

*EVRPD Estes Park is pleased to present:*  
***Two Health Seminars***  
*with*  
***Dr. Sarasvati Buhrman***

**Mon Jan 28 6:00-8:30 PM: Natural Methods for Healthy Sinuses**

Approximately 15% of our population experiences chronic sinus complications such as allergies or infections which can cause fatigue and low-level misery for months or years at a time; while a much larger percentage faces seasonal sinus issues in the form of colds and flus. In this seminar, we will investigate the Yogic practices of routine nasal cleansing (different forms of netis), and investigate specific herbal methods for helping to prevent and resolve nasal symptoms accompanying allergies, colds, and flu.

**Sat Feb23 1:00-6:00 PM: Navigating the Diet Maze: Lessons from Ayurvedic Medicine and Modern Nutritional Research**

Confused? You are not alone. Diet is a key component of health, yet the plethora of “healthy diets” and cultural wisdoms being promoted are numerous, often quite different, and sometimes contradictory. Modern human beings are all members of the same species, which imposes certain general constraints upon us as to what is healthy and what is unhealthy. Yet within each human population, there is a tremendous amount of genetic variation, not to mention differences of age and health concerns, which affect which foods and dietary practices are best for each individual human. In this seminar, we will focus on

- Assessing various types of Food Sensitivities
- Yogic and Ayurvedic practices to promote digestive health
- The importance of probiotic foods
- Eating according to one’s constitution and stage of life
- which foods it is most important to eat organic; which should be avoided
- foods as medicines

Taught by Sarasvati Buhrman, Ph.D., RYT-E 500, C-IAYT  
Ayurvedic Medicine Practitioner and Teacher, Classical Yoga Therapist content questions: 303 443 6923  
**Registration: 970-480-1324 Location: EVRPD 660 Community Dr., Estes Park, CO**

