

## WHAT YOU CAN EXPECT FROM YOUR AYURVEDIC HEALTH CARE

We start by listening closely to how you are experiencing disease or un-wellness in your life, your symptoms and long-term patterns, as well as personal goals and desires. All the factors that affect your health and the quality of your life are evaluated in great detail, including your food habits, quality of digestion, sleep patterns, lifestyle, and stressors. This information is captured in a clinical questionnaire that covers your detailed medical history, symptoms and long-term patterns, and along with a structural assessment, tongue analysis (shows the level of *ama* (toxins) in the body), and Ayurvedic pulse reading, provide vital clues to your unique body type and current *dosha* state.

We use this information to develop a wellness plan that could include seasonal Ayurvedic dietary recommendations, lifestyle adjustments, specialized body therapy, organics herbal supplements where helpful, posture evaluation, and home therapy tools such as yoga, meditation, and aroma, color and sound therapies. This might sound overwhelming but our approach is to start with the foundation of lifestyle change and guide our clients toward sustainable healthy habits.

We are interested in collaborating with your primary caregiver in your best interest, insofar as you wish. This is helpful for developing the least invasive and most efficient integrated therapy plan for you.

With each follow-up visit we take another step towards wholesome health and wellness. During your time with your practitioner you will learn how Ayurveda works and how to apply the time-tested principles in your daily life on your journey to a healthy, balanced you.

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### PRIVACY:

All the information provided by you will be kept strictly confidential. If you feel uncomfortable sharing any information please feel free to leave that section blank

### DISCLAIMER:

*Charmaine van Niekerk* is a certified Ayurvedic Health Practitioner and professional member of [NAMA](#) (National Ayurvedic Medical Association) but she is **NOT A LICENSED MEDICAL PRACTITIONER OR HEALTH CARE PROFESSIONAL** in the United States of America. Ayurveda consultation and recommendations are not a substitute for medical examination, diagnosis and treatment for any disease, mental or physical, by a licensed medical professional. No modification or change in medical advice should be made without the knowledge and approval of the primary caregiver/medical specialist.