



Prana Healing Holidays

TREATMENT PROGRAMS

This is a very small example of the success Ayurveda has in treating ailments and diseases. The basic principles of treatment follow in the explanation of the Treatment Plan. Much of this information has been outsourced and you can research further on the internet searches for Ayurveda's approach to associated ailments and diseases. [INDEX OF DISEASES AND TREATMENTS ON PAGE 3](#)

7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS

Many people can have the same disease for different reasons. For example, ten people could walk into a doctor's office with a headache and have it for ten different reasons. Likewise not everyone has an illness for the same reason. Therefore Dr George will determine your body's dosha type and imbalance to create a personalised Treatment Program that will assist you with the optimum healing opportunity.

Prana Healing Holidays proved the following during our Ayurveda and Yoga Healing Holidays:

1: Removing the buildup of toxins and impurities: Most chronic disorders start when toxins accumulate in tissues and begin to disrupt the delicate biochemistry (read "*Why do you need 14 days Treatment and The 6 Stages of Disease*" on the front page of website).

Toxin buildup can also obstruct the channels of circulation and elimination. This blockage prevents proper nutrition from reaching the tissues and blocks the processes that cleanse them of impurities.

These underlying imbalances are the root causes of any condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, the personal evaluation helps address the fundamental source of ill health in the individual.

Your Treatment Program may include massage, heat treatment, pouring of oils, herbs, etc on to the body, Kizhi (herbs wrapped inside a pouch which is dipped in medicated herbal oil and massaged into the body), Shirodhara, mild herbal enemas, and many more. A combination of these treatments is given every day for 14 days to create the ideal internal physical environment for healing.

For the massage, Dr George and your massage therapist will choose specific herbalised oils that are individually prepared for your condition. Herbalised oil massage provides a deep soothing and balancing effect for the entire physiology. The motion of massage creates heat and friction which enhances circulation and helps cleanse affected tissues of chemical impurities that could be causing symptoms. The oil and herbs cleanse and nourish the tissues to aid in their repair and development.

2. Proper Nutrition: Dr George and Alison will provide you with preliminary understanding of which foods to favour and avoid for your condition. Avoid foods that are hard-to-digest, clogging to the physiology and aggravating to the functioning modes that are already imbalanced in you. Favour foods that are easy-to-digest, nourishing, cleanse the physiology, strengthen digestion and balance your body's inner intelligence.

Cooking Classes: During your Healing Holiday in Kovalam you will also have two cooking classes and learn the basic principles of Ayurveda cooking.

3. Ayurveda herbal medicines: Herbs are considered nutritional supplements in Ayurveda. The purpose is to restore balance to the specific functioning modes whose malfunctioning is causing your condition. During your first appointment with Dr George he will select the appropriate herbal formulas for aiding the healing process, strengthening digestion and helping your body purify itself of toxins and free radicals.

Many Ayurveda herbal preparations have been shown scientifically to have 1,000 times more anti-oxidant activity than either Vitamin C or E. Ayurveda herbs can also have a holistic influence of balancing and nourishing the entire physiology.



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Traditional Ayurveda theory says that herbs are most effective after a person completes an internal cleaning program (which happens during the 14 days and you are given 2 months of medicines as follow-up). The cleansing and rejuvenation treatments that you will receive daily are the main focus of your holiday. Once this program is finished, you are ready to gain maximum benefits from your herbal program.

4. Herbalised Oil Massage: Dr George and your massage therapist will choose specific herbalised massage oils that are individually prepared for your condition. You will also be instructed in the technique of Ayurveda massage, which involves using specific strokes over different parts of your body to give yourself self-Abhyanga massages when you go home.

Daily herbalised oil massages provide a deeply soothing and balancing effect to the entire nervous system. The motion of massage creates heat and friction which enhances circulation and helps to cleanse the areas of chemical impurities that could be causing symptoms of ailments and disease. The oil and herbs cleanse and nourish the tissues, hastening tissue development and repair.

The various herbs that have been boiled into base oils, and the oil itself, are specifically chosen for their balancing and cleansing influence. The Oil allows the herbs to deeply penetrate the tissue beds, thereby balancing the nerve and other tissues in affected areas.

5. Balancing Nervous System Activity: Because nervous system imbalance contributes to many disorders, from the Ayurveda perspective your dosha imbalance is an underlying cause of your condition and needs to be reversed. The Ayurveda treatments will help restore balance to your doshas and remove the symptoms caused by its aggravation. These include specific diets, herbs, cleansing programs, meditation techniques, Yoga asanas (poses) and deep breathing exercise.

6. Stress Management: Excessive mental, emotional and physical stress can worsen the symptoms of many chronic disorders. This is due to hormonal changes and other biochemical responses to stress that can imbalance the nervous system and depress the healing ability of the body.

If you come on a **17 day Group Healing Holiday** you will learn meditation with Alison who is an Accredited Meditation Teacher with the International Meditation Teachers Association.

If you come on a **17 day Personal Healing Holiday** you may wish to learn meditation from one of our meditation teachers during your stay in Kovalam (optional Extra) or purchase a copy of Alison's Meditation for Busy Minds CD available on the website www.brightlife.me

7. Strengthening the body's natural healing and self-repair mechanisms: Ultimately every treatment approach must depend on the body's natural healing ability for a real cure of the condition. Ayurveda's approach is not to attack the disease with something from the outside, like drugs or surgery, (although when discussed with your Doctor and Dr George you may need to consider continuing with some aspects of Western Medicine and Surgery), yet Ayurveda attempts to enliven the innate healing response of the body.

The healing response is one of the most complex and coordinated activities within the human physiology and often cannot be strengthened significantly without a comprehensive natural approach like that provided by Ayurveda.

OUR GOAL: Taken together, our Ayurveda programs aim to create the ideal mental, physical and behavioral environment for healing.



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INDEX

TREATMENTS	PAGE
ALLERGY	4
ARTHRITIS	6
ASTHMA	7
IRRITABLE BOWEL SYNDROM (IBS)	9
FIBROMYALFIA	10
DIABETES	11
FIBROIDS AND ENDOMETRIOSIS	11
CARDIOVASCULAR DISEASE	12
HYPERTENSION	14
INFERTILITY	15
MENOPAUSE	16
STRESS MANAGEMENT Increasing Nervous System Balance & Immune Function	17
MULTIPLE SCLEROSIS AND CASE STUDY	18
PMS	21
SINUSITIS	22
ULCERS	23



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ALLERGY TREATMENTS: Understanding the Root Causes of Allergies

Unwanted allergy symptoms are due to an inappropriate activation of the body's natural defense mechanisms against foreign agents. When a foreign agent enters the body, the body develops a memory of the invading particle so it may activate a defense against it. This defense often includes vasodilation of blood vessels with resulting fluid accumulation and inflammation.

This response is an attempt to protect the body from harmful agents by:

1. Creating an easy entry for immune cells into the area to protect the affected tissues.
2. Diluting the concentration of the invading agent.
3. Helping wash away the toxins.

Unfortunately the redness, swelling, irritation, and disruption of tissue function that accompany this process are often much worse than any effect the invading agent (allergen) could have on the body. When the body creates an excessive and inappropriate response to an allergen, a person can suffer from the unwanted symptoms of an allergic response.

Modern medicine understands the physiological changes involved in allergic reactions. Ayurveda expands this understanding by:

1. Describing the mental, physical and behavioral factors that predispose the physiology to inappropriate allergic response.
2. Providing natural methods to help prevent and reverse these changes.

Ayurveda describes the following types of imbalances that are major contributing factors to the physiology of the allergic response.

1) Poor digestion and elimination lead to the buildup of toxins and impurities in tissues, which predisposes them to an excessive allergic response

When impurities accumulate in tissues they contribute to many chronic conditions, including allergies. Ayurveda has programs to reduce the most common sources of impurities in the body including those from:

1. impure or toxic food sources
2. poor digestion
3. poor elimination
4. improper metabolism
5. mental and physical stress

According to Ayurveda, accumulation of impurities helps create allergies through the following mechanisms:

1. Ayurveda theory says the cause of allergies is in the stomach. Improperly digested food is carried through channels into various tissues in the body. The resulting toxin accumulation imbalances the tissues through several mechanisms.

First, the toxins themselves become irritants and are perceived as foreign bodies by the immune system. The result is an allergic response is initiated by the accumulating toxins.

2. Impurities also start to clog the channels of circulation to the tissues and the channels that take nutrients into cells and waste out of cells. The end result is that the tissues are not nourished properly and toxic waste starts to accumulate.



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3. When accumulation of impurities reaches a critical level, the tissue often becomes hyper-responsive to other foreign particles and the person is now "allergic" to environmental substances that are not harmful, and should not be initiating a strong allergic response. The person now "has allergies."

Ayurveda can offer many recommendations to improve digestion, eliminate the buildup of impurities and reduce blockage of circulation to tissues.

2) Imbalance and deterioration of nervous system strength and stability

Nervous system stability and activation play a major role in allergic conditions. Nervous system function becomes involved in the many neurochemical changes that lead to heightened inflammation and immune response.

According to Ayurveda theory, the functioning mode in the body called *Vata* controls the overall level of balance and activation of the nervous system. From this perspective, *Vata* imbalance can play a major role in allergy symptoms and therefore needs to be reversed. Because *Vata* is the principle most often disturbed in people, there are many Ayurveda recommendations to help restore balance to *Vata* and aid the natural healing process.

3) Accumulation of physical and mental stress

Experiences of high mental and physical stress are often associated with a relapse of the condition and worsening of allergy symptoms. Stress reduction therapies are an important component of the Ayurveda approach to managing allergies. Reversing the body's response to stress is aided in the Ayurveda programs through:

1. Instruction in meditation
2. Ayurveda massage and heat treatments
3. Yoga asana postures and Ayurveda flexibility exercises

4) Decrease in the body's natural balancing and self-repair ability

Every healing modality must ultimately depend on the body's natural healing, balancing, and self-repair ability in order to cure disorders. The main approach of Ayurveda is to enliven the natural healing ability of the body. Since the real problem in allergies is not the external allergen but the internal imbalance, any increase in the balancing ability of the body could potentially help alleviate symptoms of allergies.

A Natural Treatment Approach to Allergies

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the Ayurvedic approach used to eliminate toxin buildup, stabilise the nervous system, enliven the healing ability of the body and manage stress.



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ARTHRITIS:

Understanding the Root Causes of Arthritis, from the Ayurvedic perspective

Healthy, flexible joints rely on strong digestion and metabolism. Poor eating habits and weak digestion allow impurities to accumulate, circulate, and build up in the joints. This inhibits joint function, mobility, and comfort.

Since impurities can develop faster than the body's ability to eliminate them, cleansing alone is not enough. The key to preventing a toxic build up is to create healthier cells, one's that can easily and efficiently eliminate harmful toxins from the body. The raw material for building healthy joints and bones is nutrient plasma. Plasma flows throughout the body — like the sap in a tree — delivering vital nutrients to cells. The body uses these nutrients to build tissues, including joint tissue.

Your program is designed to improve digestion and metabolism, which then forms nutrient plasma that is more pure and easy to assimilate. This helps to create proper lubrication of joint tissue, helping impurities flow out of the joint cells for elimination, and allowing nutrients to flow in.

Ayurveda medicine assesses and treats the level of the body's inner intelligence that creates and controls the material structure and function of the physiology. The organising principle within the body which controls the level of activation and sensitivity of the nervous system is called **Vata**.

Anything that aggravates, or overly activates Vata, will increase the sensitivity and experience of pain in the body. Therefore, an important component in treating arthritic pain is to balance and stabilise Vata.

In summary, the Ayurveda approach:

1. Strengthens the metabolic pathways that prevent circulatory channels to joints from becoming blocked by impurities.
2. Strengthens digestion to create nutritional plasma that is pure and easy to assimilate.
3. Improves the lubrication of joints.
4. Balances nervous system function and its sensitivity to pain.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating arthritis.



ASTHMA:

Understanding the Root Causes of Asthma

Modern medicine understands the physiological changes involved in bronchial constriction and fluid retention in lung tissue that create asthma symptoms. Ayurveda expands this understanding by:

1. Describing the mental, physical and behavioral factors that contribute to bronchial constriction and fluid retention.
2. Providing natural methods to help prevent and reverse these changes.

According to modern medicine the physiological changes at the basis of asthma are:

1. A hyperactive bronchial constrictor response to a stimulus that creates bronchospasm and constriction of airways.
2. An inflammatory reaction that leads to buildup of mucous and liquids in lung tissue.
3. Various material and structural changes in airway passages.

Ayurveda describes the following types of imbalances that are major contributing factors to the physiology of asthma.

1) Poor digestion leading to the buildup of toxins and impurities in lung and airway tissues

When impurities accumulate in tissues they contribute to many chronic conditions, including asthma. This is especially true of most types of allergic and hypersensitive responses in the physiology. Ayurveda has programs to reduce the most common sources of impurities in the body including those from:

1. Impure or toxic food sources
2. Poor digestion
3. Poor elimination
4. Improper metabolism
5. Mental and physical stress

According to Ayurveda, accumulation of impurities leads to the debilitating changes at the basis of asthma through the following mechanisms:

1. Ayurveda theory says the cause of asthma is in the stomach. It describes how toxins created by improperly digested food are carried through channels directly into the chest and lung area. The resulting toxin accumulation imbalances the lung and airway tissues through several mechanisms.

First, the toxins themselves can irritate the linings of airways and often trigger an inflammatory response to foreign bodies that also can harm the epithelial lining of airways. Secondly, modern medicine describes the damage of epithelial lining of airways as one of the major contributing factors to asthma as the epithelium creates chemicals that help inhibit bronchoconstriction. This inhibitory effect is lost when epithelial lining is destroyed by toxins and the body's reaction to them.

2. Impurities start to clog the channels of circulation to the tissues and the channels that take nutrients into cells and waste out of cells. The end result is that the cells are not nourished properly and waste starts to accumulate in them.
3. When toxins accumulate in tissues, and circulation becomes blocked, often the body's natural defenses against foreign material become activated against the accumulating impurities.



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4. When natural defense mechanisms become over-activated the result can create the conditions of asthma. For example, inflammation and excess fluid secretion is really a natural body defense mechanism to help dilute and wash away impurities in tissues. When impurity buildup becomes so great as to make this process hyperactive, then the lungs fill up with fluid, airwaves are constricted and asthma results.

Ayurveda contains many recommendations to improve digestion, eliminate the buildup of impurities and reduce blockage of circulation to tissues.

2) Imbalance and deterioration of nervous system strength and stability

The level of nervous system stability and level of activation play a major role in the asthma condition. Nervous system function becomes involved in the many neurochemical changes that lead to the heightened bronchconstriction response at the basis of asthma.

According to Ayurveda theory, the functioning mode in the physiology called *Vata* controls the overall level of balance and activation of the nervous system. From this perspective, *Vata* imbalance can play a major role in asthmatic symptoms and therefore needs to be addressed. Because *Vata* is the most easily disturbed physiological principle in the body, there are a wide variety of time-tested Ayurveda recommendations available to help balance *Vata* and remove the symptoms caused by its aggravation.

3) Accumulation of physical and mental stress

Experiences of high mental and physical stress are often associated with a relapse of the condition and worsening of asthma symptoms. Stress reduction therapies are an important component of the Ayurveda approach to managing asthma. Reversing the body's response to stress is aided in the Ayurveda programs through the availability of instruction in:

1. Meditation
2. Ayurveda massage and heat treatments
3. Yoga asana postures and Ayurveda flexibility exercises

4) Decrease in the body's natural balancing and self-repair ability

Every health professional must ultimately depend on the body's natural healing, balancing and self-repair ability in order to cure disease. The main approach of Ayurveda is to enliven the natural healing ability of the body. Since the real problem in asthma is not the external allergen but the internal imbalance, any increase in the balancing ability of the body could potentially help alleviate symptoms of asthma.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating asthma.



IRRITABLE BOWEL SYNDROME

Aurveda Assessment of Balance and Imbalance in Irritable Bowel Syndrome

The Ayurveda assessment of balance and imbalance does not simply identify the gross physical abnormality and match up drugs to a symptom. This is because people can have the same disease for different reasons.

It is well established that the circular and longitudinal muscles of the small bowel and sigmoid are highly susceptible to motor abnormalities. As a result, many factors can influence their contraction rates and lead to the excessive activity of their function which is at the basis of irritable bowel syndrome. Ayurveda evaluation searches for the various root causes of excessive GI motility through a determination of the imbalances in the functioning modes of the body.

These underlying imbalances are the root causes of the condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, the personal evaluation helps address the fundamental source of ill health in the individual.

The Root Causes of IBS

According to Ayurveda, the following are the general types of imbalances at the source of most chronic conditions, including IBS:

1. Toxins accumulating in tissues and blocking circulation.
2. Poor nutrition.
3. Poor digestion.
4. Imbalance of the nervous system.
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity.
7. Disruption of natural biological rhythms.

The common modern medical approach that matches drugs to symptoms does not completely address many of these factors. As a result, modern medicine often cannot fully remove the disorder and the condition becomes chronic. Chronic means that the condition persists over time even with the best modern medical treatment.

A Natural Treatment Program for IBS

Ayurveda treatments will address the true causes of IBS. These therapies are not only effective at removing the imbalances at the basis of chronic disorders but also have no significant side-effects. The goal of this Ayurveda approach is to enliven the body's natural healing and self-repair ability not only to help cure IBS, but also to prevent disorder and create the highest state of health and well-being.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating IBS.



FIBROMYALGIA

Understanding the Root Causes of Fibromyalgia

Fibromyalgia is a chronic condition associated with the experience of non-inflammatory pain and tenderness in muscles, ligaments and joints. It is created by a variety of physical, mental and social influences and therefore responds well to the multi-modality approach of Ayurveda.

To truly address the causes of fibromyalgia, it is necessary to remove the following types of root imbalances.

a) Nervous system imbalance

According to Ayurveda, the physiological principle at the basis of nervous system stability and activation is called **Vata**. Fibromyalgia is perceived as a classic Vata imbalance.

Vata is the most easily disturbed physiological principle in the body. Ayurveda provides a wide variety of time-tested dietary, herbal and lifestyle recommendations to help balance Vata and remove the symptoms caused by its aggravation.

b) Buildup of toxins and impurities

Many disorders can occur when toxins build up in tissues. One of the first influences toxin accumulation has is on the nerve tissue. If toxins continually aggravate the nerve tissue the result can be symptoms of tenderness, pain and hypersensitivity to stimulation.

Toxins can also block the channels of circulation to affected areas, thus diminishing the natural cleansing processes of the body and allowing more impurities to accumulate in the tissues.

The Ayurvedic treatments received address the need to cleanse the body and open the channels of circulation by providing the most thorough internal cleansing programs available in Ayurveda medicine.

c) Accumulation of stress

Various stressors like infection, allergy and mental stress are well known to trigger fibromyalgia symptoms. Enhancing the body's ability to recover from stress is an integral part of Ayurveda's approach to health and well-being.

A Natural Treatment Approach to Fibromyalgia

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment to remove the root causes of fibromyalgia by reducing Vata imbalance, eliminating toxin buildup and reversing the effects of chronic stress.



DIABETES

Natural Ayurveda Treatment Program for Diabetes

- **Detox:** Toxin buildup can block the channels of circulation and elimination, preventing nutrients from reaching tissues, and blocking cleansing processes.
- **Herbalized Oil Massage:** Deeply soothing and balancing, enhances circulation and cleanses impurities which contribute to diabetes symptoms.
- **Ayurveda Nutrition:** Easy dietary recommendations to improve digestion, energy, and reduce diabetes symptoms.
- **Ayurveda Herbs:** Ayurveda herbal formulas restore balance, alleviate diabetes symptoms, heal, strengthen, and purify the body.
- **Creating Strong Digestion:** Toxins and impurities from incomplete digestion play a major role in the development of diabetes.
- **Balancing The Nervous System:** In Ayurveda, 'Vata' the governing principle for the nervous system. Balancing Vata is an effective treatment for diabetes.
- **Lifestyle and Daily Routine:** When our daily routines are disrupted, the body loses its natural balance and can't cleanse or heal effectively.
- **Exercise and Flexibility:** Daily Yoga classes teach a simple set of postures to improve circulation and flexibility.
- **Natural Healing:** Ayurveda enlivens the body's innate healing response, one of the most complex and coordinated activities in the human physiology.

Ayurveda offers a complete program for treating Diabetes using wholistic and natural ayurvedic modalities.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating diabetes.

FIBROIDS AND ENDOMETRIOSIS

Ayurveda Assessment of Balance and Imbalance in Fibroids and Endometriosis

The Ayurveda assessment of balance and imbalance does not simply identify the gross physical abnormality and match up drugs to a symptom. This is because people can have the same disease for different reasons.

Ayurveda evaluation determines the imbalances in the functioning modes of the body and then prescribes treatment to restore balance. These underlying imbalances are the root causes of a condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, Ayurveda evaluation helps address the fundamental source of ill health in the individual.

The Root Causes of Fibroids and Endometriosis

According to Ayurveda, medicine the following general types of imbalances are at the source of most chronic conditions, including fibroids and endometriosis.

1. Toxins accumulating in tissues and blocking circulation.
2. Poor nutrition.
3. Poor digestion.
4. Imbalance of the nervous system.
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity.
7. Disruption of natural biological rhythms.



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The common modern medical approach to match drugs to symptoms does not completely address many of these factors. As a result, modern medicine often cannot fully remove the disorder and the condition becomes chronic. Chronic means that the condition persists over time even with the best modern medical treatment.

A Natural Treatment Program for Fibroids and Endometriosis

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating fibroids and endometriosis. The goal of this Ayurveda approach is to enliven the body's natural healing and self-repair ability not only to help reduce fibroids and endometriosis, but also to prevent disorders and create the highest state of health and well-being.

CARDIOVASCULAR DISEASE

Cardiovascular disease has many components to it, but the main aspect of the disorder is a physical deterioration of the structure of cardiovascular vessel walls. This deterioration of structure can be of three main types:

1. Clogging of vessels with cholesterol and plaque.
2. Damaged areas due to increased pressure and free radical activity.
3. Loss of vessel wall thickness.

This physical deterioration of cardiovascular vessels predisposes individuals to a wide variety of symptoms including pain, weakness, shortness of breath, palpitations and faintness. Individuals with cardiovascular disease also have heightened risk of serious, life threatening disorders mainly from tissue damage due to poor oxygen supply. The good news is that cardiovascular disease is mainly a result of unhealthy lifestyle decisions and is therefore preventable, and often reversible, by natural means.

Modern medicine now understands cardiovascular disease to be mainly caused by a variety of "risk factors". In addition to hereditary factors the main risk factors for cardiovascular disease are:

- Excess stress and over-activation of the "fight or flight" response
- Overweight and inactivity
- Too much saturated and trans fats in the diet
- Overeating
- Sugar intolerance and diabetes
- High cholesterol
- High blood pressure and
- Cigarette smoking

Virtually all of these factors are determined by lifestyle issues of diet, exercise, substance abuse, and the amount of rejuvenative regimens in daily life. It is vital to address cardiovascular disease through lifestyle and prevention.

The Ayurveda approach to removing the true causal imbalance of cardiovascular disease differs markedly from the standard modern medical approach of matching specific drugs to symptoms. Drugs often just eliminate or masks symptoms but do not really cure and heal. Rather, they leave the root imbalances in place and often further deteriorate the body's natural healing response through the side effects they create. For example, blood pressure, cholesterol reducing and anti-anxiety medications provide only temporary improvement, as the risk factor or symptom promptly returns if the medication is discontinued.



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Following are the main issues in cardiovascular disease and the natural procedures used in Ayurveda treatment.

1) Opening the Channels of Circulation

There are several sources of circulatory blockage, most of which come from areas completely outside the cardiovascular system. Your Ayurvedic program aims to prevent blockage of vessels through:

a) Improving nutrition

Certain foods are heavier and more clogging in nature. Your Dosha diagnosis and Dosha e-Book plus Cooking Classes will help target the foods that can be most clogging to circulation so you may reduce or eliminate these foods. Conversely you will receive recommendations for foods that do not clog the physiology and could actually aid the natural cleansing and healing processes within the cardiovascular system.

b) Strengthening digestion

Even more important than what we eat is our ability for strong digestion. If we eat proper foods we still may create toxic and clogging impurities that localise in vessel walls due to the fact we have poor digestion. Digestion and nutrition are cornerstones of the Ayurveda approach and you will receive a comprehensive set of individualised recommendations for improving digestion.

c) Better elimination

When elimination slows down, impurities which should be removed end up being absorbed. The impurities travel throughout the body and localise in tissues. They not only block vessels but when toxic they can damage vessel walls. You will receive individualised recommendations to improve elimination and maintain its proper function.

d) Improved metabolism

It is not enough for the body to have strong digestion and elimination. It also needs strong metabolism to build tissues properly and remove waste products created by cells and tissues. Free radicals are an example of toxic waste products that can seriously damage vessel walls if allowed to accumulate. In fact, science is now seeing that it is not so much the cholesterol levels that create cardiovascular damage but the levels of free radicals.

This program is aimed at improving metabolism and reducing free radicals. It is worth noting that there are herbal preparations that scientific research has shown to be some of the most powerful free radical scavengers yet studied. In many cases these particular herbal preparations are recommended by Dr George for their anti-oxidant and free radical scavenging effect.

e) Regular regimens for internal cleansing

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating cardiovascular disease.



Prana Healing Holidays

HYPERTENSION

Ayurveda Assessment of Balance and Imbalance in Hypertension

A quick review of hypertension shows how many imbalances could contribute to the condition. Therefore, gaining true relief from hypertension will usually require a multifaceted, natural approach like the one offered by Ayurveda.

It is well known that diet plays a major role in hypertension. Certain foods, like those high in sodium, need to be avoided. The accumulation of toxins and impurities in the vascular system can create lesions, stiffness and blockage of circulation. Improper exercise, accumulation of mental stress, lack of exercise and poor flexibility also exacerbate the condition. Disruption of biological rhythms through improper daily routine can disturb many physiological processes and depress the body's natural healing and balancing ability. All these factors can play a role in hypertension.

Because hypertension can be caused by so many diverse influences, the Ayurveda assessment of balance and imbalance does not simply identify the gross physical abnormality and match up drugs to a symptom. This is because people can have the same disorder for different reasons.

An Ayurveda evaluation determines the imbalances in the functioning modes of the body. These underlying imbalances are the root causes of a condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, Ayurveda treatments can address the fundamental source of ill health in the individual.

Since hypertension can be influenced by many factors, such as diet, digestion, toxin accumulation, stress, exercise levels and daily routine, the Ayurvedic approach to the condition is a comprehensive one that balances many physiological functions simultaneously.

The Root Causes of Hypertension

According to Ayurveda, the following are the general types of imbalances responsible for most chronic conditions, including hypertension:

1. Toxins accumulating in tissues and blocking circulation.
2. Poor nutrition.
3. Poor digestion.
4. Imbalance of the nervous system.
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity.
7. Disruption of natural biological rhythms.

The common modern medical approach that matches drugs to symptoms does not completely address many of these factors. As a result, modern medicine often cannot fully remove the disorder and the condition becomes chronic. Chronic means that the condition persists over time even with the best modern medical treatment.

A Natural Treatment Program for Hypertension

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment in regards to chronic conditions and how Ayurveda provides the most comprehensive set of natural recommendations available today to address the true causes of hypertension. These therapies are not only effective at removing the imbalances at the basis of chronic disorders but also have no significant side-effects. The goal of this Ayurveda approach is to enliven the body's natural healing and self-repair ability not only to help cure hypertension, but also to prevent disorder and create the highest state of health and well-being.



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INFERTILITY

Ayurveda treatment offers a natural, effective approach to fertility, pregnancy and women's reproductive health issues. In Ayurveda, a healthy reproductive system results from a seven-step sequential transformation process. Lack of nourishment, or blockage at any of the seven steps can disrupt reproductive tissue function.

The Root Causes of Infertility and Other Reproductive Health Issues:

- Accumulated toxins
- Poor nutrition
- Sluggish digestion
- Nervous system imbalances
- Physical and mental stress
- Lowered natural resistance and immunity
- Disruption of natural biological rhythms

Ayurveda's infertility treatment program enlivens the body's natural healing ability, not only to help restore fertility, but to improve overall health and well-being.

Removing Toxins and Impurities: Toxin accumulation disrupts the delicate biochemistry of reproductive tissue, and blocks circulation.

Rejuvenation Therapy Treatments: Daily combined massage, heat treatment and cleansing therapies create an ideal healing environment.

Ayurveda Nutrition: Discover which foods to avoid, which foods are easy-to-digest, nourishing, and cleansing, and which foods strengthen digestion and balance your body's inner intelligence.

Strong Digestion: According to Ayurveda, good digestion is especially important for fertility. Poor nourishment of any major tissue group can prevent healthy production of sperm and ova.

Nervous System: In Ayurveda, nervous system stability and activity is based on the *Vata* principle. The Ayurvedic treatment program removes *Vata* aggravation, which is a root cause of infertility.

Stress Management: Hormonal changes and other biochemical stress responses can cause nervous system imbalance, depress natural healing, and worsen conditions like infertility. The Ayurvedic infertility treatments enhance the body's ability to recover from stress.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating infertility – and ask Alison about her experiences with this as she was able to successfully fall pregnant and carry a healthy baby to term only a few months after a 14 day treatment.



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MENOPAUSE

The Ayurveda's Natural Approach to Womens Symptoms of Menopause

Ayurveda offers women a natural menopause treatment as well as relief from menopause symptoms. Menopause is a natural life transition that need not have any negative side effects or symptoms. Prevention is the best policy when it comes to having an easy transition period during menopause. If a woman already has unwanted symptoms of menopause, then Ayurveda provides many natural treatments to reverse the imbalances which are due to the buildup of toxins and impurities in tissues, among others.

Through its unique assessment of causal imbalances at the basis of a condition and its wide range of time-tested recommendations, Ayurveda provides the most comprehensive approach for menopausal symptoms available in natural health care today.

Understanding the Root Causes of Menopausal Symptoms

Ayurveda contains a wealth of information on how a woman can live her life before menopause to prevent the occurrence of negative menopausal symptoms. According to Ayurveda theory, it is not the loss of the menstrual period and change in levels of estrogen that cause unwanted symptoms. Rather, it is a variety of imbalances due to years of lifestyle mistakes.

If a woman already has unwanted symptoms of menopause, then Ayurveda provides many natural methods to **reverse the imbalances**. There are several types of major imbalances:

1. The buildup of toxins and impurities in tissues.
2. Blockage of the channels of circulation responsible for nourishing and cleansing the tissues.
3. Imbalance of digestive and metabolic processes.
4. Imbalance and deterioration of nervous system strength and stability.
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity.
7. Disruption of natural biological rhythms through improper patterns of eating, sleeping and exercise.

The Ayurvedic program for menopause addresses all these issues through specific Ayurvedic treatments.

Ayurveda Assessment of Balance and Imbalance

Due to its uniquely effective assessment of balance and imbalance Ayurveda treatment offers a new perspective to women experiencing menopausal symptoms. Ayurveda describes three major types of biological intelligence (called *Vata*, *Pitta* and *Kapha*) within the body that control all physical processes. These principles can become imbalanced and create the various symptoms of menopause.

Imbalances in Vata, Pitta or Kapha create very different symptoms. Learning where the imbalance is located can help women understand their condition more clearly and treat it more effectively. For example:

1. **Pitta** imbalance can create hot flashes as Pitta controls the level of digestion, metabolism and heat production in the body.
2. **Vata** imbalance leads to more anxiety, sleep disturbance and an increased drying up of the physiology because Vata imbalance disturbs the nervous system and dries up bodily tissues.
3. **Kapha** imbalance creates symptoms of heaviness in the body, depression and slowing of digestion as Kapha — a more dull and inert element — controls build-up of heaviness and structure within the body.

After completing the Ayurveda Assessment of Balance and Imbalance in Vata, Pitta and Kapha, our Ayurveda Health Consultants can design the appropriate program to correct that imbalance.



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Cleansing the Body of Toxins and Impurities

According to Ayurveda, the menstrual cycle not only helps maintain the reproductive system but also acts as an important internal cleansing process for the entire female physiology. When menstruation stops, the body loses a valuable natural cleansing mechanism. If there has been a build-up of toxins in the physiology when menstruation ends, impurities quickly accumulate in greater quantity and start to create many of the negative symptoms of menopause.

Accumulation of toxins and impurities creates unwanted symptoms by:

- a. Localising in tissues and disrupting their delicate biochemistry, and
- b. Localising in channels of circulation blocking the natural nourishment and elimination processes throughout the body.

the Ayurveda cleansing regimens will:

1. Prevent the build-up of impurities that can manifest years later as symptoms of menopause.
2. Provide cleansing periods for the body after menopause when the important cleansing periods of menstruation have been lost.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating menopause.

STRESS RELIEF

Effective Ayurveda Treatment for Stress and Anxiety Symptoms

In just a few days in Kovalam you will gain deep rest and relaxation, recover from stress and anxiety, rejuvenate, and learn natural effective stress management techniques for your day-to-day life.

Stress and Anxiety:

- lead to chronic diseases such as heart disease, stroke, immune disorders, and even cancer.
- Negatively affect judgement, decision-making, alertness, creativity, and emotional balance.
- Cause increased conflict and aggression.

If you experience any of the following stress symptoms, you may be suffering from stress disorder, or 'burnout'

- Low energy, easily fatigued
- Poor memory and concentration
- Poor sleep quality, not waking up refreshed
- Anxious, restless, difficult to relax
- Low motivation, bored or depressed
-

Stress disorder or 'burnout' develops gradually and insidiously. Signs of stress overload:

1. Continuing psychological and emotional problems
2. Teeth grinding
3. Digestive problems
4. Gastritis or ulcers
5. Headaches
6. High blood pressure, strokes
7. Diabetes
8. Heart disease
9. Exhaustion, chronic fatigue



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Ayurveda research shows that many physiological imbalances contribute to depression, anxiety and related conditions. Symptoms of depression and anxiety are triggered by excessive mental and physical stress, or disruptions of natural biological rhythms. According to Ayurveda, psychological problems start when fundamental imbalances develop in the biological intelligence that controls all bodily processes.

- Vata imbalance contributes to anxiety, fear, mental instability and insomnia
- Pitta imbalance may give rise to anger and irritability
- Kapha imbalance may lead to lethargy and depression

Ayurveda does not simply match drugs to symptoms, because people can have the same symptoms for different reasons. Just as a headache can have many possible causes, not everyone has depression or anxiety for the same reasons.

Since depression and anxiety can be influenced by many factors, such as diet, digestion, toxin accumulation, stress, exercise levels and daily routine, Ayurveda treatments will balance many physiological functions simultaneously.

Most illness, including depression, begins when toxins accumulate in tissues and disrupt the body's delicate biochemistry. Ayurveda treatment programs for depression effectively remove toxins and impurities, with no significant side-effects.

One of the principle treatments used for stress & anxiety is Shirodhara, where a medicated warm mixture of some of the following are continually poured on the forehead for 20-30 minutes - mixtures may include oil/herbal decoctions/medicated milk/buttermilk. This procedure often induces a completely relaxing and rejuvenating mental and physical state. It deeply revitalises the central nervous system.

Benefits: Anxiety, depression, epilepsy, hypertension, diabetic neuropathy, central nervous system, Hemiplegia Paraplegia, strengthens the sensory organs, insomnia, pre-mature greying of the hair and hair loss, mental retardation, paralysis, stress.

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating stress, depression and anxiety.

MULTIPLE SCLEROSIS

Understanding the Root Causes of Multiple Sclerosis

While modern medicine understands that the disease is a slow progression of patches of demyelination in the brain and spinal chord, it is less clear as to what triggers this process in the first place. From an Ayurvedic perspective the following types of imbalances play a major role in MS and need to be reversed.

1) Imbalance and deterioration of nervous system strength and stability

This is seen most clearly in the physical demyelination of nerve membranes and the many symptoms of decreased nervous system function that accompany MS. According to Ayurveda theory, the functioning mode in the body called **Vata** controls the overall level of balance and activation of the nervous system. MS is a classic Vata imbalance from this perspective. Vata imbalance is responsible for many conditions and symptoms some of which are often associated with MS.

- insomnia
- pain
- headaches
- constipation
- anxiety, worry and fear
- fatigue
- dry or rough skin
- poor digestion
- underweight
- heightened sensitivity



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Because Vata is the principle most often disturbed in people there are many Ayurveda recommendations to help restore balance to Vata and aid in the natural healing process.

2) The buildup of toxins and impurities in tissues

The buildup of plaques around affected nerves with accompanying inflammation that is seen in MS is a classic example of impurities accumulating in tissues and disrupting delicate tissue biochemistry. Cleansing the tissues of impurities and preventing the impurities from being created in the first place, through improvements in digestion and metabolism, is a fundamental approach of Ayurveda for MS.

3) Reduction of immune response and overall healing and resistance ability of the body.

Modern medical theories postulate infection by a latent virus as a possible cause of MS and often use immune function enhancing therapy to strengthening the body's natural immune response. This matches well with the main techniques of Ayurveda that aim at preventing and treating disease through enlivening the natural healing ability of the body.

4) Accumulation of physical and mental stress.

MS fluctuates between remissions and relapses throughout its course. Experiences of high mental and physical stress often are associated with a relapse of the condition and worsening of symptoms. An important component of the Ayurveda approach to managing MS includes stress reduction therapies. Reversing the body's response to stress and aid in reversing the body's response to stress through:

1. Meditation practice
2. Ayurveda massage and heat treatments
3. Yoga asana postures and Ayurveda flexibility exercises

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating MS.

Testimonial: Multiple Sclerosis

Information and testimonial courtesy of The Raj Ayurvedic Health Spa in Fairfield, Iowa

Kathleen Bingen, Wisconsin, Diagnosed with MS: My name is Kathleen Bingen. In 1990 I was diagnosed with multiple sclerosis, two months before I was going to walk down the aisle and marry the man of my dreams. It was a devastating — and wonderful — time in my life.

My future husband accepted the responsibility without a second thought. We've now been married for 11 years and have two beautiful children.

However, his role of caretaker has increased in the last 4 years as my disease started to progress. Just last fall it became necessary for me to use a walker for assistance. Fatigue caused me to lower my 40-hour-a-week job as an administrative assistant to 12-15 hours. Each day the pain increased. I lived on pain killers, fatigue medicines and nerve pain drugs. I was trying everything I could to put the disease in check, but nothing was working. I was now considered in the stages of secondary progressive multiple sclerosis.

Somewhere along the way I created a personal website to help keep a positive spin on this not-so-positive disease. One day I found a new visitor to my site who posted a story about her experience at an Ayurveda health center called The Raj. At first, I shrugged off her "miracle recovery" from MS as some type of marketing ploy but, out of courtesy, I sent her a note telling her I was happy for her. The next day she responded with so much enthusiasm and excitement that I couldn't help but feel she was telling a truthful story.



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I started e-mailing The Raj, asking questions, and at some point I just knew that this was a place I needed to try for myself. Friends and family chipped in to help pay for a seven-day stay and, with my local neurologist's blessings, my husband and I were on the road to Fairfield, Iowa.

Our arrival was mixed with emotions. Would this be worthwhile? Was I trying so desperately to find a cure that I would do anything? But I reminded myself of something my neurologist said. He said that everything he tries is experimental. He never knows if a certain drug or treatment will help me, but he has to try. Going to The Raj couldn't hurt me more than the toxic prescriptions he's had to give me over the years.

I felt progressively better after each daily treatment of herbal massage and other therapies designed to remove built-up toxins. It was truly amazing. My first relief of symptoms was an increase in energy which was noticeable after the second treatment. Each day the pain decreased and, by the end of the seventh day, all that was left was the weakness in my legs — which meant I still needed my walker.

I left The Raj no longer on painkillers, fatigue medications, or nerve pain drugs. The Raj told me to give my legs time, and they would be stronger too. Two days later my son crashed on his bicycle, and I just took off running! No one was more amazed than myself as I stopped short in realization! My legs were back!! No pain, no fatigue and no more walker!!

At The Raj, I learned to change my diet and behavioral patterns and was sent home with only three herbs to take as a supplement. I give myself massages each morning with herbalized oil to help remove additional toxins. It's a wonderful feeling to wake up each day without the stiffness I have had for the past years. And this isn't even half of what I learned. The Raj is an experience that everyone should try, even if you don't have a chronic disease. I guarantee no one will leave without gaining something. As a matter of fact, anyone who wants to e-mail me directly with questions, should feel free to do so. I will be happy to tell you more about my experience! rickalex2@frontier.com

**Kathleen Bingen
Slinger, Wisconsin**

The following is an e-mail we received from Kathy Bingen six weeks after her visit to The Raj:

Thought I'd share with all of you what happened at my doctor's appointment today!! He was very impressed. At first it looked as if he didn't believe me until he did the neurological tests and had me "walk" down the hallway. I was actually lifting my feet as I strolled down the hallway, spun and strolled on back!

He noticed my balance isn't exactly perfect when he had me walk with eyes closed heel to toe, heel to toe. I guess I did wobble a little but heck, last time I was there in May. Well, let's just say, I couldn't do it without him holding my shoulder.

He's following The Raj's instructions on me still working limited hours until August 1 and had me make another appointment to see him July 30th. If I'm still good by then, I can go back to 40 hours. He wrote a work release that increases my hours from the 12-15 a week to 20 hours a week for now though. Maybe this will get the disability company to realize I can get better... smile

**Well, that's my news!
Kathy**



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PMS

Ayurveda Assessment of Balance and Imbalance in PMS

A quick review of menstruation shows how many imbalances could contribute to the pre-menstrual syndrome condition. Therefore, gaining true relief from PMS will usually require a multifaceted, Ayurvedic natural approach.

Ayurveda theory points to the buildup of toxins and impurities and blockage of circulation as a major contributing factor in PMS symptoms. When these impurities and blockages accumulate in the female reproductive area, they predispose the woman to many symptoms during the heightened activity and transformation of menstruation. Improper diet, poor digestion and blocked elimination can all play a major role in this toxin accumulation.

Many women also experience increased symptoms when under more mental stress and nervous system strain. Also, since menstruation is a natural physiological rhythm, it can be imbalanced when other biological rhythms are disturbed through poor patterns of eating and sleeping.

An important contribution of Ayurveda to the understanding of PMS comes from the understanding that the type of symptoms a woman experiences during PMS depend largely on the type of imbalance that is present in the physiology when the menstrual cycle begins. Ayurveda describes three major divisions of physiological functioning called *Vata*, *Pitta* and *Kapha*. *Vata* imbalance predisposes women to symptoms of anxiety, insomnia, headache and interrupted flow as the menstrual cycle begins. *Pitta* imbalance predisposes women to anger, irritability, excessive heat, poor complexion and pain during menstruation. *Kapha* imbalance predisposes women to depression, heaviness and lethargy as menstruation begins. This understanding of imbalance provides a new perspective as to why different women experience different symptoms during menstruation and helps our Ayurveda Health Consultants properly target the root imbalances at the basis of the condition.

Because so many factors contribute to the condition, the Ayurveda assessment of balance and imbalance does not simply identify the gross physical abnormality and match up drugs to a symptom. This is because people can have the same disease for different reasons. For example, ten people could walk into a doctor's office with a headache and have it for ten different reasons. Likewise, not everyone has PMS for the same reasons.

Ayurveda evaluation determines the imbalances in the functioning modes of the body i.e. *Vata*, *Pita* and *Kapha*. These underlying imbalances are the root causes of a condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, Ayurveda assessments help our Ayurveda Health Consultants address the fundamental source of ill health in the individual.

Since PMS can be influenced by many factors, such as diet, digestion, toxin accumulation, stress, exercise levels and daily routine, the Ayurveda approach to the condition is a comprehensive one that balances many physiological functions simultaneously.

The Root Causes of PMS: Following are the general types of imbalances at the source of most chronic conditions, including PMS:

1. Toxins accumulating in tissues and blocking circulation.
2. Poor nutrition.
3. Poor digestion.
4. Imbalance of the nervous system
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity
7. Disruption of natural biological rhythms



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The common modern medical approach to match drugs to symptoms does not completely address many of these factors. As a result, modern medicine often cannot fully remove the disorder and the condition becomes chronic. Chronic means that the condition persists over time even with the best modern medical treatment.

A Natural Treatment Program for PMS

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating PMS. The goal of this Ayurveda approach is to enliven the body's natural healing and self-repair ability not only to help cure PMS, but also to prevent disorders and create the highest state of health and well-being.

SINUSITIS:

Ayurveda Assessment of Balance and Imbalance in Sinusitis

A quick review of the sinusitis condition shows how many imbalances could contribute to the condition. Therefore a true healing of sinusitis will usually require a multifaceted, natural Ayurvedic approach.

Sinusitis usually starts with some infection or allergic reaction in the paranasal sinuses. Poor diet, digestion and elimination can create an internal environment in the sinuses that allows infection and allergies to more easily occur (see the "allergy" section in our web page for discussion of the Ayurveda approach to allergies). Stress, poor lifestyle, bad circulation and lack of rejuvenative regimens can deteriorate the body's immune response to invading organisms in the sinus area. We quickly see how many variables can predispose individuals to infection and allergy in the sinuses.

The Ayurveda assessment of balance and imbalance does not simply identify the gross physical abnormality and match up drugs to a symptom. This is because people can have the same disease for different reasons.

Ayurveda evaluation determines the imbalances in the functioning modes of the body. These underlying imbalances are the root causes of a condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, Ayurveda assessment helps our Ayurveda Health Consultants address the fundamental source of ill health in the individual.

Since sinusitis can be influenced by many factors, such as diet, digestion, toxin accumulation, stress, exercise levels and daily routine, the Ayurveda approach to the condition is a comprehensive one that balances many physiological functions simultaneously.

The Root Causes of Sinusitis: According to Ayurveda, the following general types of imbalances are at the source of most chronic conditions, including sinusitis:

1. Toxins accumulating in tissues and blocking circulation.
2. Poor nutrition.
3. Poor digestion.
4. Imbalance of the nervous system.
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity.
7. Disruption of natural biological rhythms.

The common modern medical approach to match drugs to symptoms does not completely address many of these factors. As a result, modern medicine often cannot fully remove the disorder and the condition



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becomes chronic. Chronic means that the condition persists over time even with the best modern medical treatment.

A Natural Treatment Program for Sinusitis

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating sinusitis. These therapies are not only effective at removing the imbalances at the basis of chronic disorders but also have no significant side-effects. The goal of this Ayurveda approach is to enliven the body's natural healing and self-repair ability not only to help cure sinusitis, but also to prevent disorder and create the highest state of health and well-being.

ULCERS

Ayurveda Assessment of Balance and Imbalance in Ulcers

The Ayurveda assessment of balance and imbalance does not simply identify the gross physical abnormality and match up drugs to a symptom. This is because people can have the same disease for different reasons.

An Ayurveda evaluation determines the imbalances in the functioning modes of the body. These underlying imbalances are the root causes of a condition and must be removed if real healing is to occur. By determining the causal imbalances at the basis of a disorder, Ayurveda evaluation helps address the fundamental source of ill health in the individual.

The Root Causes of Ulcers: According to Ayurveda, the following general types of imbalances are at the source of most chronic conditions, including ulcers:

1. Toxins accumulating in tissues and blocking circulation.
2. Poor nutrition.
3. Poor digestion.
4. Imbalance of the nervous system.
5. Accumulation of physical and mental stress.
6. Lowering of natural resistance and immunity.
7. Disruption of natural biological rhythms.

The common modern medical approach to match drugs to symptoms does not completely address many of these factors. Giving antacids and drugs to suppress acid secretion, or antibiotics to kill H. pylori bacteria does not really address the true imbalances causing ulcers. As a result the modern medicine approach often cannot fully remove the disorder, and the condition becomes chronic. Chronic means that the condition persists over time even with the best modern medical treatment.

A Natural Treatment Program for Ulcers

Read the **7 STEPS TO AYURVEDA TREATMENT: EXPLANATION OF TREATMENT PLANS** (on Page 1) to understand the principles of Ayurveda treatment for treating ulcers and the goal of this Ayurvedic approach is to enliven the body's natural healing and self-repair ability not only to help cure ulcers, but also to prevent disorders and create the highest state of health and well-being.

Also visit <http://krishnayurveda.com/treatments.html>

For information on Ayurvedic treatments for **Psoriasis, lower back pain, neck pain, arthritis, and weight loss** all of which are treated through Ayurvedic programs created by Dr George.