

Healthy Living through Ayurveda

Ayurveda means “science of life,” and its goal is to help each of us live in harmony with nature. Ayurveda, like Yoga, came from India and both are at least 5000 years old. The earliest Ayurvedic doctors practiced out of their homes and grew herbs in their backyards. Today Ayurveda is practiced in clinics and yoga studios. Practitioners use food as medicine and herbs can be easily purchased online.



Ayurveda in a Nutshell To practice Ayurveda is to live in harmony with nature. Our busy lives have become so out of sync with the natural rhythms that we hardly know them anymore. Ayurveda describes the best foods and practices for each of the four seasons; our changing needs from childhood to adolescence to adulthood and beyond; the physical and emotional characteristics which are unique to each person.

An Individualized Approach No two people are alike. What works for one person will not work for everyone. Through questioning and observation, we can pinpoint a person’s unique physical and mental constitution and develop a customized plan to support their good health at every stage of life.

More Comprehensive than Traditional Western Medicine Ayurveda sees the whole person by determining when the constitution is out of balance. By bringing the constitution back into balance problems often resolve quite quickly. Continue to live the Ayurvedic lifestyle to be vital, strong and healthy all the days of your life.

Janet Parachin is a Yoga and Ayurveda Wellness Consultant certified by Dr. David Frawley of the American Institute of Vedic Studies. She does annual continuing education with Dr. Vasant Lad of The Ayurvedic Institute. Schedule a private Ayurveda consultation for:



- ✓ Reading of your pulse, face and tongue to determine your constitution in balance and out of balance
- ✓ The best diet, exercise and lifestyle choices for your constitution
- ✓ Yoga postures, breathing exercises and meditations for your constitution
- ✓ Seasonal changes recommended to keep you healthy throughout the year
- ✓ Strategies for dealing with injuries, illness and aging

Marma Therapy Marma points are energy centers on the surface of the skin. While reclining in a supported position, gentle pressure is placed on these points to stimulate the movement of energy into these areas. It’s excellent for relieving pain, recovering from injury and boosting overall immune function. Please wear comfortable clothing. The session includes doTerra essential oils appropriate for your constitution.

Cost of Services

\$150 for an initial Ayurveda consultation as described above which includes a written treatment plan

\$100 for additional Ayurveda consultations

\$90 for a one-hour marma therapy session

Contact Dr. Janet Parachin, PhD, C-IAYT

918-261-9786 call or text

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All sessions are held at Tulsa Yoga Meditation Center, 5319 S. Sheridan Road in The Farm Shopping Center office building, across the parking lot from Urgent Vet

