



Prana Healing Holidays

Why do you need 14 days for treatment?

According to Ayurveda there are of 2 types of treatments:

1. Suppressive treatment - by using medicines for short term diseases such as a cough, fever or pain.
2. Purification treatment - each human body is prone to diseases according to our fast life. We live in a world of experiencing stress, polluted environments, unhealthy food, and also use of medicines. Some people are more genetically prone to diseases.

So due to the consumption of the above, the toxins are accumulated in the body from birth onwards. We may even experience toxins as early as through our mother's milk due to her consumption of chemical medicines.

According to Ayurveda, there are many channels in the body and these channels accumulate toxins which will block the flow of the body tissue. Certain parts of the body may not get enough circulation so there will be less flow. Some parts of the body may need more nutritive factors for the tissues to function, and as a result they become over functioning or less functioning.

This happens over a long period of time. The symptoms will appear in or on the body as diseases; we can cure it by Ayurvedic medicines and also by eliminating the toxins to make the channels more clear to support the flow of different nutritive tissues.

Toxins are in different parts of body and to eliminate that first we do different massages according to the patients needs. By this the vessels are dilated and the warming and oiling effect through massage and using special massage oils, create the flow of nutrition throughout the body.

After several days of treatment the toxins are eliminated out by the purification techniques, i.e. Panchakarma. The correct purification technique is chosen according to the disease and the nature of the body type.

The following days of the 14 day treatment is used to heal where the channels of the body are purified and the tissues are getting more nutrition so they start to function in a healthy way.

Medicines are continued after the treatment to keep the process for longer. Therefore one of the concepts of Ayurveda is that after minimum 14 days, the body gets its energy back to restore its nutrition and health, and then the healthy process continues.

For further information contact Alison Holland on 0414 289 778 or info@pranahealingholidays.com

Visit www.pranahealingholidays.com
to see the full 3 week Healing Holiday plan

CHAT with Dr. George to ask questions about Ayurveda treatments and illness at
<http://pranahealingholidays.blogspot.com/>