

The Ayurvedic Protocol

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What To Expect

- Patients come to us from varied backgrounds and experiences with regard to Ayurvedic care.
- The purpose of this presentation is to orient you to our approach and give you a road map of where we will be going with your care.



Holistic Health Care Today Is In Its Infancy

Holistic Care is only about 50 years old in the West.

What Does That Mean

- As a Chiropractor and Ayurvedic practitioner, I've spent the last 30 years in Alternative Health Care.
- What I've observed is that most "Holistic" care follows an Allopathic (medical) model of treating symptoms.
- The main difference in Natural therapies today is that the therapies are not drugs. However, the rationale for prescribing the supplements are the same, i.e. each symptoms gets a treatment.

An Herb and Vitamin For Every Symptom

- When patients first come to see us, they often have been to one or several Natural Practitioners and they often have many supplements that they are taking.
- Usually, for each symptom they have, there is a supplement for it.

What's Wrong With That?

- If the cause of the symptoms is ignored, then treatment only provides temporary relief.
- Symptoms are the body's natural means of telling us that a problem exists.
- Therefore, suppressing symptoms without addressing the cause is like cutting the wires to the fire alarm.

Another Problem: Stress On Liver

- Any oral supplementation offers a challenge to the colon and liver to process.
- Most patient's digestive systems are already overwhelmed with poor diet, high acidity, preservatives and other chemicals.
- Therefore, supplementation is often another stress on an over-taxed digestive system

Our Approach Is Different

Understanding Etiology

Understanding the “Why”

- Before beginning any treatment, we see the patient's Pulse, an Ayurvedic diagnostic technique to understand the dynamics of imbalances that are causing the symptoms.
- We always endeavor to understand the etiological factors or WHY those imbalances have occurred.
- The “WHY” is what is missing in so much health care today. Without this, treatment is always limited to symptomatic care only.

How To Know The Why

- ◉ Sometimes the Why is understood from the pulse diagnosis itself.
- ◉ Other times it comes from a combination of pulse, history and examination.
- ◉ Many times there are multiple “Whys” that are layered one on top of the other.

The Knotted Extension Cord

- ◉ We've all had the experience of leaving a cord in a box and then coming back later to find it tangled with other cords.
- ◉ To untangle the cord, you have to approach it one knot at a time and in the proper order to achieve the goal.
- ◉ This is the case also with treating chronic disease. Each layer of the problem must be "untangled" one at time and in the proper order.

The Fastest Way To Get Well

Patient's who heal their disease have certain things in common as do those who never get better.

Let's look at them:

Patients Who Get Well

- Take the program very seriously and try to follow all the instructions for their home program.
- Never mix approaches.
- Never try to second guess the recommendations or "self-treat".
- Give a reasonable amount of time to see initial results, generally 90 days.
- Respect that proper diet and routine are the basis of getting well.
- Come regularly for follow-up appointments.
- Learn a variety of recipes and foods so not to get bored.
- Understand that the body requires time to heal.
- Ask lots of questions.

Patients Who Rarely Get Better

- Pick and choose which parts of the program they want to do.
- See several practitioners and mix methods or try "internet" treatments.
- Love to self treat.
- Have unreasonable expectations about the time it takes to get well, i.e. expect instant results for a disease that's been present for years.
- Make only minor changes in their diet and lifestyle.
- Believe that they don't need follow-up.
- Complain that the food is boring but never come to learn new dishes.
- Ask few questions.
- Continue to think that healing means only treating a symptom.

If You Fall Into The Second Category

- Please re-evaluate your priorities or expectations of the program. This program requires a great deal of participation and is not for everyone. We understand this and do not want you to feel frustrated or disappointed. The main thing is to understand what you need to do to be successful with SVA. If you are unable to do that, then don't try our system because it won't work for you. On the other hand, if you follow through you will get excellent results.

How Long Does It Take

- This system is Self Healing. That is very different from the symptom care system that we currently use.
- Treatment is designed to help your body repair itself and this takes time.
- How much time will depend on the condition, the chronicity, the severity and how well you are able to follow the protocol.
- One general rule is the longer standing the problem, the longer it takes to heal.

The Value Of Multiple Visits

- Dr. Beech will recommend a series of visits based upon your individual condition.
- Multiple visits allow us to asses, re-asses, and re-assess again. Each assessment peels back the “layers of the onion” of multiple etiological factors.

What Does This Accomplish?

- This protocol will start your healing process because “well begun is half done”
- You will slowly learn and integrate all of the practices, procedures and remedies you need to help your body heal.
- Dr. Beech will be able to design your individual treatment protocol based on multiple pulse evaluations as you are healing.

Educational Presentations

- There is much to learn and understand about how your body functions and how to use that knowledge to get healthy.
- Daily routine, nutrition, cooking, home Marma therapy, the use of herbs and much more will be explained in presentations that will be emailed to you on a regular basis.
- Presentations are kept short so you can easily assimilate and apply the prescriptions.
- Each one is specifically chosen to maximize your progress during each phase of care.
- There is no extra charge to receive these presentations.

Cost of Care: Herbal Products

- ◉ We estimate your initial cost for supplements to be ~\$300.00. However, this amount may vary depending on your condition.
- ◉ After that, the cost goes down considerably as the products will last 2 to 6 months before needing replacement.

Thank You

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