choices impact your health, energy, and mood."
3. **Emotional Awareness:** "It is about recognizing your emotions, managing stress, and practicing self-care for emotional balance."
4. **Environmental Awareness:** it means understanding how surroundings, lifestyle, and social interactions impact health, and making adjustments for a supportive living environment."
5. **Lifestyle Awareness:** "It means understanding how your choices in physical, mental, emotional, and social aspects affect your overall health and well-being."

**"Enhancing awareness across these five levels empowers individuals to make informed choices for optimal health and wellness."**

**In the next chapter, I will show you the true meaning of health, fitness & wellness and their differences so that your journey can be fruitful...**

## CHAPTER 7

# The Big Mix-Up

## Untangling the Differences in Health, Fitness, and Wellness

To be able to take care of anything, we need to understand it thoroughly first.

First and foremost, 99% of us don't know the difference between being healthy, fit physically, and mentally.

When we tell a busy person to remain healthy, they might think of spending hours in the gym or running a marathon without truly understanding and realizing their objective or body type.

This lack of understanding leads to injuries and bad experiences, deterring them from future health activities. Let's understand the difference between Health, Fitness & Wellness first.

**Health** is the state of balance and wellness, keeping your body free from sickness and ready to face any challenge, like a superhero.

**Fitness** is being strong and energetic enough to handle challenges beyond resting, like climbing mountains or playing sports without fatigue. It's about having the stamina to enjoy activities without feeling exhausted.

## 7 SECRETS TO 120 YEARS BODY

**Wellness** is about adopting healthy habits daily for improved physical and mental health, moving beyond mere survival to thriving and enjoying life to the fullest.

**So in a nutshell, we can say a person is in his or her perfect health, fit & enjoying their wellness when they are:**

1. Able to do all their day-to-day activities perfectly, energetically without the help of any tea or coffee.
2. Able to spend quality time with family once they get back home.
3. Able to remain happy all the time.
4. Able to live life calmly, and handle adverse conditions in a cool & composed manner.
5. Able to become more efficient and creative with age (I have found that though people become experienced with age, efficiency & creativity decrease with time).
6. Able to move all the joints freely and perfectly till their last breath.
7. Able to live our their life without medicine (except in emergencies)
8. Able to function without requiring any external source of supplements and vitamins.
9. Able to maintain perfect health by spending a minimal amount of time.

**Are you fulfilling all the criteria?**

If yes then no point in reading the book ahead.

Congratulations, you are doing great!

## 7 SECRETS TO 120 YEARS BODY

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If even one point is missing from your life, then this book may help you in some way or the other.

Now that you know the difference between health, fitness & wellness, let's see what most of us usually do and how it can be avoided.....

However, before we get into the other aspects of health, there is one critical mistake that most of us make at the drop of a hat.

**You may not like what I have to say in the next chapter, but it will change your life positively forever. Are you ready to face the truth????**



## CHAPTER 8

# The Wake-Up Call: Health Is Your Responsibility, Not Theirs

**[People are not even remotely aware of health, which needs to be worked on. Without any knowledge, they are clueless about what action to take.]**

All our lives we earn money at the cost of our bodies, and later we spend all that money in treating the damaged body.

**99% of people don't know how to choose health plans for themselves.**

Truth be told 80% of people don't even pay attention to health or consider it important, but even the few who work on it, start off without setting any short or long-term goals.

You might have noticed that those who are running keep running, those who weight train keep doing that and those doing yoga keep following that routine only. This means they are focussing only on one aspect of fitness.

They do not focus on addressing things like body, mind, diet, sleep, stress management etc. instead focusing only on one area without understanding the requirements of their body, without listening to their body. They never try to research before doing or choosing anything.

## 7 SECRETS TO 120 YEARS BODY

We have become so engrossed in our life and work that we have forgotten our eternal partner— our body. It is because of our body only that we are able to function. Without our bodies, we can do nothing and go nowhere.

All our lives we dream of being this and doing that, earning loads of money, and seeing the world but regrettably, we forget to take care of the vehicle that will fulfill all these dreams. It is like we want to go from Delhi to Mumbai via the highway cruising along in a smooth manner, but we forget to have our vehicle serviced and checked, whether it is fit to go all the way or it will leave us stranded midway. Also, it is possible that it might get us to Mumbai but it might get junked on reaching there.

I mean, if we really want to go to the moon then our vehicle and our body should be ready for that all the time.

In the Mindful Health Mastery Program, I make my clients more aware of their bodies, how they work/function, and how we can increase our energy and become more active. We guide clients on the 5 levels of awareness, which helps them to know more about their bodies, and access their health & wellness. Then we guide them step by step to find out the issues and sort them out.

Besides, there is a like-minded community, which keeps each other motivated by sharing their experiences and achievements. This way we learn from each other, As every human has a different body type and has different effects.

That's why Mindful Health Mastery is the program, which helps

## 7 SECRETS TO 120 YEARS BODY

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them to understand their body and its requirements, then helps them design their own Health Geeta. We focus on teaching the basic principles of the body and its requirements. We teach them how to listen to their body. How to understand pain and what it is saying.

Stay excited and hold tight as I reveal the first secret to **Mindful Health Mastery and show you how to achieve a pill-free life.....**



CHAPTER 9

Secret #1

## Reaching for a Pill Every time You Fall ill Short-Term Relief, Long-Term Consequences

In today's fast-paced world, everyone wants shortcuts. For example, if you have acidity or a headache, you immediately take a suggested medicine without thinking twice. It has become a habit to take a pill and carry on with work.

Similarly, if any part of your body hurts, you either take a painkiller or use some spray or medication you saw in a TV ad. On social media, you find hacks for bodybuilding, weight loss, and other quick fixes, and you try them without hesitation.

**Without understanding the root cause, we start treating the illness, which is why diseases are increasing instead of decreasing.**

Despite the advancement of medical science with new technologies, diseases are on the rise instead of declining.

The aim of Mindful Health Mastery is to provide simple and understandable knowledge to help people adapt and follow the right practices for their body's needs.

## 7 SECRETS TO 120 YEARS BODY

By identifying and treating the root causes of health issues, like acidity or headaches, individuals can find relief and focus on other important aspects of life.

For example, a simple practice of sipping water slowly can alleviate acidity, while understanding that muscle tension often causes headaches can help in finding effective solutions. Mindful Health Mastery teaches these approaches to address health issues effectively, as is evident from a client's experience shared below.

### **From Headaches to Healing: A Transformational Wellness Journey**

Sharing with you the amazing story of one of my clients who wishes to remain anonymous due to reasons of privacy. She was a busy professional, with a very hectic schedule and she often fell prey to terrible headaches. she was accustomed to relying on painkillers whenever a headache struck.

It became a pattern with her, amidst a hectic schedule whenever she felt the familiar throbbing in her temples and knew that a massive headache was coming on, she would reach for her go-to pain relief medication even before it actually started.

\*[What she did not realize was that, what she was experiencing were tension headaches due to prolonged stress and poor posture at work. Which she understood after a consultation and introduction to the Mindful Health Mastery Program]

**Instead of addressing the root causes of her headaches, she continued to routinely turn to pills for temporary relief.**

**Over time, she began to notice unsettling side effects from her frequent pill-popping habit.** [That is what guided her to us ultimately]

## 7 SECRETS TO 120 YEARS BODY

She developed digestive issues, including acid reflux and stomach ulcers, which she didn't initially associate with the painkillers. Furthermore, she found herself feeling fatigued and mentally foggy, struggling to concentrate on her tasks, the constant use of painkillers had also begun to impact her kidney function.

Concerned about her declining health, she reluctantly agreed to join the Mindful Health Mastery Program to seek holistic wellness on the repeated recommendations of a friend.

Once in the program, she learned and understood how the frequent use of painkillers had disrupted her body's natural balance ultimately leading to more severe health problems.

In the Mindful Health Mastery Program, she explored alternative therapies such as acupuncture, massage therapy, and stress-reduction techniques.

**Gradually, she discovered that addressing the root causes of her headaches through lifestyle changes and holistic treatments provided longer-lasting relief without the harmful side effects of medication.**

Reflecting on her journey, she realized the hazards of indiscriminately popping pills to treat symptoms without considering the broader impact on her health. She is now determined to prioritize holistic wellness practices and only use medication when absolutely necessary and under the guidance of a healthcare professional only.

## 7 SECRETS TO 120 YEARS BODY

"THE RESULTS ARE INCREDIBLE — ISSUES I  
COULDN'T SOLVE WITH MEDICINES HAVE  
FINALLY DISAPPEARED."

- VIPIN MITTAL,  
DIRECTOR - GLOBE OVERSEAS PVT LTD.

**Are you ready to start learning unbelievable secrets to mindful health mastery?**

**What if every measure of health you have is wrong? Do you believe this? Okay, let me prove this to you as I reveal the next secret.....**



CHAPTER 10

Secret #2

## Beyond the Scale & Aesthetics

### Finding the True Measure of Health

MY FIRST CAR WAS A Maruti 800. It had minimal electronics and gauges.

Now I have an XUV with lots of electronics. There are hundreds of sensors, and warning lights, which help engineers identify the internal issues in the car.

Cars have improved a lot since the 90s. They are safer, more comfortable, and more reliable. The engineering is better. But I don't know why they have installed so many warning lights.

However, these sensors and warning lights can identify abnormalities way before the vehicle's performance is affected. Basically, they are making early diagnoses.

I don't know about your experience, but I have found that sometimes these Check-engine lights can also create problems. Sometimes they ring false alarms.

Recently, my mechanic told me that many of the lights should probably be ignored. Sometimes you might have decided to

ignore these sensors yourself. Or sometimes you've taken your car to the mechanic to get it reset. Or other times you had the unfortunate experience of paying for an unnecessary repair, or a series of unnecessary repairs. And sometimes, matters get worse because of that wrong assessment of the problem due to those over-active warning lights.

Now you might be wondering why I am talking about cars in a book on human health— No, friends, I haven't lost my mind, you will see the connection soon.

**Similarly, like the too many false alarm check-engine lights I talked about earlier, most people ask:**

- “How do I lose weight?”
- “How do I get toned?”
- “How to get six packs?”
- “How much time it will take to make an aesthetic body?”
- “What's the best exercise to remove love handles and belly fat?”

**None of these things has to do with the way we feel and make us happy, everything is about the way we look.**

From where has it come into our mind?

These all have come into our mind from the media, Bollywood and the multi-trillion dollar weight loss industry, or any medical industry selling remedies, which are sending lakhs of messages on social media, and making us feel ashamed of our looks, weight, shape & size.

With these kinds of ads, we start imagining ourselves as a person having the best from everyone, a body like Hrithik Roshan, a

## 7 SECRETS TO 120 YEARS BODY

lifestyle like Akshay Kumar, and the ability to do stunts like Vidyut Jamwal ... .Which creates lots of dissatisfaction.

We see any actor, or influencer advertising/selling one or the other product, we immediately start following blindly without knowing the consequences. Because of this lots of other side effects, illnesses, mental tensions, and suicide rates are increasing.

**We do not realize what has gone behind that one aesthetic body picture that is influencing us.**

For this one picture, the celebrity has had to do what not, they had to eat many synthetic & unnatural products, also this one picture is chosen from out of 100s of pictures clicked and then edited deeply using advanced software.

Seeing such pictures & videos we set and create the wrong aspirations, dreams and goals and then fall prey to anxiety & depression when these goals do not come true. We measure ourselves on the wrong benchmarks of Health, Fitness & Wellness.

**As a result, we do not even do what we should actually be doing for our fitness.**

### The Solution

**Mindful Health Mastery teaches you the right measures & benchmarks for keeping your body fit.**

It shows you why you should not set your target by seeing others or comparing yourself to them. Instead, it shows you how to set the right goals for yourself and how to achieve them.

We all have our own journeys, destinies, body types, lifestyles, circumstances, and goals.

## 7 SECRETS TO 120 YEARS BODY

- For example, some may want to remain medicine-free free the whole of their life, but they don't want to remain a victim of any kind of chronic diseases like Thyroid, Cervical, Sciatica, Heart issues, Kidney issues, Diabetes etc.....
- For some, the goal may be to keep their immunity level optimal.
- For some, their target may be to live pain-free or be able to go to the bathroom independently in their old age.
- For a few, they may want to remain active till their last breath.
- For some, they might want to remain energetic the whole day, which means having the energy to spend quality time with their family after work.
- For some people, it could be wanting to increase their efficiency to propel their career or business. Some want to release all the stress and remain calm.

If you are not dependent on medicine and can cure your body with natural home food only then you are healthy.

So we should know the right measure of Health, Fitness & Wellness for our body in the given circumstances not merely judge ourselves by seeing someone saying something on Social Media.

## 7 SECRETS TO 120 YEARS BODY

I USED TO BELIEVE THAT SMALL CHANGES WOULDN'T MAKE MUCH OF A DIFFERENCE, BUT KAPIL SIR'S SIMPLE ADVICE PROVED ME WRONG. BY APPLYING JUST A FEW PRACTICAL ADJUSTMENTS, I'VE SEEN A REAL TRANSFORMATION IN MY LIFE. IT'S SURPRISING HOW SOMETHING SO SIMPLE CAN HAVE SUCH A BIG IMPACT."

— SAMIRR DHARA,  
DIRECTOR - DHARA MOTORS.

at if every measure of health you have is wrong? Do you  
Moving onto the next secret, if you believe THANKYOU is just  
another word, you are about to be blown away by its atomic  
power when I let you onto the next secret.....



CHAPTER 11

Secret #3

**Gratitude for the Mind & Body: The  
Missing Link to Health**  
**99% of People Never Pay Gratitude to Their  
Mind & Body**

Paying Gratitude to Your Body: Acknowledging and appreciating your body's abilities and supporting its needs through nourishing food, regular exercise, and restful sleep can enhance your overall well-being and satisfaction with life.

**Self-gratitude**

**Do you understand that if you are not thanking yourself and not paying gratitude to your body, then you are not using your body for your fitness and to heal yourself?**

Operating without paying gratitude to yourself means that it is only and only the grace and blessings of the almighty that are running all the functions of your body & keeping you alive. If you do not thank and honor yourself and your body, you will never be able to reach your full potential and perform at your highest capacity.

## 7 SECRETS TO 120 YEARS BODY

No matter how hard you exercise, or eat expensive organic food & supplements, your body and mind will never allow you to reach your full potential & peak capacity.

When we were kids, we learned the importance of saying “thank you”. Thank you for the food, thank you for a gift, thank you for a surprise or a favor.

Right from childhood we are taught to say thank you for every act of kindness or receiving from other people, however, we are never taught to thank the most important person in our life, our most cherished treasure, which is us, our mind, our organs and our body.

We never really learned about the practice of thanking ourselves.

**Saying thank you to the one person who is constantly doing things for you.** That is “YOU”. We are not paying gratitude to the most important person in our life.

If someone gives you something even worth 2 rupees, you thank them 10 times. Let alone a gift, if someone even likes your social media post your feelings toward them, toward yourself and your achievement change. This appreciation makes you want to do better and achieve more.

### The Solution

Now let me show you what you can transform miraculously if you stop and pay gratitude to your body 4-6 times a day for merely 1-2 minutes.

When we appreciate anything then its vibrational frequency goes up. For example when someone says thank you to us or praises us, how our emotions immediately change. Our confidence rises and we feel motivated that we can do even better and will do better.

## 7 SECRETS TO 120 YEARS BODY

Other than this, if we are to focus on the results of gratitude at purely the body level then here is a list of the amazing changes.

- The immune system starts getting stronger.
- Pains and aches start getting lesser.
- Blood pressure, brain and cardiac functions begin performing at optimum levels.
- The sleep cycle starts getting better.

**That is why, ever since I got a second life post-Covid, I have started paying gratitude to myself, my organs and my body throughout the day.**

- I say thank you to myself when I can resolve something that was pending or bothering me for a long time and I finally feel in a good mental space.
- I say thank you to myself when I can handle challenging situations well.
- I say thank you to me for the fact that I am supporting myself despite my destructive and limiting thoughts.
- I say thank you to myself when I accept myself under all circumstances and keep pushing myself on a journey of Self-growth & Self-learning.
- I say thank you to myself when I take the time out to pamper myself, doing things I love like cooking, exercising, reading etc. and even when I am able to do everyday routine things like maintaining my hair & beard, keeping my room tidy, making my bed etc. as so many people in this world are unable to perform these activities due to being physically & mentally challenged.

## 7 SECRETS TO 120 YEARS BODY

Paying gratitude creates a lot of mental space, so the time, the thoughts, that mental space, which could be wasted on complaining, criticizing or devaluing myself, situations or others is used up positively.

Most of all, it fills up spaces in the times or moments when I might have felt I had been taken for granted.

It also acts as a positive reinforcement that motivates me to do more things I will be appreciative of.

This also helps us **decrease the amount of validation and appreciation we might expect from others**, which can often lead to frustration and disappointment. When we keep our buckets full with thankfulness and self-validation we become less dependent on what others give or don't give.

### Example

Take 5 minutes to reflect on where your time and energy are being wasted. A simple “thank you” many times in a day can save time and mental space, allowing for a more constructive use of resources. Improving your body's function and health can lead to greater efficiency and happiness in your work or business, ultimately leading to the growth and fulfillment of your dreams.

“SIMPLE & POWERFUL - JO SUNA THA, USSE KAHI  
BEHTAR PAYA. BREATHING AUR SELF-GRATITUDE  
TECHNIQUES NE MERA STRESS DOOR KAR DIYA,  
AUR AB MAIN POORE DIN KHUSHI SE JEE RAHA  
HOON!”

– MUKUL AGGARWAL,  
PACKING KING, JAIPUR

## 7 SECRETS TO 120 YEARS BODY

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The next secret is rather simple but its effects are profound, actually, I'd like you to flip the page and discover how simple it is, and don't be shocked.....



CHAPTER 12

Secret #4

**Eating Right, Done Wrong: The 95%  
Mistake**

**95% of People Don't Know- How to Eat, What to  
Eat, When to Eat, How Much to Eat**

**Healthy Diet**

Consuming a balanced diet rich in nutrients can improve overall health, energy levels, and mood, leading to a more fulfilling life

PWe believe that Obesity, BP, Sugar and Heart issues are our family history, but hold your horses,

**These are not History but Habits.**

Habits, Wrong eating habits, Procrastination habits, Habits of not exercising ..... These are our family history.

Not being consistent is our family history, our so-called new normal lifestyle is our family history. We have made staying up late into the night a common thing.

## 7 SECRETS TO 120 YEARS BODY

Once we work on these histories of wrong practices, the genetic histories will correct themselves automatically.

### **Yahi reason hai I give 90-95% credit to diet!**

Many people ask & search for ways to stay fit and healthy, something works for someone and something else works for another person. However, most people are unable to follow even what works for them due to lack of time. They find it impossible to focus on both work and fitness in this fast-paced life.

### **That is the reason why I place so much importance on diet, in the Mindful Health Mastery Program—**

If you can do nothing else, just follow one Sutra—

### **“Make Your Food Your Medicine Before Your Medicine Becomes Your Food”**

Follow the right diet!

If you incorporate some small principles into your life in the right manner, you will begin to notice changes right from day 1. Whether it is losing weight or living an active medicine-free lifestyle, You can manage it by following the correct diet.....

### **Let alone consuming the right diet, we are not even eating in the right manner.**

**We do not listen to our bodies to understand whether we are even hungry.**

### **Can you take a look at your eating patterns & habits—**

- It's time to go to the office, so let's eat,
- Today we have to go on tour, let's eat home-cooked food before leaving,

## 7 SECRETS TO 120 YEARS BODY

- Let's eat at the airport lounge because it's free,
- It's lunchtime let's eat,
- Let's finish the children's leftovers,
- We have guests, so let's eat.
- It's evening-lets eat,
- It's dinner time- let's eat,
- We have cooked extra- let's eat and finish it off,
- We have to socialise at the gym, so let's eat beforehand,
- Saw the ad on social media- let's eat,
- Swiggy & Zomato can deliver in 15 minutes- let's eat—

**We just keep eating aimlessly without knowing or realising what to eat when to eat, how to eat, what are the Dos & Don'ts, and what suits or doesn't suit our body.**

A survey has shown that since these food delivery apps have come into play, India's Average Calorie Intake has gone up from 1600 Kcal to 2400 Kcal. And then we wonder from where the diseases are coming and how come our clothes becoming tighter.

### The Solution

I am not going to talk about diet charts, what to eat or what not to eat.

**I Don't believe in diet charts.**

I am not saying they don't work, but we are so clever, that we end up finding some excuse or the other to not follow these plans, I mean it's not sustainable.

**“If you don't know what to eat, nobody can tell you.”**

## 7 SECRETS TO 120 YEARS BODY

Your body keeps on changing, your moods keep on changing a number of times a day, and the weather keeps on changing, so you have to decide your diet by yourself.

**In the Mindful Health Mastery Program, we teach you how to choose your diet and prepare your diet.**

**But more than that, we teach you that while eating right is important digesting what you eat is even more important.**

Another critical factor that people often miss out on is eliminating waste and toxins. Even more important than what you eat is to digest well what you eat.

Gyms and so many medical professionals insist on eating protein-rich food to maintain or build your muscle or structure, but If I take my personal Example, For the last 4 years I have not taken any protein/supplements not even protein food, still, I have developed more muscles & strength, which are better than what I had in my young age.....

**How am I Healthy without protein you might wonder, well, I am providing conditions to digest properly, whatever I am eating and help my body extract all the nutrients from what I eat thoroughly and completely.**

These nutrients are fulfilling all the requirements of my body. We need external protein, vitamins & minerals only when we are unable to digest and consume the nutrients in the food we eat. If your body doesn't know how to extract & consume nutrients then even externally added nutrients will also go to waste.

**I will tell you how It can be done.....**

1. **Mindful Eating:** Eat while sitting with crossed and folded legs on the floor in sukh aasan – By doing this only, you will see remarkable changes in your posture, you will see improvements

## 7 SECRETS TO 120 YEARS BODY

in flexibility of hip, ankle and ankle joints, digestion will improve, gastric & bloating issues will go away, belly fat will start vanishing.

- 2. Post-Meal Hydration Delay:** You should not take any liquid after your meal, there must be a gap of a minimum of 2 hrs. – You will see major improvements in gastric, bloating, acidity, constipation, burps and start feeling energetic from day one.
- 3. Daily Sun Baths & Air Baths are also vital food for the body:** You need to expose your skin to sunlight (Not Sun Heat) preferably during sunrise and sunset. (Around 76% of Indians are suffering from Vitamin D deficiency, and most of us depend on some kind of supplements, while there is a free medicine available, which not only activates Vitamin D available in our bodies but also activates 300 other types of vitamins & Minerals)
- 4. Eat When you are hungry:** Here I mean, hungry as in when your body truly needs nutrition, I am not talking about false hunger like cravings or emotional eating. Also maintaining a gap of 2.5 - 3 Hrs in between each meal is essential.
- 5. Periodic Nourishment / Cycling Eating:** What if I tell you, there is one thing available by following that only your metabolism will be boosted, it means there are chances of reducing weight, Lose body fat and visceral fat naturally, normally effortlessly, it will reduce Insulin resistance and lower Blood pressure, it means it can Type2 diabetes & BP issues, It reduces oxidative damages, reduce the chances of high cholesterol, heart disease, cancer, stroke, arthritis, Parkinson's and hundreds more deadly disease for many of which even can't be cured by medicines.

It can help reduce the side effects of chemotherapy. It may have important benefits for brain health, including increasing the growth

of new neurons and protecting your brain from damage.

**It may help you live longer, extend your life span, and increase up to 13% life span.**

**Yes, the above-mentioned benefits are just 1% of what I have just explained above.**

It simply means you can enjoy your whole life medicine-free, pain-free.....with perfect shape, strength, stamina, and energy.

## **What To Do?**

Whatever you are eating, whatever your schedule is, manage to do cycling eating. Start giving a gap between your last meal to the first meal of the day. If right now you are giving an 8 hrs gap, increase it slowly 8-9, then 10...and increase the gap till 16-17 hrs, and whatever you want to eat, eat it in the balance 7-8 hrs window. And you will see results from the very first day.

### **Rahul's Story Of Transformation**

**Rahul Gupta, owner of Bharat Lubricant in Surat,** was once an athletic enthusiast, but like many business owners, the stresses of running a factory—whether from clients, employees, or financial pressures—began to take a toll on his health.

His deteriorating condition led him to believe that the rest of his life would rely on medicines and painkillers. His declining health also started affecting his factory's performance, leading to significant losses.

Everything changed when Rahul was introduced to the **Mindful Health Mastery Program by Kapiil Gupta.**

## 7 SECRETS TO 120 YEARS BODY

Taking charge of his health, he not only managed to reduce 20 kg in a short period but also freed himself from his long-standing dependency on medicines. With his newfound vitality, both his health and business began to improve. Even better, his transformation inspired his family and employees to prioritize their health, creating a ripple effect of well-being.

**When I reveal the next secret, you'll say Kapiil we know this but don't know what to do about it. Well, the statement is not the secret, the solution I share is and yes, I am ready to let you peek in.....**



# CHAPTER 13

## Secret #5

# Is Tension Holding A Gun To Your Health?

[The stress you take on impacts your life directly]

Learning to manage stress through techniques like mindfulness and relaxation, combined with getting enough quality sleep, is essential for optimal health and vitality, leading to a more enjoyable life.

We studied in Engineering that stress is the name given to the pressure that cracks bridges or the force that places strain on an object or body. It is synonymous with tension, fatigue, failure, trauma, or difficulty. The subject of stress is thought of in the most negative terms possible.

It is something to be managed, or at least tolerated, but rarely understood. Stress is a fact of life, wherever you are and whatever you are doing. **Whenever we will go out of our comfort zone, we will feel stressed.**

Modern life has led to a surge in stress-related disorders, such as diabetes and hypertension, due to our struggle to cope with its fast-paced, competitive nature. Despite medical advancements, these ailments persist as they stem from our changing ideals and mindsets.

## 7 SECRETS TO 120 YEARS BODY

Our relentless pursuit of material survival has blinded us to its toll on our well-being. Stress-related disorders have become an epidemic, fueled by our inability to adapt. Medical science, though advanced, has struggled to address these issues adequately, as the root cause lies in our changing ideals and mental landscapes.

When there is dissipation of energy and dispersion of ideals, how can you expect to experience harmony in your body and mind?

**The international problem today is not hunger, poverty, drugs or fear of war. It is tension, hypertension, and total tension.**

If you can free yourself from stress, You'll unlock life's problems with ease, no less.

When tension's balanced and emotions are in check, you control anger and passions—no health risk to wreck. Heart disease, pressure, and even leukaemia's toll, all can be managed when you're in control. Master your mind, and your health will thrive, live a life of balance, and truly come alive!

### The Threefold Tensions

The threefold tensions refer to stress buildup from our thoughts, work, and sleep habits. This stress affects us physically, emotionally, and mentally. Yoga focuses on relaxing these tensions. Inner tensions can also lead to issues in families, societies, and even between nations. Despite efforts by religions and governments, true peace often eludes us. Finding peace within ourselves is key to creating a more peaceful world.

Entrepreneurship can be a solitary path, especially early on, requiring long hours and personal sacrifices. Entrepreneurs often face financial pressures, manage teams, and navigate uncertain markets, leading to stress and burnout. Did you know that around

## 7 SECRETS TO 120 YEARS BODY

60% of people worldwide experience a mental illness at some point in their lives? Anxiety disorders are even more common than depression. Before COVID-19, 1 in every 8 people globally lived with a mental disorder. After COVID-19, this increased by 50%, making it 1 in every 4. Stress is often the root cause of mental illness, which is why I prioritize stress management. By understanding how you perceive and respond to stress, you can develop coping mechanisms for a healthier work-life balance.

### **Are You Burnt Out???**

Feeling constantly tired and stressed? You might be experiencing Burnout Syndrome. Learn how to manage stress and support your body's recovery.

Common causes of Burnout Syndrome include physical, mental, and emotional stress, excessive exercise, overwork, depression, guilt, anger, anxiety, fear, worry, toxic overload, emotional trauma, and overindulgence in stimulants like coffee, tobacco, and narcotics.

Common symptoms of Burnout Syndrome include fatigue, dizziness, low immune function, slow recovery from illness or injury, frequent illness, feeling cold often, allergies, poor memory and concentration, cravings for salt or sugar, excessive hunger, digestive issues, menstrual irregularities, sleep problems, irritability, weight gain, hair loss, insomnia, low sex drive, low blood sugar, and low blood pressure.

Everyone in their life is so busy, so in a fast-moving world, they don't have time to find time for meditation.

Though meditation is one of the best medicines to sort stress issues.

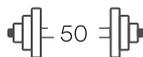
## 7 SECRETS TO 120 YEARS BODY

I usually suggest a few easy solutions to my course participants and show them how to practice these:

1. **Breathe Break:** Take deep breaths every hour to relax and activate calm responses in your body.
2. **Sole Sanctuary:** Walking barefoot on grass reduces stress by 62% and improves sleep quality.
3. **Mystic Mind Flow:** Mindful practices improve relaxation, sleep quality, and self-awareness, reducing stress.
4. **Self-Space Safari:** Solitude sparks creativity, relaxes the mind, and improves stress management.

“KAPIIL BHAI’S SIMPLE REMINDER OF BREATHING FOR JUST 1 MINUTE EVERY HOUR HAS COMPLETELY CHANGED MY GAME! I NOW FEEL BLISSED OUT, WITH INCREASED HAPPINESS AND CALMNESS LEVELS.”  
– AMARPREET PURI

What If I told you that rest and sleep are the pathways to productivity? You’d probably laugh, ha, turn the page and you will never again do so. Learn to sleep your way to health, productivity and prosperity.....



CHAPTER 14

Secret #6

## “Sleep Right, Sleep Tight: Getting It Wrong Can Be Dangerous

A research was conducted in about 70 countries on 160 Cr people, where they were asked to sleep 1 hour less than they were currently sleeping. You'll be shocked to know that this resulted in an increase of almost 24% in the affected people and an approximate 23-25% increase in road accidents. Then they were made to go back to their original sleep pattern and this resulted in a remarkable going down of heart attacks by 21%. That is the amount of damage just 1 hour of less sleep can do!

Imagine if a whole country was sleep deprived, what would happen to the health of that nation? Have you noticed that 40-50 years ago, few people had heart attacks or high BP, high sugar or even cancer? So, what has changed?

Before the light bulb was invented people used to sleep 10.5-12 hours, by 1942 the average sleep time was 7.9 hours which up until a few years ago was down to 6 hours. Now post-COVID and due to social media, it has become even lesser.

Imagine the adverse impact of this on sleep. Despite medical science advancing so much and the highest level of medical

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facilities being available and accessible, hospitals & clinics are always full & most people are on medication for BP, Sugar & Thyroid and are on blood thinners.

Would you like to know the reason for this prevalence of diseases? Well, the National Sleep Foundation & WHO recommend 8 hours of sleep, but our society has fallen prey to an "Epidemic of Sleep Deprivation". Sadly unlike the coronavirus pandemic which was visible to everyone, this epidemic is a silent killer and is going unnoticed. Nearly 60-70-% population in India, 70% in the UK, 79% in the USA and around 90% in Japan.....Sleep Less than 8 Hrs.

This needs to change!

### Resting More Efficiently

Deep Sleep is a powerful technique in which you learn to relax consciously. People feel that they are relaxing when they collapse in an easy chair with a cup of coffee, a drink or a cigarette, and read a newspaper or switch on the television. But this will never suffice as a scientific definition of relaxation. These are only sensory diversions. True relaxation is actually an experience far beyond all this. For absolute relaxation, you must remain aware. This is Deep Sleep, the state of dynamic sleep.

Deep Sleep is a systematic method of inducing complete physical, mental and emotional relaxation.

### The Solution I am offering

1. **Zen Sleep Zone:** Fix your sleep/wake schedule for improved quality and quantity of sleep.
2. **Heartful Hours:** Quality time with family strengthens bonds and reduces stress, enhancing sleep.

## 7 SECRETS TO 120 YEARS BODY

- 3. Tech Tranquil:** Avoid blue light from screens before bed to prevent melatonin disruption and poor sleep.
- 4. Foot Fiesta/Aqua Euphoria:** Foot massages or warm baths before bed relax and promote better sleep.
- 5. Restraint Rituals:** Avoid food and coffee before sleep for a restful mind and quicker, deeper sleep.

"I ONCE DOUBTED THE VALUE OF INVESTING IN HEALTH COACHING, BUT AFTER EXPERIENCING KAPIIL SIR'S CLASSES, I'VE REALIZED THE IMMENSE WORTH. NOT ONLY HAVE I SAVED ON MEDICAL EXPENSES, BUT HIS SLEEP TIPS HAVE TRULY TRANSFORMED MY LIFE. I NOW FEEL BLISSSED OUT, FULL OF ENERGY, AND DEEPLY REVITALIZED. MY MIND AND BODY ARE CALM."

— SUPRIYA SHARMA,

MARKETING HEAD - LEADING EYE CENTRE



CHAPTER 15

Secret #7

## Muscles, Tendons, Joints & Ligaments: Your Silent Support System

**Your health is rented...and You have to pay rent every day.....  
Every day...Every single day...Can someone tell me what that  
rent should be.???.....without giving rent we can't even think  
about remaining healthy.**

That rent is honoring and taking care of our bodies!

Modern medical science was always meant to assist us and be used in severe cases not as a daily practice, but we have made it a way of life, we pop a pill at will, and we use medical science as our crutch and first choice to walk through life. We believe we are free to abuse our bodies because, at the back of our minds, we believe that at the end of the day doctors, medicine and surgery are there to assist us.

But have you observed something? especially in the case of orthopedic issues. Well, I have met 100s of people where doctors said they would need complete rest or injections, otherwise, they would not be able to recover and voila they recovered just with the help of proper exercise.

**Fix the root cause...That's where true health is found...  
Everything else is just a Band-Aid.**

**WHO Report:** Falls are the second leading cause of unintentional injury deaths worldwide.

**Data from WHO:** 90% of Issues are because of a lack of Mobility

## The Solution

### Mobility Exercises & Mindful Mobility

Understanding aging empowers you to choose a vibrant life over stiffness and chronic pain.

This book equips you to keep your body vital and joyful, highlighting the role of cell health. As we age, cell repair diminishes, impacting overall health.

Regular exercise is crucial, preserving muscle mass and preventing rapid cell loss. Engaging all muscles daily is key to staying healthy and active.

**Our body has three main muscle types: smooth, cardiac, and skeletal.**

**Smooth muscles** are controlled by the autonomic nervous system and can be dormant until stimulated.

**Cardiac muscles** in the heart beat rhythmically, influenced by neural and hormonal signals.

**Skeletal muscles**, attached to bones by tendons, drive most of our movements. Simple actions like standing or brushing teeth require coordination of muscles, ligaments, and joints.

## 7 SECRETS TO 120 YEARS BODY

Ligaments connect bones, and tendons link muscles to bones, providing joint stability and mobility. Cartilage cushions joints, while fascia connects bones and muscles. Lack of movement can stiffen ligaments, affecting joint mobility and causing pain. Gentle movement helps maintain and improve joint flexibility.

To keep all this intact for years and to increase vitality better to do daily exercises.

**Just imagine, if you could find a new medicine, a single magic pill.**

By taking once a day you will get a longer and happier life, it will make you stronger, profoundly increase your energy levels, enhance your mood, and Improve your brain function and concentration.

### **Exercise: The Magic Pill**

What do you think, would you mind this magic pill? It would be a groundbreaking revolution.

Yeah, sounds pretty good right now.

**Luckily for all of us, this miracle medicine already exists and is called exercise and if it were available in the Magic pill, it would be the most prescribed and most valuable medicine on earth, but there's a catch.**

See for this Magic pill to keep on working, we have to keep taking it on a daily basis

Exercise can most certainly and dramatically improve our lives. Our mood, happiness, and feeling of mental health, are all controlled by our brain chemistry. This brain chemistry can be controlled by the quality and quantity of diet, sleep, and exercises we are doing. I mean by everything we do on a daily basis. Actually these are lifestyle modifications, which are in our hands only, in our control.

## 7 SECRETS TO 120 YEARS BODY

Whoever has done a good amount of workouts, might have felt the satisfaction level achieved after doing a workout. The reason is while we work out our stress hormones like endorphins, cortisol, dopamine, and serotonin which remove our stress, regulate mood and make us happy.

Just think about why we do things we do, it's because of the way we feel, after completing those tasks. If you feel de-stressed, happy, fulfilled. Won't you do that thing again and again?

“KAPIL SIR'S SIMPLE NECK AND SHOULDER EXERCISES HAVE TRULY TRANSFORMED MY LIFE. MY SHOULDERS FEEL SO MUCH BETTER, AND I NOW FEEL BLISSSED OUT AND MORE ENERGIZED. THESE EXERCISES HAVE HAD A PROFOUND IMPACT, HELPING ME FEEL MORE RELAXED AND AT EASE.”

— MUKESH GOPALDAS JESWANI

### What is Exercise?

A specific activity that stimulates a positive physiological adaptation that serves to enhance fitness and health and does not undermine the latter in the process of enhancing the former.

Exercise can be in any form, it can be aerobic, anaerobic, agility, mobility, strength & flexibility

Aerobic exercise boosts oxygen use, strengthens muscles, and improves circulation, lowering blood pressure and

## 7 SECRETS TO 120 YEARS BODY

diabetes risk. It enhances bone growth, life expectancy, and sleep quality. Anaerobic exercise, like weightlifting, builds power and muscle mass, burning more fat even at rest. Agility training improves control in sports like tennis while stretching exercises like yoga enhance flexibility and reduce stress, promoting balance and posture.

You can choose any one or many types of exercises to make yourself fit and get all the functional work on optimal level. By regular exercise, you will be able to stay active till your last breath or I can say you will “AGE Gracefully”

“KAPIL JI’S EXERCISES ARE DECEPTIVELY SIMPLE BUT INCREDIBLY POWERFUL. THEY TARGET EXACTLY WHAT’S NEEDED, ALLOWING ME TO RUN SAFELY AND SMOOTHLY WITHOUT RISKING INJURY OR OVEREXERTION.”

— VIJAY KATARIA  
SR DIRECTOR, MNC

## BONUS

### Mindful Exercise

Mindful Exercise isn’t just any physical activity—

**It’s a purposeful movement that improves fitness and health without harming it.**

## 7 SECRETS TO 120 YEARS BODY

Despite this, there's often confusion about what exactly defines fitness and health, and surprisingly, a lack of clear correlation between exercise and health in scientific literature

### The Physical and Anti-Aging Benefits of Mindful Exercises:

Mindful exercises offer holistic benefits, enhancing physical energy, balance, and cardiovascular health, while strengthening muscles and aiding in pain relief. Mentally, they increase self-awareness, reduce stress, and promote relaxation, leading to improved memory, creativity, and emotional well-being. Spiritual benefits include enhanced gratitude, inner calmness, and a deeper sense of purpose, contributing to an overall sense of peace and vitality.

Mindful Health participants have experienced significant physical changes, including elongated muscles, improved posture, and reduced body fat. This method benefits various groups, from new mothers to retirees, by enhancing flexibility, rebalancing joints, and alleviating pain. It also aids in injury healing and can reverse conditions like arthritis and osteoporosis. The Mindful approach optimizes workout time, allowing you to achieve multiple fitness goals simultaneously and potentially reverse the aging process.

- **Convenient:** This can be done anywhere with just one body length of space, indoors or outdoors.
- **Equipment-free:** No need for special gear; can be done in pyjamas and barefoot.
- **Time-efficient:** Entire programs can be completed in 10-15 minutes or less.
- **Beginner-friendly:** The progressive program starts gently and becomes more challenging.

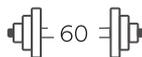
## 7 SECRETS TO 120 YEARS BODY

- **Comfortable:** Focuses on relaxation, limbering up, and stretching without causing pain.
- **Effective weight loss:** Helps shape your physique and develop stronger muscles that burn fat even at rest.

**In the Mindful Health Mastery Program, we teach how we can do exercises mindfully and enhance the benefits 100 X by reducing the time spent on exercises.**

“AISA LAGTA HAI KAPIIL SIR NE NECK KI EXERCISES MERE LIYE HI DESIGN KI THI. MERI GARDAN KA JO DARD PICHLE 3 SAAL SE GYM JANE KE BAAD BHI THEEK NAHI HO RAHA THA, YAHAN SIRF 3 MINUTE MEIN KHATAM HO GAYA!”

– SANJAY MALHOTRA,  
DIRECTOR - FLOW WELL PROFILES



## CHAPTER 16

### The Essence of it All in 5 Sentences

- In total, now that you have reached the end of this book, let me reiterate that you don't need any fancy, costly or unnatural solutions to fix your health and wellness.
- There are only small and basic things in your life that you are missing because of reasons best known to you. However, these basic things are the most crucial.
- You have made your life chaotic...Have you ever heard any pleasant music with a missing note or beat, if an orchestra misses even a single beat then it no longer remains music, it transforms into noise.
- In the same way, if even one link is missing in your life, then it becomes impossible to achieve Health & Fitness to their fullest level.
- I have now shared with you in detail about all the 9 mistakes you are making in the domain of Health & Wellness. **I have also shared the 9 mindful secret solutions for overcoming these mistakes and achieving health mastery.** Taking even one step in each of these areas will keep you ahead and stand out from the crowd.



CHAPTER 17

## Let's Continue This Journey Of Health

Now, you have two choices, I have told you everything about achieving perfect health & wellness, and you can do it by yourself but there are 2 hurdles.

However, the million rupee question is that—

WILL YOU DO IT?

We have seen that most people won't do it!

**They will just read this book as a novel and get back to the same routine or the same world.**

Also, please note that even though it reaches far and wide, a book too has its constraints.

In this book, I have tried to share the maximum tips that I could, but if I start writing everything I know and teach in detail, then it would become a 5000-page book, as this a subject that I am passionate about and have immense experience & expertise on. I could go on talking and giving lectures for months on each aspect of health.

**For those of you, who are truly committed to your health, the second option** is you join our Whatsapp Community by scanning the QR code below, though it's only for our Premium Members, as a reader of this book, you can be part of this community, where

## **7 SECRETS TO 120 YEARS BODY**

we will be giving more hacks to help you lead a medicine free life and give you freedom from fear of diseases like BP, Sugar, High Cholesterol and thousands of other deadly diseases which can end up as Ram Nam Satya leaving your loved ones Ram bharose...

This language might sound Kadvi (bitter & harsh) to you ...but it's the hard truth. The choice is yours!!!!

If you wish to receive Videos or any other educational material please scan this QR code, fill out the form and you will begin receiving our regular valuable Tips, Do's & Don'ts.

Also, if you want to live fit & healthy like the 120 Years I showed you and would like to explore the Mindful Health Mastery Program, you can book a 1-2-1 call at the details given below.

**Any other contact details to be added?**

**<https://kapiilguptta.com/>**