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**ABOUT AYURVEDA:**

Ayurveda is the world’s oldest known health system (originating in India some 5000-7000 years ago) and a precursor to many other health systems including Western medicine. The Sanskrit name *Ayurveda* means “the science of life” and the art of living wisely and consciously. It is a truly holistic system that focuses on the whole person, not just “one part” at a time, and aims to treat underlying causes for “dis-ease” or illness rather than just the symptoms.

Ayurveda recognizes that we each have a unique bio-individuality (mind-body type or constitution) and might need “a different path to the reach the same destination”; hence “one size does not fit all” when addressing an underlying imbalance. Ayurvedic care emphasizes living in harmony with the rhythms of Nature, that our bodies are naturally attuned to, and understanding how our lifestyle choices and patterns of behaviour influence our health and wellBEing (diet, digestion, daily routine, movement, rest/reflection time, sleep, relationships, stress management, spiritual or energetic awareness).

A basic understanding that this health system works from involves the concept that everything is made of energy, and we are interconnected with the energy of the environment around us; what we choose to take in and DIGEST to “make us” who and what we are (be that food, air, water, emotions, thoughts, ideas, etc.). Hence awareness is a key factor for our health as we make choices that move us back towards, away from, or maintain our individual state of mind-body-spirit harmony.

**Carleen Sterner | Certified Ayurvedic Health Counselor and Practitioner**

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