

**Free event!**

# Healthy Metabolism + Longevity with Ayurveda

April 14, 2019 from 2-4pm

with Dr. (Vaidya) Jayarajan Kodikannath

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keralaayurveda.us



## You're not what you eat, but what you digest

In your search for natural solutions for your digestion and metabolic health, have you been frustrated by short term effects and conflicting advice? In this free talk, learn how to take charge of your health through the personalized, long term solutions of Ayurveda.

Chronic gut issues are on the rise and have deeply impacted the quality of life for millions. According to Ayurveda, the function of digestion is more important than the food itself we consume. Improper digestion is often the first imbalance of the human system before further disease develops. We'll address the many lifestyle choices which impact this complex mind-body function, including what's beyond our plates.

Health solutions are only useful to us when our unique constitution is considered. The key to lasting health begins with acknowledging there is no one-size-fits-all model! Discover the foundational Ayurvedic principles to help you understand your unique constitution. By applying this customized approach with Ayurveda's practical lifestyle solutions, you can begin to live your best life with Ayurveda.

### **Come learn:**

#### **The Ayurvedic concept of metabolism**

#### **Answering the three w's: why eat, what to eat, when to eat**

#### **Lifestyle tips for improved digestion and energy**



*Dr. (Vaidya) Jayarajan Kodikannath (BSc, BAMS) is the Vice President and Academy Director of Kerala Ayurveda USA. He is an Ayurvedic scholar and clinician with a degree from Mahatma Gandhi University. With over two decades of experience, he contributes to Ayurvedic education program internationally and has touched the lives of thousands of wellness seekers.*