Introduction To Holistic Medicine For New Patients

G Douglas Beech, DC

www.DrDougBeech.com

301-951-9000

What's This About?

In addition to Chiropractic, I practice the ancient Indian healing science known as Ayurveda.

Some of you may have heard of Ayurveda, but I suspect most of you haven't.

Therefore, I made this short presentation to teach you a bit about this fascinating system and to give you a few Ayurvedic tips about health.

Vaidya Mishra

My Ayurvedic Teacher

Vaidya Mishra was an Ayurvedic Doctor, product formulator, researcher and educator born into a a family of Raj Vaidyas that boasted 5000 years of healing tracing back to the time of Lord Krishna.
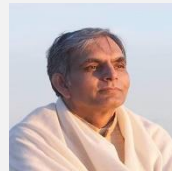
His in-depth theoretical knowledge of the classical Ayurvedic texts was accompanied by his unparalleled compassionate practical healing skills.

Here is an excerpt of a presentation we gave in 2003 for Fibromyalgia. This is Vaidya explaining Ayurveda.

Watch Video

The Oldest System Of Healthcare

Ayurveda is the oldest system of health care recorded on Earth.

The earliest written records indicate its existence about 5000 years ago in ancient India.

Ayurveda means the "Knowledge of Life"

In other words, Ayurveda teaches us how to live a healthy life through proper thinking, proper behavior, proper diet, proper use of medicine, proper lifestyle choices.

What Does It Treat?
Actually, Ayurveda doesn't treat conditions, it treats Human Beings. But here are a few of the diseases we see:

Acne	Bad Digestion	Autism	ADD/ADHD	Blood Pressure
Diabetes	Multiple Sclerosis	Osteoporosis	Fibromyalgia	Depression
IBS	Skin Diseases	Headaches	Back and Neck Pain	Joint Pain

Think of Ayurveda as an Owner's Manual For Your Body.

- When you buy a new car, you wouldn't think of leaving the lot without an owner's manual.

- Nature gave us Ayurveda as an Owner's Manual for the Mind and Body. But like all owner's manuals, you have to read it and abide by the maintenance schedules if you want to get peak performance.
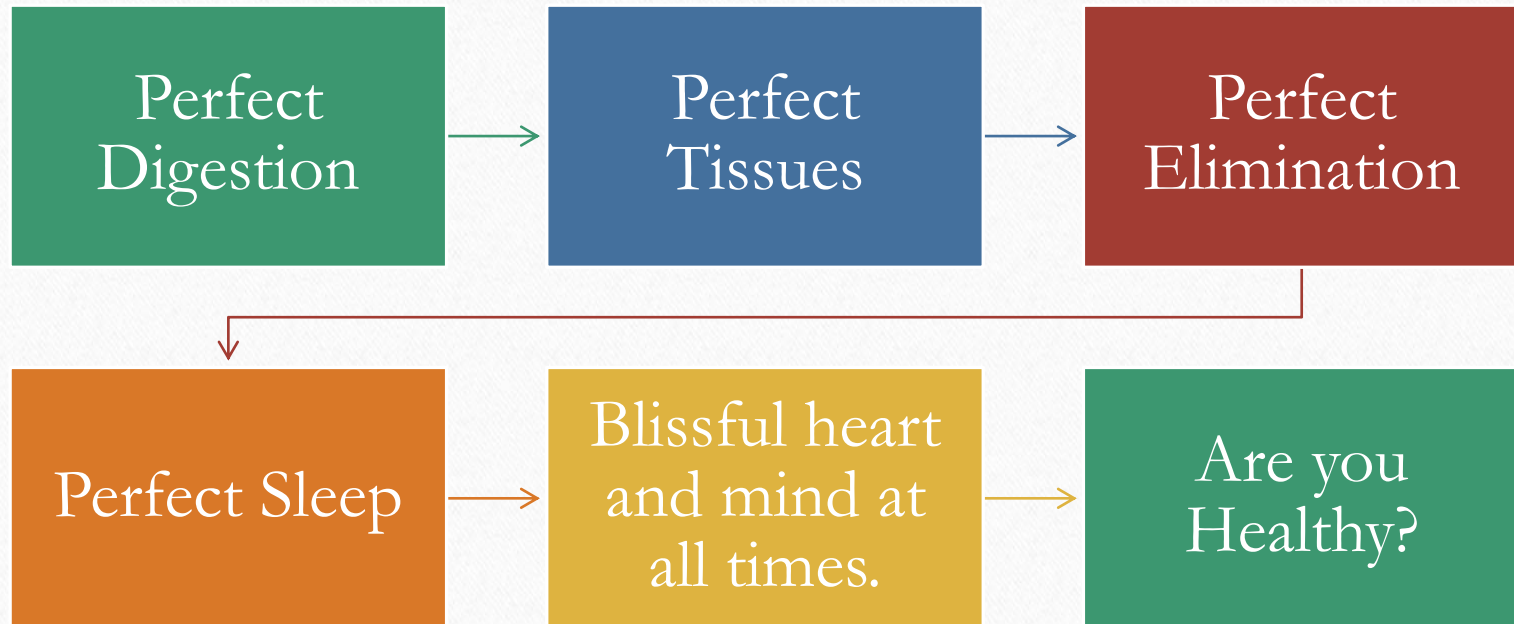
Ayurvedic Principles

What is Health?
Ayurveda defines health as:

Perfect Digestion	Perfect Tissues	Perfect Elimination
Perfect Sleep	Blissful heart and mind at all times.	Are you Healthy?

Principles of Ayurveda

- There are many principles upon which the practice of Ayurveda is based. Here we want to give you some of the basic concepts.

- Unlike modern medicine, Ayurveda understands that you are linked to everything in nature: The Vedic Literature of India says: *As is the Macrocosm, so is the Microcosm.* We are intrinsically linked to everything around us.

- Ayurveda describes the Life energy around and in us as ***Prana***.

Prana has 3 aspects:

Soma – the stabilizing, cooling, lubricating Lunar vibrational energy.

Agni - the transformational, heating, drying Solar vibrational energy.

Marut – the etheric space containing the Soma and Agni. Marut is the balancing factor responsible for flow of Soma and Agni.

My Back Yard

In my back yard, I have 2 ponds connected by a stream. This is a perfect example of Prana

Soma - Stability

- The water is the stable, cool, lubricating **Soma**.

Agni - Transformation

- The Sun shining on the water creating photosynthesis in the plants, growing algae, growing plants, heating the water, and assisting the healthy bacteria in the metabolism and breakdown of waste products is **Agni**.

Marut - Flow

- The flow of water over the waterfalls and through the stream creates good oxygenation of the water, mixes the warm surface water and cooler bottom water together, and flows fresh water to all areas of the pond. This is **Marut**.

The 3 Doshas

The Doshas Are The Physical Expressions Of Prana

Marut expresses in the body as **Vata Dosha**

Agni expresses in the body as **Pitta Dosha**

Soma expresses in the body as **Kapha Dosha**

The 3 Doshas

The Doshas Are The Physical Expressions Of Prana In Our Body. They Are Called:

Marut becomes Vata Dosha Movement

Pitta: Digestion

Kapha: Structure

Ayurveda is based on the principle: *"Wherever The Clouds Go, That's Where It Rains"*

- This means that wherever toxins go in the body, a disturbance of the Doshas in that area can occur. Toxins tend to accumulate in the areas where the channels of circulation, distribution, absorption, and elimination are obstructed. Thus opening, repairing and preparing the channels *before* removing toxins is very necessary. Otherwise the channels themselves can be damaged by the toxins.

Understand & Listen

- This gateway is based on the Laws of Nature governing the physiology. By following these simple rules, you provide a basis for good health. By listening (that is feeling) to what your body is saying when you follow these simple rules and even more importantly when you don't, you will fine tune your body and the *rules* will become a part of you.

General Principles of Eating

Eat	Eat intelligent Fresh food is best. Food that isn't fresh is dumb or even dead. It may have nutritional value, but it is deprived of Organic is Prana (life) which is the most essential of all components.
Avoid	Avoid Cold Foods and Drinks: Iced drinks or any food or drink right out of the refrigerator.
Avoid	Avoid Red Meat and Pork.
Eat	Eat according to your level. Avoid eating when not hungry and do not delay eating when hungry.
Do not overeat	Do not overeat. Eat at about 3/4 capacity. Do not leave the table very hungry or very full.
Allow	Allow 3-6 hours between meals. Do not eat before the previous meal is properly digested.

Gateways of Health

The Gateway of Diet

Diet is Most Important

- You Are What You Eat

- "Without proper nutrition, medicine is of little use….With proper nutrition, medicine is of little need."

Caraka Samhita
2000 Year Old Ayurvedic Text

Dietary Recommendations: Favor Vegetable High in Soma

- Green Leafy Vegetables, such as Spinach, Kale and Chard. Always cook with your spice mix.

- Not so much raw leafy vegetables, although a little is alright.

- Summer Squashes: one of the best vegetables because it is high in Soma, the cooling nurturing lunar aspect of Prana. Summer Squash is white on the inside. Examples are Zucchini, Yellow Squash, Patty Pan Squash. Cook with your spice mix.

Grains

- Basmati Rice – a naturally white rice that is light and easy to digest. In the Indian stores "Tilda" brand is very good.

- Quinoa – The grain of the Incas. Grows 12 – 15,000 feet above sea level. It is a complete protein grain that is high in zinc. Cook it like rice.

- Amaranth – A light grain, easy to digest.

- Barley – also a light grain that is easy to digest.

Fruits

- Sweet Juicy Fruits such as apple, pear, cherries, grapes, sweet berries, mango, peaches, and plums.

- Avoid Citrus fruits if your pH is below 6.5

- Limes are excellent as they are a pH buffer. They are high in Soma and we recommend them especially if you have a low pH.

Oils

- Ghee or clarified butter

- Organic Olive Oil

- We recommend cooking only with these oils.

Bread

- Avoid Yeasted Breads

- Favor unleavened bread

- Indian Chapati is excellent. It's delicious and very easy to make.

Intelligent Protein

- Meat Sources: Fish and Chicken cooked in your own spice mixture.

- Avoid Red Meat: Beef, Pork, Venison, Buffalo, Goat etc.

- Vegetarian Sources: Paneer (Indian Cheese), Fresh Mozzarella, Cottage Cheese, Quinoa, Whole Organic Milk, Fresh Yogurt (at lunch only).

- Avoid Tofu and Soy Products. It clogs the channels.

Milk

Contrary to popular belief. Milk is one of Nature's BEST foods. However, because of improper preparation in addition to cows that have been injected with growth hormones and other toxins, our milk often creates a lot of health problems.

However, with proper selection and preparation, Milk can create balance and health.

How To Make Milk Your Friend

- Drink only whole organic milk.

- Best to get Milk from pasture fed rather than grain fed cows if possible.

- Use this recipe to prepare your Milk:

- 50/50 whole organic milk and water.

- Boil the Water for 5 minutes with 2 green crushed cardamom pods, 1 tiny stick of cinnamon, 1 clove, 2 thin slices of fresh ginger. Then add the milk and bring to a boil.

- Sip milk slowly. Don't refrigerate.

Channel Clogging Foods

Some foods, even though nutritionally rich can clog the channels of absorption, delivery, and elimination.

The Foods to avoid are:

Tomato, potato, banana, bell pepper, beans, eggplant, vinegar, bell pepper, winter squashes, soy products, tofu, onion and garlic.

Gateways of Health

The Gateway of Spice Therapy

What Role Do Spices Play?

- Spices are essential food the body needs in order to keep the channels clean and open.

- The intelligence of spice aids the intelligence of the body.

- One example is Turmeric. Turmeric cleans the liver channels and improves the intelligent functioning of the liver. Without turmeric, the liver will eventually become dumb and diminish its ability to intelligently filter and clean the blood.
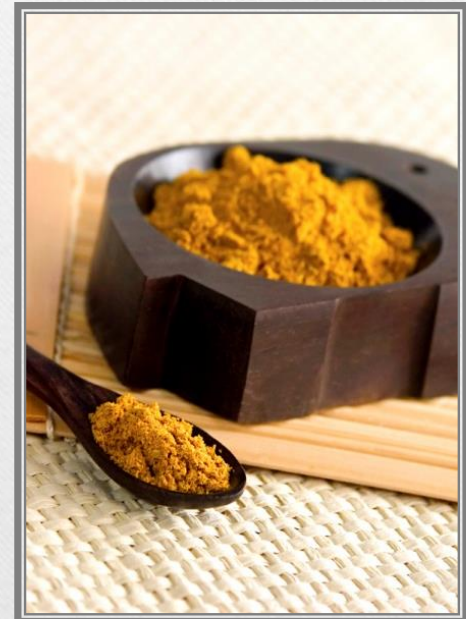
A Sample Spice Mix:

- 1 part turmeric
- 1 part cumin
- 4 parts coriander
- 4 parts fennel
- 1 part black pepper
- This means that you grind 1 teaspoon of cumin seed, 4 teaspoons for coriander seed. Then grind all the spices together including the turmeric.
- Store this spice mixture in a covered glass container and use accordingly. Only use in cooking. Don't take raw spices.
- You may also toast the whole spices before grinding. Add the turmeric to the other spices while cooling. This preparation can be used as a sprinkle spice.

Harmony

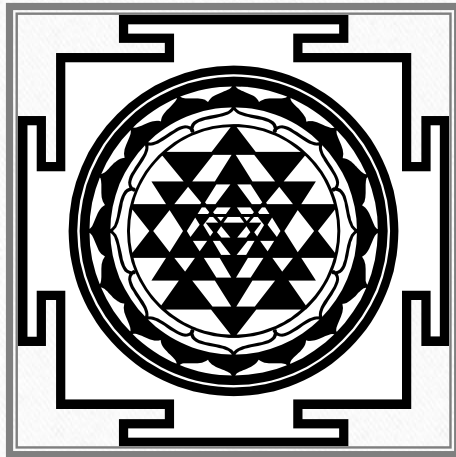- Harmonizing our behavior with the rhythms and cycles of nature is very important. Living life in accord with natural rhythms means acting so our behavior is supported by nature. This is the basis of health.

- On the other hand, the disruption of our natural biological rhythms is a major factor in breaking down the resistance of the body and the creation of disease.

Nature's Clock

Natures clock is run by the cycles of the earth, the sun and the moon.

This natural cycle exerts a very powerful influence on our physiology.

If we ignore it, health will always be outside of our grasp.

If we honor it, we will be rewarded with strength and energy.

The Most Important Points

Bed by 9:30 PM

Arise by 6 AM

Lunch between 12 – 1 PM

Dinner between 5 – 7 PM

Following these rules will maintain balance.

For More Information Or To Schedule An Ayurvedic Evaluation with Dr. Beech, Call Us At:
301-951-9000
Chiropractic Website: www.DrDougBeech.com
Ayurvedic Website: www.prabhava.net

Thank You