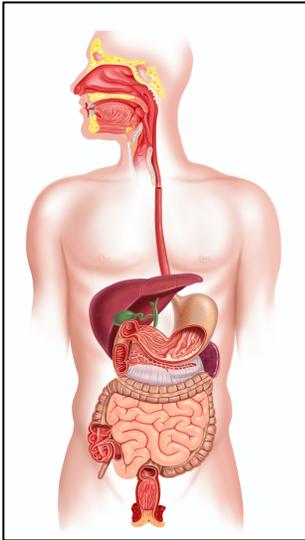


THREE SEASONS AYURVEDA



Ayurvedic & Optimal Digestion



According to Ayurveda, digestion (Agni) is defined as fire and is the cornerstone of balanced health and is understood physically, mentally, and emotionally. This fire controls all metabolic activities, transforming information and cellular communication, including mental clarity, intelligence, sensory perception, discrimination, and reasoning. At its simplest level, it controls digestion, absorption, and assimilation of the foods, herbs, spices, and beverages we ingest.

When our digestion is out of balance, you could experience gas, bloating, constipation, acid indigestion or reflux, hemorrhoids, heartburn, loose, or mucousy stools.

When digestion is balanced, it supports immunity, metabolism, and homeostasis. It creates a healthy appetite, with proper digestion, regular elimination, restful sleep, strong vitality with a calm and clear mind.

The goal is to have a balanced digestive fire, which is neither too weak nor too excessive without creating residual and excess toxins and wastes known as Ama.

Ayurveda believes that all imbalances begin in the digestive system and then move out from there, creating disease and disharmony as it moves through the tissues, bones, and organs.

Once you understand your constitution (Prakruti) and the current state of health (Vikruti), you can work to create daily practices that keep the body, mind, and spirit balanced. These practices include lifestyle practices (possibly changes) along with foods, spices, herbs, and five sense therapies.

Many followers of Ayurveda use the Panchakarma modality (cleansing and rejuvenation process) to bring perfect balance to the body, mind, and spirit. This practice can be done at a designated Panchakarma center here in the US or India or can be achieved following an outpatient program accommodating your regular work schedule and life.

If you are experiencing any imbalances, then the first step is to have an Ayurvedic evaluation to determine your constitution and current state of health. On the front page of my website, there is an option to set up a **FREE** phone appointment to discuss your concerns and decide what might be best for your health.

I Look forward to speaking with you soon.



Jeff Perlman is a Clinical Ayurvedic and Pancha Karma Specialist, Registered AHG Herbalist, Massage-Marma Therapist, a Certified Iyengar Yoga instructor, Certified IAYT Yoga Therapist and Cordon Bleu Chef ~ www.threesesonsayurveda.com ~ 310-339-8639 ~ jeff@tsayurveda.com