

# THREE SEASONS AYURVEDA



## Ayurvedic Journey to Health



In our fast-paced world, we move quickly, multi-task, and are used to fast solutions, which also transcends to our health choices. Although crucial to our lives, Western medicine differs from holistic medicine by treating symptoms instead of seeking the root cause of our disharmony.

The wisdom of Ayurveda was introduced to the world over 6000 years ago by Sages in India and is considered to be the wisdom behind all systems of healing in the world, for it embodies the understanding of ourselves in relation to nature.

According to the principles of Ayurveda, everything is composed of the five elements found in the universe: ether, air, fire, water, and earth. These forces at work within nature are the same forces that are at work within us. Once we understand these forces and our true natures, we can use Ayurveda to bring balance and harmony to the body, mind, and spirit.

Ayurveda works by restoring balance. This is achieved by applying opposite qualities to that which needs healing. If, for example, you are overheated, your therapies may be cooling in nature. If your life is too fast-paced, you may need to slow down. If your digestion is sluggish, it may need to be stimulated.

The first step is to determine your Prakruti (constitution). This is like your Ayurvedic "genetic" footprint, which explains your true nature and makeup. Once you know this, holistic healing practices can be established. The process of understanding this requires an Ayurvedic evaluation, which encompasses two appointments about one week apart.

At the first appointment (Initial Consultation), you will have an Ayurvedic physical exam. We will also go through a detailed Confidential Health History that documents your long and short term physical, mental, emotional, and spiritual characteristics and tendencies.

Approximately one week after the first appointment, we will meet again for your Report of Findings. During this appointment, I will present to your Prakruti and Vikruti (current state of health) results along with a proposed treatment plan. This includes Ayurvedic lifestyle practices, dietary and food plan, possible herbal formulas, and a detailed list of the five sense therapies applicable for your health.

At this point, you have all the information to decide how to proceed with your holistic health care program. In most cases, follow-up appointments are suggested initially to establish your program, and then seasonally reviewing progress, challenges, and integrating new practices and goals.

I realize that your health is deeply personal and profoundly important. Please be assured that I do not undertake this lightly; I work closely with each of my clients in a respectful, confidential, dedicated manner. Thus, your healing becomes a joint effort, utilizing expertise and insight and your willingness and commitment.

I very much look forward to working with you. It is my honor to bring the time-honored wisdom of Ayurveda to you as I assist you on your healing journey.



Jeff Perlman is a Clinical Ayurvedic and Panchakarma Specialist, Registered AHG Herbalist, Certified Massage-Marma Therapist, Certified Iyengar Yoga instructor, Certified IAYT & Ayuryoga Therapist and Cordon Bleu Chef ~ [www.threesesonsayurveda.com](http://www.threesesonsayurveda.com) ~ 310-339-8639 ~ [jeff@tsayurveda.com](mailto:jeff@tsayurveda.com)