BENKO MANAGEMENT · HEALTH SERIES · BOOK 1



Principles of Natural Healing

Seven simple habits for lifelong energy and health

Marcel Benko

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Seven simple habits for lifelong energy and health

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IMPORTANT

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Talk to your doctor before making major changes to your diet, exercise, fasting or supplement routine, especially if you have a health condition, take medication, or are pregnant or breastfeeding. You are responsible for how you use the information in this book.

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PREFACE

Why I Wrote This Book

I am 39 years old as I write this book, and my health is at its peak. I feel strong and energetic, and by most standards I look younger than many men in their late twenties. For me, health is not just a priority. It is the foundation of everything in life, and it should be yours as well.

We live in a fast-paced world where we are constantly expected to perform, compete and keep up, both socially and professionally. In that kind of world, your health is your greatest advantage. Without it, everything else becomes harder.

What makes my journey worth sharing is simple: my blood work today is no different from what it was nearly 20 years ago. I am living proof that even in midlife, it is possible to live without chronic fatigue, high blood pressure, cholesterol problems, diabetes, or the slow decline that so many people accept as inevitable.

But it wasn't always this way.

In my early twenties, I was tired all the time. When I asked a doctor for advice, I was told, quite casually: "It's time to start drinking coffee." I remember being genuinely shocked. At 24, I was expected to rely on stimulants just to get through the day? That answer didn't sit right with me, and I refused to accept it.

That moment became a turning point.

I committed myself to understanding health, energy and longevity. I read extensively, countless books, many of them over 400 pages, diving deep into nutrition, lifestyle and human performance. The knowledge was valuable, but the process was often overwhelming and time-consuming.

And that is exactly the problem today.

People desperately want to be healthier, yet most simply don't have the time or focus to read hundreds of pages. Between work, family and daily stress, it's easy to feel stuck. On top of that, social media has shortened our attention spans, making long-form information even harder to absorb.

This book exists to close that gap.

I have distilled everything I've learned, and more importantly everything that truly works, into a simple, practical guide. Every principle you will read here is something I apply in my own daily life. No theory without practice, no shortcuts without substance.

My goal is straightforward: to help you take control of your health in a way that is realistic, sustainable and effective.

The steps are simple. The impact can be life-changing.

With that said, let's begin.

CHAPTER I

How Natural Healing Works

Health is really the only thing you truly have. Without it, even the simplest things in life become difficult. If you don't take care of your body, you are the one who pays the price.

If you follow basic health principles, you can avoid many illnesses and greatly lower your risk of dying early. It's not complicated. Your body just needs the right conditions.

When you live in a natural, balanced way, your body stays strong and handles stress and outside influences much better. But if you keep ignoring what your body needs, it slowly starts to weaken.

Most people don't think about their health until something goes wrong. Then they look for quick fixes. But real healing doesn't work like that. It takes time, discipline, and a return to simple, natural habits.

In my experience, healing isn't about anything complicated. It's about doing small, simple things consistently that support your body.

Your body knows how to heal itself. It has built-in systems for recovery. But those systems only work if you're not constantly overloading or damaging it with bad habits. Any kind of excess, whether too much food, too much work or too much stress, wears your body down. That's why balance is so important.

Illness rarely appears out of nowhere. In most cases, it builds up over time when you ignore your body. The symptoms you feel are signals: your body is telling you that something isn't right. Instead of just silencing those signals, try to understand what's causing them and fix the root of the problem.

Real healing starts when you remove the cause and give your body the space and support it needs to recover. Preventing problems is always better than fixing them later. When you live the right way, you don't have

to worry about disease nearly as much.

In my view, health comes down to seven simple things: **fresh air, clean water, good food, regular movement, sunlight, proper rest and a calm mind.** They all work together. Ignore even one of them, and it can affect everything else.

A healthy lifestyle isn't something you do for a short time. It's something you stick with for life. If you stay consistent and pay attention to your body, you can build real, lasting health and energy.

KEY TAKEAWAYS

- Your body can heal itself when you give it the right conditions.
- Symptoms are signals. Look for the cause instead of only silencing them.
- Seven pillars work together: air, water, food, movement, sunlight, rest and a calm mind.

TRY THIS TODAY

Rate yourself from 1 to 10 on each of the seven pillars. The lowest score is where you start.

CHAPTER II

Air

Air is the most important thing for your life. You can go weeks without food and days without water, but without air you last only a few minutes. That alone shows how important breathing really is.

You breathe all the time without thinking about it, but the way you breathe matters a lot. Your body needs oxygen to function, to create energy and to keep everything running properly. Without enough of it, your whole system slows down.

From what I've seen, most people don't breathe properly. They take shallow breaths and use only a small part of their lungs. This leads to low energy, poor focus and fatigue. Most of the time, the cause is stress. You may be waiting for the stress to go away so you can breathe normally again, but it works the other way around: when you improve your breathing, your stress level drops by itself.

Try to breathe deeply, calmly and regularly. Let your lungs fully expand. When you breathe this way, your body gets the oxygen it actually needs.

Just as important as how you breathe is the air you breathe. Fresh air makes a huge difference. Stale or polluted air carries less oxygen and more harmful substances, and over time that affects your health. Make it a habit to air out your home every day. Even when it's cold, open the windows and let fresh air in. I sleep with the window slightly open no matter the weather, as long as my girlfriend agrees. Your body recovers during sleep, and it needs oxygen to do that properly.

Spending time outside is one of the easiest ways to improve your health. Go for walks, especially in nature: parks, forests or open spaces. The air there is cleaner and fresher. I walk in the forest for an hour every day.

Combining fresh air with movement is even better. Physical activity outdoors naturally improves your breathing and strengthens your lungs. This matters especially at the gym. Many gyms are poorly ventilated, and the air is full of sweat and exhaled breath, exactly when you are training and need fresh air the most. That's why I recommend doing your cardio outside in a park instead of on a treadmill.

I personally train with heavy weights. High-intensity training, even in short sessions, can improve your heart and lung fitness as effectively as long-distance running, with far less wear on your joints.

Air also affects your mind more than you might think. Bad air can make you tired and irritable, give you headaches and lower your performance. That's why I avoid places with smoke, dust or heavy pollution as much as possible.

In the end, breathing is simple but powerful. Do it properly, in a clean environment, and it becomes one of the easiest ways to improve your health.

KEY TAKEAWAYS

- Shallow breathing feeds stress. Deep, calm breathing lowers it.
- Air out your home every day and sleep with fresh air if you can.
- Move outdoors whenever possible, especially for cardio.

TRY THIS TODAY

Take 10 slow, deep breaths by an open window: in through the nose for 4 seconds, out for 6.

CHAPTER III

Water

Your body can't function without water. More than half of it is water, and every cell depends on it. Water is involved in everything: digestion, absorbing nutrients, circulation and getting rid of waste.

If you don't drink enough, your body slowly starts to struggle. It can't keep its balance, and over time things begin to break down. So ask yourself: *Do I drink enough water? What kind of water do I drink? When do I drink it?* If you're honest with yourself, you may find that you're not hydrating properly, and that it's time to change.

In my experience, drinking clean water regularly is one of the simplest ways to stay healthy. It helps your kidneys do their job, supports your metabolism and keeps your body temperature stable. Don't believe the marketing for "special water" or "super fluids." There is no such thing. Clean, purified water with enough minerals will keep you hydrated and alert.

Many people don't drink enough water. They reach for sweet drinks or artificial beverages instead, but those don't help the body the same way, and often they make things worse. I always stick to pure water. It's the most natural option. It's also better to drink smaller amounts throughout the day than a lot at once.

When you don't drink enough, your body lets you know: fatigue, headaches, dry skin, poor focus. That's dehydration. If it continues long-term, it can lead to more serious problems.

Water matters on the outside of your body too. Keeping clean removes dirt, bacteria and toxins from your skin. Clean skin regulates temperature better and protects you more effectively.

Simple water routines can also make a difference. Alternating between warm and cold water improves circulation. Cold water wakes your body up, while warm water helps you relax and release tension.

Quality matters too. Whenever possible, use clean, uncontaminated water for both drinking and washing.

What I do: I drink purified water with a few crystals of Celtic salt. I prefer not to drink during meals. That's my personal habit, not a rule; plenty of healthy people drink water with food. I take a cold shower in the morning to wake my body up for the day, and a warm shower before bed to wash off the day.

A note on salt: if you have high blood pressure, kidney problems, or have been told to limit salt, check with your doctor before adding salt to your water.

In the end, water is one of the most powerful and simple tools you have. Use it consistently and the right way, and it supports your whole body.

KEY TAKEAWAYS

- Clean, mineral-rich water is all you need. Skip "special" waters and sweet drinks.
- Sip throughout the day rather than drinking a lot at once.
- Warm and cold water on the skin supports circulation and recovery.

TRY THIS TODAY

Drink a glass of water as soon as you wake up, and end your morning shower with 15 seconds of cold water.

CHAPTER IV

Food

Food is something you deal with every day, but it's easy to forget how much it affects you. Eating isn't just about filling your stomach. What you eat gives your body energy, helps it repair itself and keeps everything working.

I like to think of the body as a car. If you want it to run well, it needs the right fuel, good oil, proper cooling and regular care. Your body is the same. If something important is missing, problems don't show up right away, but over time they will.

Every time you eat, you're either helping your body or making things harder for it. That depends mostly on the quality of the food and how much of it you eat.

In my experience, keeping things simple works best. Natural, minimally processed foods are always the better choice. The more artificial ingredients, sugar and additives you put into your body, the harder it has to work to deal with them.

One of the biggest mistakes people make is simply eating too much. It's easy to do, but it puts a lot of pressure on your digestion and eventually leads to problems. I've learned that it's much better to eat a little less and digest your food properly than to overload your system.

Regularity helps more than people realize. When you eat at consistent times, your body gets used to it and digestion becomes smoother. When you eat at random times, your body has a harder time keeping up.

How you eat matters as much as what you eat. If you're rushing, stressed or distracted, your digestion suffers. I eat in a calm state, take my time and focus on the food.

Chewing is simple but very important. When you chew your food properly, digestion becomes much easier for your body. It's the first step, and if you skip it, everything after it becomes harder.

Even the temperature of food plays a role. Very hot or very cold meals can irritate your system, so it's better to keep things moderate.

I always make sure to eat plenty of fresh fruit and vegetables. They give your body what it really needs: vitamins, minerals and fiber. Fiber in particular keeps your digestion working as it should.

Another thing I've learned is to listen to your body. Hunger and fullness are there for a reason. When you ignore them, you either overeat or don't give your body enough.

At the end of the day, it's not only about what you eat but also how and when you eat. When you approach food in a balanced, conscious way, your body responds. You feel better and more stable, and over time it makes a real difference to your health.

KEY TAKEAWAYS

- Choose natural, minimally processed food and plenty of fruit and vegetables.
- Eat a little less, at regular times, in a calm state.
- Chew properly. Digestion starts in your mouth.

TRY THIS TODAY

Eat one meal without your phone or TV, and chew each bite until it's soft.

CHAPTER V

Movement

Your body was made to move. Movement isn't optional; it's a basic part of staying healthy. From the very beginning of life, your body develops through movement. Your muscles, joints and heart all depend on it to stay strong.

When you stop moving enough, things slowly weaken. Your muscles lose strength, your circulation slows down, and you just don't feel as alive or energetic. I see this a lot today: people sit too much, and over time it leads to all kinds of problems.

The good news is that you don't need anything extreme to fix it. Regular, simple movement already makes a big difference. When you move, your blood flows better, oxygen and nutrients get where they need to go, and your body cleans itself more efficiently. Your heart gets stronger, your lungs work better and your endurance improves.

Movement helps your mind just as much as your body. It reduces stress, clears your head and helps you feel more balanced.

It doesn't have to be intense. Consistency matters much more than pushing yourself too hard. Even something as simple as walking every day can change a lot. It's easy and accessible, and when you do it outside you also get fresh air and a change of scenery.

You can add small things like stretching, light exercise or physical work during the day. It all counts. What matters is that you keep your body active regularly.

Don't compare yourself with others. The biggest mistake I see is people walking into a gym overmotivated and getting overwhelmed by programs and advice that overcomplicate everything, often just to sell you more.

> Here's the truth: if you do **20 squats, 20 push-ups and 20 sit-ups every day** and stay consistent, in one year you'll be fitter than most people you know.

Don't you have 10 minutes a day for three exercises? No money, no gym membership, no expensive programs. Just simple, basic exercises in the comfort of your home, 10 minutes a day. It can change your life. I know you can do it. That's how I started. If I could do it, so can you.

One thing I've learned is not to overdo it. Too much exercise, or the wrong kind, can set you back. Your body should be challenged, but not pushed until it's exhausted or injured. Listen to your body. Some days you can do more, some days less, and that's fine. The goal is to be consistent, not perfect.

Movement also helps keep your weight in check and supports your metabolism. But more than that, it gives you a feeling of energy and well-being that you really notice over time. A body that moves regularly simply works better. You feel stronger, more resilient and more balanced, and that builds into long-term health.

KEY TAKEAWAYS

- Consistency beats intensity. Small daily movement adds up.
- You don't need a gym: 20 squats, 20 push-ups and 20 sit-ups a day is a strong start.
- Challenge your body, but stop before exhaustion or injury.

TRY THIS TODAY

Do the 20 / 20 / 20 routine once. If 20 is too many, do what you can and add one more each day. (If you have a heart, joint or back condition, check with your doctor first.)

CHAPTER VI

Sunlight

Sunlight is one of those simple things that affects you far more than you might think. Your body depends on it in many ways, both physically and mentally.

One of the main things sunlight does is help your body produce vitamin D, which matters for your bones, teeth and immune system. When you don't get enough sunlight, your body can slowly feel weaker and your immunity can drop.

Again, moderation is key. Too much sun damages your skin. I know we all want a deep tan as fast as possible, but here less is more. I get about 11 minutes of full-body sunlight a day, and that works well for me.

> How much sun you need depends on your skin type, the season and where you live. Fair skin burns faster than darker skin. In northern winters (in Michigan, roughly November to March) the sun is too weak for your body to make much vitamin D at all; ask your doctor whether a vitamin D test or supplement makes sense for you. Whatever you do, never let your skin burn.

And don't even think about a tanning bed. Artificial light just isn't the same. It can light up a room, but it won't give your body what real sunlight does.

Sunlight gives you more energy, improves your mood and helps you feel more balanced. When you spend too much time without it, you can start to feel tired, unmotivated and even a bit down. That's why I think it's important to get some natural light every day, even for a short time.

The best times are the morning and late afternoon, when the sun isn't too strong. Midday sun can be harsh, and too much of it does more harm than good, irritating your skin or causing burns.

What works really well is combining sunlight with movement and fresh air. A walk outside or time in nature gives you several benefits at once, and your body responds to that.

In the end, sunlight is a simple but powerful tool. Use it wisely and don't overdo it, and it supports your health, strengthens your body and helps you feel more alive every day.

KEY TAKEAWAYS

- A little natural sunlight every day supports energy, mood and immunity.
- Prefer morning or late-afternoon sun, and never burn.
- Skip tanning beds. Artificial light is not a substitute.

TRY THIS TODAY

Step outside within an hour of waking and spend 10 minutes in daylight, even on a cloudy day.

CHAPTER VII

Rest

Rest is just as important as anything else you do for your health. Your body and mind both need time to recover. If you keep pushing without proper rest, things break down sooner or later.

Sleep is the most important part. While you sleep, your body does work you don't see: it repairs itself, restores energy and resets everything so you can function the next day. In my experience, when sleep is off, everything else feels off too.

If you don't get enough sleep, you feel it right away: low energy, poor focus, irritability and weaker physical performance. If that goes on too long, it can turn into bigger health problems and weaken your immune system.

What really helps is a regular rhythm. Going to bed and waking up at the same time each day makes it easier for your body to settle into a routine. But it's not only about how long you sleep; quality matters just as much.

A calm, quiet environment makes a big difference. Fresh air in the bedroom helps too. You simply rest better when your body gets enough oxygen during the night.

Before going to sleep, slow things down. Avoid anything that overstimulates you, whether it's stress, heavy thinking or emotional tension. The calmer your mind, the easier it is to fall asleep and truly rest.

What I'm completely against is forcing your body awake with an alarm. Your body knows when to wake up. Don't force yourself up at 4 a.m. just because a YouTube guru says successful people wake up early. It may be true, but you have to get there naturally. I understand that not everyone can skip the alarm, but as your health improves, you'll find yourself waking up at 6 a.m. or even earlier on your own.

Rest isn't only about sleep. You also need short breaks during the day, especially after physical or mental effort. Even brief pauses help your body recover and keep your energy steady.

If you keep working without rest, exhaustion builds up slowly. I've learned that balance is key: too much pushing doesn't work, and neither does doing nothing at all. Learn to listen to your body. Feeling tired isn't weakness; it's a signal. Ignoring it for too long can lead to burnout and feeling drained all the time.

When you're properly rested, everything works better. You think more clearly, handle stress more easily and feel more stable overall. Rest isn't something extra. It's a basic part of staying healthy, and if you stay consistent with it, it makes a real difference in how you feel every day.

KEY TAKEAWAYS

- Keep the same bedtime and wake-up time every day.
- Sleep in a calm, quiet, well-aired room.
- Take short breaks during the day. Tiredness is a signal, not a weakness.

TRY THIS TODAY

Put your phone away 30 minutes before bed and go to sleep at the same time tonight and tomorrow.

CHAPTER VIII

Mental Balance

Your mental state affects your body more than you might realize. The way you think and feel shows up physically, and it works the other way around too: when your body feels off, your mind follows.

I've seen how stress, anxiety, fear and anger slowly wear a person down, not just mentally but physically too. When those states last too long, they drain your energy and can even contribute to illness. When your mind is calm and balanced, your body simply works better. Everything feels more stable.

But mental balance doesn't just happen. You have to work on it. It starts with being aware of your thoughts, your reactions and how you handle situations. For me, it's not about pretending everything is perfect or ignoring problems. It's about how you approach them. When you stay calm and think clearly, even difficult situations become easier to handle.

Simple things help more than people think: slowing down, being in a quiet place, spending time in nature, or just sitting in silence for a moment. These things can reset your mind.

The people around you matter a lot. Good relationships, support and understanding make a huge difference. Constant negativity, pressure or conflict can throw you off balance quickly.

It's important to keep things in perspective. Not everything deserves your energy. Setting realistic expectations and not overthinking every problem keeps your mind clear. Staying calm in tough moments is something you build over time. It isn't always easy, but it's one of the strongest signs of real mental balance. When your mind is in a good place, everything improves: you make better decisions, your relationships are easier and life feels more manageable.

> First of all, and this is what helped me most: **stop comparing yourself to others, and stop worrying about what other people think.**

I see these two habits as a chronic disease of today's society. It's your life. Live it the way you want, not the way other people or social media trends expect.

In the end, real health comes from balance between your mind and your body. When both work together, you feel stronger, more stable and more at ease in everyday life.

If stress, anxiety or low mood feel like too much to handle on your own, talking to a doctor or a mental health professional is a sign of strength, not weakness.

KEY TAKEAWAYS

- Mind and body affect each other. Calm one and the other follows.
- Choose your people carefully, and keep problems in perspective.
- Stop comparing yourself to others. Live your own life.

TRY THIS TODAY

Sit in silence for 5 minutes and name three things you're grateful for.

CONCLUSION

What I Do Every Day

There isn't much more to add. I believe the content of this book is clear and straightforward. Instead of filling these final pages with empty words, I want to leave you with something real: what I personally do every day to stay healthy.

This is my routine, shared as an example, not a prescription. Take what fits your life, and talk to your doctor before making big changes such as fasting.

WHAT I AVOID

I don't smoke. I don't vape. I don't use drugs. I don't drink alcohol. I don't drink soda or sweetened drinks, and I don't rely on coffee to function.

WATER

I drink purified water, adding a few crystals of Celtic salt first thing in the morning and again before going to sleep.

MORNINGS

Each morning begins with a short cold shower, about 15 seconds, followed by light stretching and around 10 minutes of quiet meditation. During that time, I focus on gratitude for the things I have in my life.

MEALS

I don't eat right after waking. I start my day on an empty stomach and have my first meal around 10 or 11 a.m., depending on my workload. I don't snack during the day. My second and last meal is around 5 or 6 p.m. After that I don't eat again, and I go to bed on an empty stomach.

If I'm stressed or don't have time to eat properly, I skip the meal. I never eat in a rush.

When I eat, I don't drink, as I prefer not to dilute my digestion. Instead, I include fruit with my meals, especially oranges.

I eat meat rarely: beef once a week and fish once a week. Most of my protein comes from eggs, which I eat daily. Eggs haven't hurt my cholesterol, and for most healthy people, current research finds eggs in moderation to be fine.

I avoid fast food, and I avoid bread and pasta unless they're sourdough. I don't eat candy, cakes or pies as part of my daily routine. I don't use seed oils; I use olive oil for everything.

FASTING

Every three months, I do a three-day fast with only water and Celtic salt.

> Fasting isn't for everyone. If you have diabetes or another medical condition, take medication, are pregnant or breastfeeding, are underweight, or have a history of eating problems, don't try it without your doctor's guidance.

MOVEMENT

After each meal, I go for a short walk of at least 10 minutes to support digestion. In my free time, I take a one-hour walk in the forest and leave my phone behind. I train regularly and strongly believe in high-intensity workouts, a topic I explore in more depth elsewhere.

I'M NOT A ROBOT

Now and then I enjoy an espresso with my girlfriend, whom I love deeply, when we go out, or homemade cake during holidays like Easter and Christmas.

MY MIND

Training my mind is just as important.

> Every morning, I tell myself: "*Today, something beautiful will happen.*"
> Every evening, I say: "*Tomorrow, something beautiful will happen.*"

When things don't go as expected, I pause and remind myself that it simply wasn't meant to be. I've learned to be grateful even for the things that didn't happen.

That's how I live: always trying to improve, even in small ways, and always choosing a positive perspective in a demanding world.

I hope you take something from my experience. I wish you health, strength and a life well lived.

Marcel Benko

PRINT ME

Your 7-Pillar Weekly Checklist

Tick a box each day you take care of a pillar. Don't aim for perfect; aim for more ticks than last week.

	M	T	W	T	F	S	S
Air 10 deep breaths · fresh air · time outdoors	☐	☐	☐	☐	☐	☐	☐
Water Glass on waking · sip all day · cold rinse	☐	☐	☐	☐	☐	☐	☐
Food Calm meals · chew well · fruit & vegetables	☐	☐	☐	☐	☐	☐	☐
Movement 20 squats · 20 push-ups · 20 sit-ups · walk	☐	☐	☐	☐	☐	☐	☐
Sunlight 10 minutes of daylight, never burn	☐	☐	☐	☐	☐	☐	☐
Rest Same bedtime · no phone 30 min before	☐	☐	☐	☐	☐	☐	☐
Mind 5 minutes of silence · 3 things I'm grateful for	☐	☐	☐	☐	☐	☐	☐

Week of: _____ How I feel (1–10): _____

MEET MARCEL

About the Author

MB

Marcel Benko is a General Manager with more than 12 years of experience in the automotive industry and the founder of Benko Management. He leads a business of around 200 people, and he believes none of it would be possible without the health habits described in this book.

At 39, his blood work reads the same as it did nearly 20 years ago: no health issues and no daily pills. He coaches people on nutrition, exercise and healthy daily routines, based on what he has tested on himself for almost two decades.

Want a plan made for you?

After a personal consultation, I prepare a tailor-made diet, workout program and daily routine that fit your life, your goals and your schedule.

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