

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

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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**

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