YOGA RESEARCH
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Welcome to Ayurveda

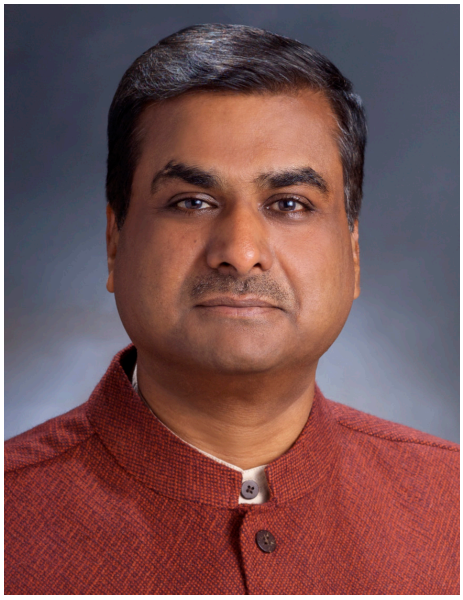
excerpted from ***The Hot Belly Diet***
by Dr. Suhas G. Kshirsagar

When people ask me to define Ayurveda, I begin by saying that it's a consciousness-based approach to health. Which then begs other questions, such as *What does that mean? How is Ayurveda really different from other alternative healing methods? Is there any proof to its effectiveness? What does Ayurveda have to do with weight loss?*

For starters, Ayurveda is one of the most ancient and comprehensive systems of health care that exists today. The term comes from the words *ayus* ("life") and *veda* ("knowledge"); it literally means "the knowledge or science of life."

Ayurveda developed from the spiritual texts of ancient India called the *Vedas*, or "Books of Wisdom." These are at least five thousand years old and are widely revered as our oldest literature. And it's this very body of knowledge recorded long ago that's finally getting the recognition it deserves.

Indeed, modern science now proves why an Ayurvedic approach to health can be so powerful and effective. While foremost offering a proven weight-loss program, *The Hot Belly Diet* teaches the principles of an Ayurvedic lifestyle through a highly practical and mainstream approach while rooting its lessons in the latest scientific research.



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One of Ayurveda's core philosophies is the idea that within each and every one of us lies the capacity to live happy, balanced lives free of pain and disease. But to achieve this seemingly superhuman feat, we have to create the qualities of what's called "self-referral," which means you're connected to yourself in ways that allow you to optimize every aspect of yourself.

In other words, you're able to effortlessly know and manage who you are, what your body type is, what your lifestyle choices should be, how to process emotions and stress, and how to interact with all the different fundamental qualities of nature around you while maintaining a semblance of balance.

Granted, it's impossible to maintain balance at all times. and we all go through transitions in life that are normal, and expected. But having the awareness that you're constantly striving to do something good for your own mind, body, and spirit is the goal. And that's exactly what Ayurveda is all about. It's truly the science of life--the science of *experience*.

Health, according to Ayurveda, is the ultimate byproduct of enlightenment. And, as this book will show, enlightenment can begin immediately with your diet.

I realize the idea that "enlightenment begins with diet" may sound like an absurd and abstract statement, but see if you can open yourself up to this new knowledge and experience what it can do for you. All that I ask at this juncture is that you choose health. That's the first step to take on the path to radiant wellness.

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The second step, of course, is to reject the mentality that says disease is inevitable, or that "old age" implies illness and infirmity. I'm here to tell you emphatically that it does not.

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Despite all that we know today in comparison to just one hundred years ago, disease remains largely a mystery. Yes, we've decoded our DNA and created vaccines and antibiotics to combat known invaders. Yes, we've developed advanced diagnostic tools and sharpened our knives to revolutionize surgical techniques. But we still struggle mightily to deal with understanding why one person dies prematurely while another lives robustly for a long time.

We've all heard of the athelete with no risk factors for coronary artery disease, yet who dies suddenly on the playing field of a heart attack; the lung cancer victim who never smoked; the skinny health nut who is diagnosed with diabetes or early-onset dementia; and the HIV-positive individual who never shows signs or symptoms of sickness and who never receives drugs or treatment.

What explains these phenomena? We may never know.

I think that we can all agree that in addition to accepting a certain mystery surrounding the body's functionality, and whether or not it becomes sick and enfeebled, how we choose to live--and think--has a profound effect on our health and psychology.

It's far easier, and cheaper, to prevent illness than to treat it once it's established. And prevention cannot happen the way treatments are often delivered--targeted to one specific area.

There is no such thing as "spot prevention"; we have to honor the body as a whole, complex unit.

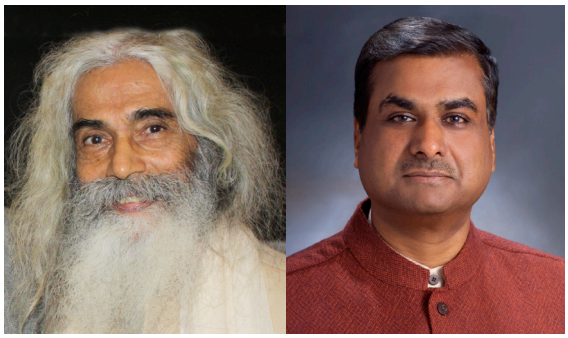
This is why Ayurveda can be so powerful. It tells us that the mind exerts the greatest influence on the body, and avoiding sickness demands that we bring our own awareness into balance and extend that balance to the body. This in turn manifests in a higher state of health.

Dr. Suhas Shirsagar will present "Ayurveda & Happiness" at the 25th Annual Medical Yoga Zoom program, Sunday, May 21, 2023

MEDICAL YOGA 2023

Classsical Yoga, Ayurveda & Happiness

ZOOM on Sunday, May 21, 2023
10am to 1pm (East Coast U.S. time)



Join Dr. Vijayendra Pratap online from 10 to 11:30am in a Classical Yoga practice and discussion. Then from 11:30 am to 1pm, meet Dr. Suhas Kshirsagar and learn how to achieve a harmonious body, mind and spirit through the ancient science of Ayurvedic medicine, which emphasizes a comprehensive, whole-body approach to health.

This virtual webinar is FREE!

To register, email your name and phone number to: YRS@YogaResearchSociety.com