

Lotus Health Services

Herbal Therapy

Restoring Nature's Intelligence

What Do Herbs Do

- Herbs are very powerful packets of intelligence that can heal the body.
- Herbs are not to be taken lightly.
- Many times we hear, “I figured it was *just* herbs, so it couldn’t hurt me.”
- Don’t fall trap to this kind of thinking. Herbs are plants. Plants manufacture toxins to protect themselves. These toxins could make you very sick or kill you.
- Also, herbs can stimulate very profound physiological responses that can make you very sick if you take them when your body is not ready.

Herbs In Combination

- The science of herbal therapy in Shaka Vansya Ayurveda is the most sophisticated on the planet.
- Ayurveda understands the process of combining herbs to create a specific therapeutic effect. Some herbal products may contain as many as 30 to 40 different plants.
- Under the prescription of a trained Shaka Vansya Ayurvedic practitioner, the power of herbal therapy is unleashed and can help your body heal itself.

A Word Of Caution

Don't Assume Because It Says
"Ayurveda" That It Is Safe.

Unfortunately

- Many so called Ayurvedic “experts” although sincere, haven’t taken the time to properly investigate the herbal products they are prescribing.
- Or they may not understand the subtle aspects to the prescriptions they are making.
- This coupled with the fact that some products from India contain heavy metals, bacteria and other pollution make them dangerous.

Not All Supplementation Is The Same

- Good herbal supplementation not only uses proper combinations.
- Also the Prana of the herb must be maintained. Otherwise the herb or supplement is just another dead food, like canned or frozen food.
- Most supplementation on the market today, whether vitamins or herbs, has no Prana in it at all. It is not alive and is therefore missing the most vital ingredient.

What About This Or That Product?

- Many patient bring us products and ask if they are “good”.
- 99.9% of everything out there in the market has No Prana.
- It may be good from a molecular, vitamin level.
- But it may be insufficient on a vibrational level.

2 Forms Of Supplementation

Oral and Transdermal

Oral Supplementation

- Advantages
 - Easy To Take
 - Absorbed like food.
 - Can be utilized by the body when the liver is acting intelligently.
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- Disadvantages
 - Depending of the condition of the digestive system, absorption may be low.
 - Due to toxins, the liver may not be able to process the herb intelligently.

When Do We Prescribe Oral Herbal Supplements

- ◉ When the liver is functioning properly.
- ◉ When the digestive fires are good.

Transdermal Supplementation

Advantages of Transdermal Supplements

1. Easy to Use
2. Includes Aroma Therapy
3. Absorption rate is very high: ~75%
4. Can be used even if digestion is weak or liver is not functioning intelligently.

Same Rules Apply

- ◉ The product must be high in Prana in order to restore the intelligent functioning of the body.
- ◉ We use Transdermal Creams in conjunction with Marma Therapy. (see the marma section for more details)

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