

What is Ayurveda?

- The word Ayurveda is the combination of two Sanskrit words, "*Āyu*" which means life and "*Veda*" which means knowledge, literally translating to "knowledge of life." This Indian holistic health modality is over 5,000 years old.
- Ayurveda is really a whole lifestyle approach, taking into consideration the entirety of the individual, and helping to bring the body back to its natural state of health and well-being.
- In order to bring the body and mind back to a state of health, Ayurveda uses the modalities of: Herbal remedies; dietary guidelines and modifications; breathing and meditation practices; oil massage; detoxification and cleansing regimens, daily and seasonal routines; specific yoga postures and exercise recommendations; and sleep recommendations.

About Christina

Christina Miller is a Certified Ayurvedic Practitioner, and holds a Master's Degree in South Asian Religious Studies from the University of California, Santa Barbara. Her Master's program included in-depth study of Ayurveda from a theoretical and historical perspective, as well as the study of Sanskrit, in order to allow her to learn straight from the original Ayurvedic texts.

Christina graduated from the Narayana Ayurveda & Yoga Academy in 2016 as an Ayurvedic Practitioner. She seeks to help guide clients to their innate, natural state of health and well-being, using the time-tested and proven techniques of Ayurveda.

- Credentials:
 - Certified Ayurvedic Practitioner
 - National Ayurvedic Medical Association (NAMA) Professional Member 2016-present
 - MA in South Asian Religious Studies, University of California, Santa Barbara 2010-2011
 - BA in South Asian Religious Studies, University of California, Santa Barbara 2007-2010

What does a consultation entail?

During a consultation, either in person, on the phone, or through email, I will:

- Determine your Ayurvedic dosha (mind-body type), either through my detailed questionnaires for distance consultations, or through pulse assessment, tongue analysis, facial and body-type reading for in-person consultations.
- Assess your digestion, energy levels, dominant personality traits, physiology, skin and hair type in order to identify patterns between physical and mental tendencies.
- Evaluate your current diet and lifestyle.
- Discuss and address any specific health concerns.
- Provide you with a specific, individualized and personal protocol designed to help balance the body and address any specific health concerns you have.
- After the appointment, you will receive a document with all of the information we discussed, including:
 - Your individual dosha and what this means
 - Specific herbs recommended for you and anything you specifically want to address
 - Suggested daily routine to help balance the body