

THREE SEASONS AYURVEDA



Nutrition & Weight Loss



Weight, nutrition, and exercise are significant concerns for all of us. The decision about what we are going to eat each day, and how to get our daily exercise can be overwhelming with our busier schedules, and so many food choices available. These choices affect our overall health in the circulatory, digestive, endocrine, lymphatic, immune, and renal systems, and ultimately our mental and emotional health.

For many, this can be a confusing subject, especially when you follow standardized guidelines established by the USDA for nutrition. Of course, this information is correct and very useful but does not take into account that as individuals, our needs can vary significantly from person to person.

Furthermore, we are bombarded by celebrity spokespeople, publications, and information from the internet with all kinds of diets and regimes based on all sorts of different strategies for the 21st century.

If you struggle with your weight and have not found a way to balance your overall health, then Ayurveda might be the solution for you. Ayurveda is the 5000-year-old medical science of India that understands that each person is unique physically, mentally, emotionally, and spiritually and, in turn, reacts to the world differently, which is why no one diet or regime is right for everyone.

Ayurveda also does not focus on short-term gains, only to fail us later, but looks to the true nature of the individual and then designs a realistic, holistic program to achieve long-term goals with a holistically.

According to Ayurveda, being overweight involves excess of the Kapha dosha (water and earth elements), which is cold, wet, heavy, and stable in nature. Ayurveda understands that like increases like and opposites bring balance, so to reduce this nature you would introduce warmth, dry, light, and mobility.

Once you understand your constitution (Prakruti) and the current state of health (Vikruti), you can easily create daily practices to achieve your health goals. These include lifestyle practices (possibly changes) along with foods, spices, herbs, and the five sense therapies.

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