

### **What is Maharishi Ayurveda health care**

Maharishi Ayurveda is a comprehensive, time-tested system of prevention-oriented natural health care, which enlivens the inner intelligence of the mind and body.

The goal of Maharishi Ayurveda is to promote balance between the mind, body and environment in order to help maintain and improve your health.

Maharishi Ayurveda is available around the world at Maharishi Ayurveda Health Centres.

### **What is a health evaluation for**

Maharishi Ayurveda describes a state of perfect health and provides the knowledge and procedures to take you in this direction day by day.

A health evaluation assesses your current state of balance and gives you simple, reliable and practical advice on how to increase balance.

### **What kinds of people book a health consultation**

People consult a Maharishi Ayurveda practitioner for many reasons, including:

How to maintain good health, how to improve health, how to deal with a current concern or long-standing problem and advice on future concerns - for example improving health prior to conception and pregnancy.



*welcome*

### Who are our Ayurveda Practitioners

**Maharishi Ayurveda Doctors** are medically qualified doctors who in addition to their medical training and experience in general practice, have also received extensive training in Maharishi Ayurveda at our international teaching centres in Europe and India.

Our doctors have pioneered the introduction of Ayurveda in the UK, and have a wealth of experience as practitioners.

**Maharishi Ayurveda Health Advisors** generally come from a health care background and have special training to assess your state of health and give personalised advice on diet, routine and lifestyle (areas that Ayurveda considers of great importance for health). We have a Health Advisor with special expertise in pregnancy and post-partum care.

**Vaidyas:** Ayurvedic practitioners, with full 5 year degree-level training and internship at government approved institutions in India, who have knowledge and appreciation of the policies, programmes and products of Maharishi Ayurveda.

### Maharishi Ayurveda practitioners in the UK

Currently two Maharishi Ayurveda doctors, three health advisors and one Vaidya are offering consultations in the UK, including: Dr Donn Brennan, who also practices in the Channel Islands, Ireland and Iceland, Dr Greg Watras, Mrs Felicity Kaplan, our health advisor, Mrs Angela Leslie, (our health advisor with special training in post-partum care), and Vaidya Amita Rudraraju.



*“good health is an important part of life”*

### What happens at a Maharishi Ayurveda health Consultation

At a consultation, the Maharishi Ayurveda health practitioner does three things:

**Taking the pulse (nadi vigyan)** - a very sensitive method to determine your physiological type and any imbalances you may have.

**Observation and enquiry and examination where necessary** to gain further information about your physiology and to determine your health concerns and health goals

**Advice and recommendation** - diet, lifestyle, herbal preparations, and other special measures to enliven then inner intelligence of the physiology and thereby promote balance in mind and body.

### What recommendations might I be given

**Lifestyle advice** covers a wide range of topics – digestion, sleep, exercise, daily routine, seasonal advice, travel, immunity etc.

**Recommendations** can include what foods to favour, or reduce, herbal supplements to use on a regular or occasional basis, and advice on what treatments are available to improve the your health.

### What about treatments and products

Maharishi Ayurveda includes a wide range of treatments, self-care programmes and products to support better health. For further information about treatments see [www.MaharishiAyurveda.co.uk](http://www.MaharishiAyurveda.co.uk)

Once you begin to familiarize yourself with the simple and fascinating principles and practices of Maharishi Ayurveda you will find there is a natural lifelong programme you can follow for your own well-being and that of your family and friends.

All the Maharishi Ayurveda products recommended by the practitioner are available by mail order, either from the Maharishi Ayurveda Products catalogue or from their website [www.maharishi.co.uk](http://www.maharishi.co.uk)



*“in Ayurveda the pulse measures balance”*

better health every day with Maharishi Ayurveda  
**Recommendations and follow-up**

**How often would I need to have a consultation**

At least once a year is recommended. Best is a consultation at the change of each season, because this is the time when your physiology undergoes many changes, and when there is a greater tendency for imbalances to arise.

Your Maharishi Ayurveda practitioner will advise on when it would be useful for you to have a follow-up consultation to review your health progress and to adjust your self-care routine or treatment programme.

**Do I have to do all the things that are recommended**

The more you do to promote optimal balance, the better, but Maharishi Ayurveda doesn't want you to strain. Even a few simple changes can make a substantial difference in improving your health and well-being. Your Maharishi Ayurveda practitioner will help you decide on priorities, tailored to your individual needs.

If you have any questions about Maharishi Ayurveda, or wish to book an appointment with a Maharishi Ayurveda Health Advisor, please give us a call on **01695 51008**.



*welcome*

## Availability and cost

### Where are consultations available

In the UK, Maharishi Ayurveda health consultations are currently available in London, Cardiff, Suffolk, the Midlands and the North West.

### How long does a consultation take

Your initial consultation takes one hour, and follow-up consultations are for 30 minutes.

### How much does a consultation cost

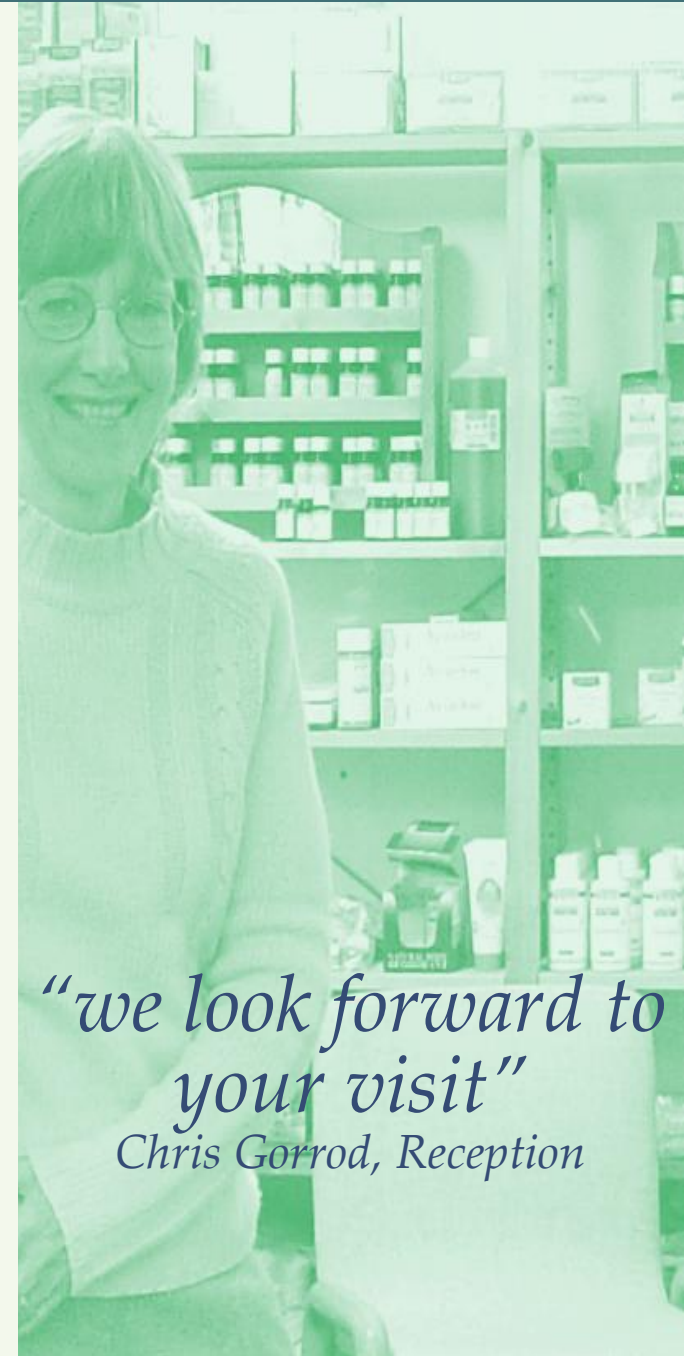
The initial consultation is £93, and subsequent consultations are £49.

### How do I book a consultation

Check which dates consultations are available in your area, or at other locations where you may be able to attend, and phone the booking service number shown for that area.

### Contact details are listed at

<http://www.maharishi.co.uk/BookingYourAyurvedaHealthConsultations.htm>



*“we look forward to  
your visit”  
Chris Gorrod, Reception*