



**Sonal Bhatt MD Ayurveda**

## **AYURVEDIC HOLISTIC NUTRITION AND HERBAL MEDICINE HEALTH CONSULTATION**

Ayurveda a traditional, holistic, natural healing science of health from India, has been practiced for over 5,000 years and teaches how to live a healthy, balanced life. The consultation assists how to prevent and heal illness by maintaining balance in the body, mind, and consciousness through wholesome diet, proper life style, home remedies for gentle cleansing and detoxification, specific yoga postures and exercise as well as Ayurvedic herbal remedies for different ailments and basic body constitution.



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