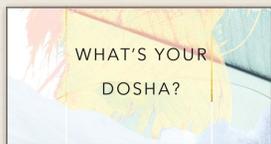


In Ayurveda, the five elements found in all living things: ether, air, fire, water, and earth, are the building blocks of life. While this foundation unites all humans, the manifestation of those elements through the doshas: Vata, Pitta, Kapha, is what gives rise to our differences. How the three doshas appear, and in what proportion, is what makes each of us unique. We have an infinite varieties of shapes, behaviors, emotions and appearances, and in the eightfold exam, these will all be revealed.



## EIGHTFOLD



After evaluating all aspects of your constitution, or Dosha (Vata, Pitta or Kapha), Dr. Bacon can make clear suggestions about which Ayurvedic practices you can adopt to maintain a life of balance. These may include daily self-care routines, food choices, herbs, yoga and pranayama techniques, meditation and movement practices.

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## AYURVEDIC CONSULTATIONS



The true aim of Ayurveda is to clear out the clutter in the mind, senses and body to access your greatest potential for a healthy, abundant and balanced life.





## AN AYURVEDIC LIFESTYLE

When you come in for your Ayurvedic consultation, be prepared to talk about yourself. Because Ayurveda emphasizes balance in all areas of your life, Dr. Bacon will not only examine your body, but will take an extensive personal and medical history, including questions about daily diet, profession and working conditions, exercise routines, relationships and mental health.

An Ayurvedic assessment, and subsequent consultations, differ from the Western process in that the assessment is made not only on the disease level but also the organ and cellular level. The examination helps Dr. Bacon determine the nature and complexity of the disorder and individualize the treatment plans for each patient.

To make a treatment plan, a combination of disease analysis and deep examination is balanced with each individual.

We take into consideration the whole human being, believing that people have within them unbounded potential to restore health and balance to the mind body constitution. Ayurveda focuses on the healthy elements inherent in every body to help the individual recover.

### OBSERVATION:

Dr. Bacon first evaluates general health by looking at the patient and observing movements, body contour, color of the skin and eyes, facial lines and ridges, shape of the nose and qualities of the lips, hair, nails and tongue.

### TOUCH:

Palpation (pressing down on parts the body), auscultation, which is listening for sounds made by internal organs, and percussion or tapping will be used as part of the consultation. There is also special focus on the patient's pulse, tongue, nails, and speech.

### QUESTIONS:

You will be asked about complaints and symptoms, as well as the duration of discomfort and disease progression. Dr. Bacon also inquires about mental and psychological conditions.



*Thin, slender, light sleeper, small appetite, talks quickly, anxiety, creative, avoids cold.*



*Sharp language, fiery, intense, intelligent, goal oriented, medium build, perfectionist.*



*Stocky, broad, steady, thick, heavy, calm, caring, patient, kind, avoids humidity, loving.*