



Boulder Ayurveda



Complementary Alternative Health Care

Thank you for thinking of Boulder Ayurveda. In preparation for your consultation, we are enclosing a Consultation Intake Packet for you to review, complete, and return to Boulder Ayurveda at 302 Pearl Street, Boulder, CO 80302. The packet contains information about the Consultation Service and includes several forms that will help us prepare for your visit. If you have downloaded this package as .pdf file, then this first sheet may not be relevant – an appointment time may be scheduled upon receipt of your health information and application for services.

The Consultation Intake Packet includes:

- A Brief Introduction To Ayurveda
- Services Provided By Boulder Ayurveda
- Health Information And History
- Application For Services

Please read the attached information, complete all forms, and return them to Boulder Ayurveda prior to your tentative appointment date. Following receipt of the information, a staff member will contact you by phone to confirm the date and time for your consultation.

The fee for the initial consultation is \$75 unless other arrangements are made _____

- Your tentative appointment: Date: _____ Time: _____
- Date your packet is due back at Boulder Ayurveda: _____

We appreciate your taking the time to provide the information requested, and look forward to welcoming you for your consultation at Boulder Ayurveda.

Sincerely,

Varadaan
Principal Ayurvedic Consultant, Boulder Ayurveda, LLC

THIS CONSULTATION DOES NOT INCLUDE MEDICAL DIAGNOSIS OR MEDICAL TREATMENT,
AND IS NOT A SUBSTITUTE FOR MEDICAL CARE.

PS: Remember, if you have a scheduled appointment time, your time is tentative until confirmed after receipt of your completed packet. Please keep this in mind when making travel and lodging arrangements, if applicable.

Ayurveda ~ for health, longevity and balance

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A Brief Introduction To Ayurveda

Ayurveda means “the science of life.” It is an ancient system of healing that focuses on the complete person which includes the body, mind, heart and soul. Traditional medicine tends to focus on a specific symptom or disease. Ayurveda says that for complete wellness to occur, the body, mind and spirit must be in harmony with each other, which brings natural resistance to disease causing conditions.

Ayurveda defines wellness not as “the absence of defined disease” but when all bodily tissues, organs, systems and functions are acting together in a healthy way and are able to maintain health and wellness in spite of potential illness causing influences. Ayurveda believes that by balancing the various mind-body functions the natural intelligence of the body will automatically bring itself to wellness.

Ayurveda uses natural processes and methods whenever possible for bringing wellness and restoring good health. There is an emphasis on simplicity. Traditional or ‘Western’ medicine usually attempts to restore health by treating the symptoms of the body or by attacking the disease, and usually uses artificial drugs and medicines to treat these symptoms and diseases. Ayurveda is complimentary to traditional medical practices and does not replace medical diagnosis and treatment.

Ayurveda recognizes that each person has a unique mind-body constitution. Ayurveda then identifies the various components of that individual’s constitution, determines where imbalances and disturbances exist, and provides education, guidance and a plan for helping the individual bring about their own improvements in health and wellness. There is a focus first on diet and lifestyle and on removing causes of imbalance, because these are important.

Ayurvedic practices focus on clearing disturbances and balancing metabolic and energetic patterns that support constitutional resilience. It is the

individual’s implementation of the right Ayurvedic practices that brings about balance and wellness. People are more vulnerable to developing pathological illness or disease when vital energies of the mind, body and spirit are disrupted. Ayurveda can assist in learning how to improve health through improved lifestyle functions.

Ayurveda is currently considered a form of complementary and alternative medicine in the United States by the National Institute of Health Office of Complementary and Alternative Medicine. It is not licensed by the state of Colorado as a medical discipline or practice.

Boulder Ayurveda works with clients through a collaborative planning process. Collaborative planning is a process for developing an understanding between you and Boulder Ayurveda for specific services including,

- What Boulder Ayurveda can do to contribute toward the achievement of your health and wellness objectives
- What you the client can do to contribute toward the achievement of your health and wellness objectives
- How we can cooperate together to facilitate your plan for your health and wellness

Additional information about Ayurveda and our services is available at Boulder Ayurveda’s office. Ask the office staff for the free booklet “Introduction to Ayurveda” or for information specific to your interest. Ayurveda is a marvelous gate into the tapestry of wisdom knowledge of Vedic Culture. Welcome to the journey toward Perfect Health!

Some text courtesy Ayurvedic Institute,

Please visit

www.ayurveda.com for more information