



## **Ayurvedic Consultations by Eva Michel/Dharamjeet**

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**Ayurvedic Consultations** are available in person, by e-mail, and by telephone. Skype TBA.

The client's interest is served best when one visits the practitioner in person. Generally, we do not give medical advice for medical conditions. The reasons for this policy are several: Ayurveda is not a legal medical protocol in the US; generally there is more than one cause for a given symptom or disease; trying to diagnose and treat from afar is problematic. We feel that the best analytical tool is the personal monitoring of the Whole person by the individual & counselor, with ongoing fine-tuning as we change and evolve.

We'd like to emphasize that our service is about health promotion and not disease management. We feel that this is more than mincing words as we do not treat disease but do try to promote health, directly. The distinction is an important legal-medical one, we feel. Licensed medical doctors are permitted to diagnose and treat your disease/symptoms. We feel that this is accomplished by directly altering bio-chemistry through their drugs. Our target is the dosha, which themselves regulate the bio-chemistry. If we can modify the functioning of the doshas by appropriate changes in diet and lifestyle, then the physiology can result in proper bio-chemistry.... on a cellular level. That begins with our food supply, our nourishment, our fuel.

**Our Goal**....Spreading the message and teaching the methods of 'compassionate cooking' based on Yogic and Ayurvedic Principles, for an Ayurvedic, Holistic, PH balanced approach to diet in order to maintain a detoxified existence and maximize cellular functioning... Mentally, Physically, Emotionally, and Spiritually, NOW!

**Live Your Destiny NOT Your Karma!**

## **What to Expect**

My recommendations are based mostly on your individual Dosha (digestive constitution), your current health and lifestyle, and the level of commitment you are willing to make to get healthy.

You will be sent some forms to fill out prior to our initial 2 hrs consultation, outlining your current lifestyle and eating habits, along with a general health questionnaire much the same as at your doctor's office. I will review your prior treatments, your health and general information about you, and your complaints and goals. This will give us a good base line to begin with so that at our initial meeting we can get into more detail, assessing pulse, mind-body type, chemical balances and imbalances, wellness goals, etc. You will leave with some helpful basic instructions to begin with, such as some pantry re-organization, substituting whole wheat for white flour, etc. You will also be given organic supplements to take in the am & pm, along with a few easy and simple directions and recipes to get you started. You will be transitioning your pantry, lifestyle & food to your Dosha type in this first week. Don't worry, this is easier than it sounds and I'm with you every step of the way!

**I am available through email, txt and phone to guide you along.**

We will have a second 2 hr consultation to begin your second week. You will be feeling pretty good by now, probably losing some weight. There are 10-20 lbs of toxins in most of our bodies! You may feel a bit confused or overwhelmed at this point, but that is NORMAL. Don't worry, this is what each of our minds tell us at this point. This is the time when your mind really gets active...Actively "fighting" your progress and change. So, we will go deeper into what is happening to you, mind & body. The fine-tuning happens now, as we discuss the findings and recommendations.

You will receive a written detailed dossier of exactly what will keep you balanced and healthy mentally, physically, emotionally and spiritually, throughout this lifetime. You can stick to it for radiance, longevity and vitality, or refer back to it whenever you feel the need.

**Also recommended is a Tantric Numerology reading to find your blocks, gifts, your purpose, and your destiny in this lifetime! An invaluable tool to help with your transformation!**

## **PH level and your health**

Your pH level is a measure of the acidity or alkalinity of your body. Although you might not realize it, a pH imbalance can cause toxins to build up in your body and is actually a major contributing factor to poor health, as disease thrives in an acidic environment. Our bodies are naturally acidic, an ideal environment for viruses, bacteria, fungi and parasites to flourish and replicate. They put a great deal of strain on the body and are responsible for reactions like inflammation, irritation, fatigue, and Candida (yeast). Excess acid in the body also puts a lot of stress on your organs, especially the liver, and can weaken your bones and teeth, dry the skin and cause premature signs of aging, especially in the face and around the eyes.

A Western diet typically makes us too acidic, with meat, fast food, preservatives in food, packaged and canned food, which becomes a real burden for our bodies. Just look at the obesity and cancer trends in our country. THE country with the most over-processed food linked to poor health. Your body will try to rebalance itself back to an alkaline state, and by doing so it wreaks all sorts of havoc on the body. If neutralizing minerals such as calcium, potassium, magnesium and sodium are unavailable, the body will take these minerals from bones or tissues, which can cause a host of problems. For example, if your body needs calcium it might take it from your teeth and bones, putting you at risk for osteoporosis.

An acidic environment is also a fertile breeding ground for many harmful microorganisms. These micro forms don't generally cause problems in the body themselves, but their wastes and toxins do. Candida is one example. This is opportunistic yeast that causes a wide variety of problems, including chronic yeast infections, weight gain, fatigue, digestive distress, and brain chemistry malfunction.

Fortunately, by simply switching what you eat and drink you can easily adjust your pH levels. A few dietary changes will raise the pH levels of the body and can drastically improve your energy levels and health. It will help any unresolved health problems such as fatigue, depression, inflammation, digestion issues, or the inability to shake off those last extra pounds.

Of course if you add an exercise routine such as yoga, you will facilitate the changes. If you go further and add meditation, you will be amazed at just how healthy, vibrant and radiant you will feel and look.

As per Dr. Oz, the human body is capable of sustaining itself for up to 150 years, if only our organs would not give way, and the best way to help your organs is to detoxify them regularly, and maintain a healthy, stress free existence, starting with our food!