



East~West Integrated Medicine

Frequently-Asked Questions

What is Ayurveda? Ayurveda, a 5000-year-old medical tradition from India, recognizes that each individual is unique and that there is no "one-size-fits-all" prescription, supplements, diet, or exercise regimen. Ayurveda utilizes natural therapies and lifestyle modifications to restore and maintain perfect balance in one's body, mind, and spirit. Quantum physics states that energy and matter are interchangeable (E=MC²). In the human body we can heal on a physical (matter) level or through mind and spirit (energy levels). There are five energies/elements in our universe: nuclear/space, electrical/air, radiant/fire, chemical/water, and physical/earth. In the human body, not all are active in their pure forms. Thus, Ayurveda combines elements to give us the three doshas.

What are the doshas? Space and air combine to give us Vata dosha, the principle of movement and change or the electrical energy system of the body. Fire and water give us Pitta dosha or biochemical energy, the principle of transformation and heat generation. It includes ail of the biochemical processes in the body; enzymes, hormones, neurotransmitters. Earth and water combine to form Kapha dosha, the physical structure of the body.

So, Ayurvedic treatments are very individualized. How do the doshas work with this approach? Each person has a unique genetic makeup and so will manifest these doshas in their own body by having a unique build, metabolism, mental/emotional temperament, etc. Thus, Ayurvedic treatment programs are highly individualized. Ayurveda helps me to recognize core energetic imbalances that contribute to chronic illness and chronic symptoms that can be markers for future disease processes. I use Ayurvedic principles to treat women's hormonal imbalances, digestive issues, fatigue/energy issues, and most chronic illnesses, where western medicine has little to offer.

What happens during an initial consultation? Our first visit will take two hours. During that time, we'll review your complete history all the way back to childhood. Then, we do an Ayurvedic analysis of face, tongue, nails, and a complete pulse diagnosis. We also incorporate Western diagnostic tests into the evaluation, such as blood pressure and physical diagnosis. We discuss what's going on from the Western holistic point of view and from the Ayurvedic point of view; we may also need to include further testing. The first session is a very thorough! Please bring in all your supplements, medications, and lab tests from the last 3-5 years.

What is Personalized Metabolic Nutrition and how do you use it? PMN is three-hour testing protocol based on western scientific principles that gives information that can help establish optimum energy production and nutrient utilization in your body. Each person metabolizes food in a unique way. Therefore, there is no ideal diet that is right for everyone. PMN can answer these questions and help me target a diet and supplement regiment that will optimize energy, optimize nutrient utilization, and help establish ideal body weight. The body will then naturally heal itself.

- Does one's body burn carbohydrates, fats, or proteins more efficiently?
- How well is insulin regulated (hypoglycemia, pre-diabetes, insulin resistance, or diabetes)?
- Does one's sense of well being and energy level depend on food, or is it driven by the autonomic nervous system?
- Is the sympathetic or parasympathetic nervous system more dominant?

- What is the acid base balance of the blood? What is the hydration status of the body?
- Are remedies other than water needed to help the hydration status?
- Are water, toxins, and nutrients being transferred efficiently in and out of each cell in your body?

What is Health Equations analysis and how do you use it? Health Equations is a unique in-depth analysis of a routine chemistry profile and CBC (complete blood count). It can help identify underlying causes of symptoms and diseases and can be especially helpful when one feels ill but the blood work is all "within the normal range". It can also help assess cell hydration status, causes of high cholesterol, calcium activity, adrenal stress, liver stress, toxin load, and digestive functions. It paints a picture of the underlying strength or weakness of several cornerstones of health.

What's your view on personal health and diets? We live in a world where every diet "guru" is trying to convince us that their diet will cure all of our ailments. Everyday we get new reports from scientists informing us that the latest study shows a particular food is good or bad for us. Often this year's "good" foods are next year's "bad" foods. Thousands of supplement and herb companies are trying to convince us their product is the best for everyone. In reality, all foods, diets, herbs, and supplements can have some healing effects. More importantly, the true science and art of healing oneself is to know which foods are right for you, which diet balances your body, and which herbs and supplements best help support your unique metabolic system.

What exercise and lifestyle formula is best for me? I believe each person has the power to heal himself or herself. I work as a partner with my clients to discover what therapies are best suited to their unique constitution. I practice mind/body/spirit medicine and so might utilize a subtle spiritual or energetic therapy as well as herbs, diet, and lifestyle recommendations.

How can I learn more about Ayurveda, and how it could work with my health concerns? Call me at 303.669-2385. I am in private practice, so make an appointment for a consultation about your health concerns. I also teach Ayurveda and offer group presentations and lectures. We are currently planning our 2006 schedule, so watch the Website!

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