



Welcome to The Mango Wisdom, born from my heart & the ancient wisdom of Mother India to promote this ancient, holistic way of living & improve the health of individuals, communities & the environment.

Thank you for choosing us, whether you are just beginning your Ayurveda journey or already living Ayurveda, there's something for you.

Ayurveda explains that each of us is living our own unique story – and although others may experience similar – the ways each of our stories manifest is related to our own, unique mind – body – soul constitution, make-up or type.

Through the framework of Ayurveda I listen to your concerns & your goals in order to create your own unique lifestyle plan to improve your health & happiness.

Ayurveda may not provide miracles or fast results but it does build strong foundations for lasting health & happiness. Living Ayurveda requires your engagement with the processes and it may feel different to what you are used to with Allopathic (widely available/accessible) health services. I am here to support you on this journey.

Ayurveda

Ayurveda is a fully developed science and a sustainable & practical way of life that promotes health and happiness. It works differently to Allopathic medicine (Western/mainstream/conventional), because through Ayurveda we improve health rather than treat the symptoms of disease. Ayurveda tackles the root cause of disease. It is a comprehensive, personalised and sustainable health system based on logical principles, has the potential to improve the health of anyone who engages with it.

Ayurveda is more than 5,000 years old and rooted in Indian philosophy, science, tradition and culture. Ayurveda is based on a classification system called Tridosha (Vata, Pitta & Kapha) which is our individual make-up of the five elements of the universe. With this system we can classify health, our true-nature & character, illness, disorder & disease, nutrition & lifestyle ++more.

Ayurveda works in four primary areas;

Physical – diet, herbs, exercise including yoga; **Psychological** – impressions, emotions, thoughts; **Social** – work, recreation, relationships & **Spiritual** – yoga, meditation, mantra

Benefits of Ayurveda

1. Complete Health Care System

looks at the person as a whole – in other words it's holistic

2. Inclusive! **Helps everyone**

3. **5,000** years of **scientific** evidence base

Ayurveda has been used for over 5,000 in India, it even has a surgical branch of medicine

4. **Natural medicine, no nasty side-effects** or man-made chemicals

5. Promotes our **connection with nature** – this is therapy in itself

It is increasingly said that man's disconnection with nature is the root of misery & disease

6. **Logical** principles

Ayurveda draws principles from the classical Indian philosophies, for example, the inherent connections in our food, milk is a naturally oily substance and when the oil is removed, the substance can no longer be called milk

7. Builds **strong foundations** of health

When we remove the root causes of illness & disease, then vital health is the result

8. **Sustainable** - inexpensive

Once you learn the information, you are empowered to control your own health & wellbeing

9. **Healthy weight**

Adhering to Ayurvedic routines & practices naturally encourages healthy weight

10. Treats **anxiety**, panic attacks & depression

Understanding the nature of the mind is one of the principles promoted by Ayurvedic philosophy & I have witnessed much improvement in the nature of my own, and the minds of others

Ayurveda & Yoga come from the very same ancient Indian roots.

Yoga is the union of body, mind and soul, the science of self-realisation and cannot be separated from its sister Ayurveda, the science of life or self-healing. Both disciplines are rooted in the understanding of creation given by Kapil's Samkhya philosophy. Together they make up a complete system for living healthy, happily & peacefully.

Connection

1. In India it is traditional to study Ayurveda before taking up the practice of Yoga - because Ayurveda prepares the body for Yoga
2. Yoga must be practiced according to your unique Ayurvedic constitution to gain maximum benefit and prevent damage
3. Yoga & Ayurveda work together to enhance our lives by helping us to gain greater life-knowledge, self-awareness & self-understanding

4. Yoga & Ayurveda have the same goals healthy body, mind & spirit & union of body, mind & spirit
5. The mind controls the body, the body effects the mind, Yoga helps to soothe the mind & Ayurveda helps to soothe the body

CONSULTATIONS

Through the wisdom of Ayurveda and Yoga we find a way of life that supports the healing & development of our Body, Mind and Soul.

We shrug off the Physical, Mental and Spiritual blocks that prevent us from moving forwards in our lives and we learn to develop new & beautiful ways of living our lives.

An Ayurvedic Consultation typically consists of three general steps:

- 1. Assessment** – This includes a determination of your basic Ayurvedic constitution and your current condition and imbalances, a discussion of your concerns and reason for your visit, and jointly exploring your health history and past treatment results.
- 2. Findings** – The practitioner will analyse the assessment results and compile information to be reviewed with you to be used in a collaborative process to plan your health improvement program - Ayurvedic Lifestyle Plan.
- 3. Recommendations** – The practitioner will offer recommendations based on your health concerns and goals, your current condition, and what the practitioner thinks is best for you. This is tailored to your unique needs with the intention of assisting you to shift from your current state of imbalance toward your optimum balance. This may include information and instruction on diet and eating habits, herbs, lifestyle, yoga, exercise, meditation, breathing practices, and other health improvement practices, as appropriate. Then together, you and the practitioner will establish a workable program you can implement to achieve your short-term and long-term health improvement goals.