

## HEALTH TALK AT LARA'S PLACE



### Using Natural Remedies to Treat Your Family Health Problems!



**Are you looking for an alternative to mainstream medicine for you and your family?  
presented by Samkkya Natural Health Centre**

Health is not just about being free of pain and disease, it is a state of complete physical, mental and spiritual well-being. Ayurveda, the world's oldest comprehensive healthcare system having originated some 5000 years ago in India, follows this principle. This ancient art of treating asserts that a person's health depends on his body, mind and spirit being in harmony with nature and that disease results when there is an imbalance.

According to Ayurveda, each of us is born with a specific combination of physical, mental and emotional characteristics. The three basic types (doshas) are Vatta (air), Pitta (fire) and Kapha (water). After determining a person's body constitution and diagnosing his health status, the Ayurvedic doctor generally prescribes treatments designed to bring our doshas back into balance instead of focusing on relieving our symptoms. Those treatments are based on external oleation therapies (massages), cleansing/purifying programs (panchakarma), internal herbal medication, dietary recommendations, lifestyle changes and some yoga/breathing exercises.

#### **Ayurveda's areas of expertise are:**

DIGESTIVE DISORDERS, DETOXIFICATION, SKIN DISORDERS, NERVOUS DISORDERS, JOINT CARE, SINUSITIS, MIGRAINES, STRESS RELIEF THERAPIES, WEIGHT REDUCTION PROGRAM, ASTHMA, ALLERGIES, STROKE REHABILITATION, CHILDS HEALTHCARE,, POST NATAL CARE, REJUVENATION THERAPIES

*Lara's Place invites you to an information session on Ayurveda which will include an assessment of your dosha (Body type), followed by an introduction on the principles, treatments and benefits of Ayurveda by Dr Vats (Ayurveda practitioner, General Physician and Nutritionist), and then an open session for questions and answers. After the talking, we will proceed with our lucky draw winners!*

**Date: Saturday 19<sup>th</sup> of July 2008**

**Time: 4.00pm**

**Venue: Lara's Place. 76-1 Jalan SS2/72, PJ**

**Registration: FREE (pre-booking required due to limited seats)**



For more information or bookings please call 03-79568768 or fax to 03-79578589 or Email: [larasplace@gmail.com](mailto:larasplace@gmail.com). Website: [www.nix.com.my](http://www.nix.com.my)

I'm interested in the Health Talk.

Name: \_\_\_\_\_ Kids Ages(if any): \_\_\_\_\_

Contact Tel: \_\_\_\_\_ Email: \_\_\_\_\_