Teacher’s Retreat
Chopra Center 2018
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Scary Health Statistics

• Over 2/3 (67%) of US adults are Overweight and 33% are Obese
• Obesity rate has nearly Tripled since 1990
• 79% of African American and 73% of Hispanic American women are overweight
• More than 30% of US kids are overweight
• Only 3 in 10 adults get any physical exercise, 50% BMI>26
• “Diabesity” will be found in every other adult over 40 yrs of age
• Overweight people will have double risk of stroke, cancer and CHD
• Being Overweight is directly linked with Depression, Mental & Cardio-Metabolic disorders

www.hotbellydiet.com
Mental Health-Statistics

• An estimated 26.2 percent of Americans suffer from mental disorder

• 2014 U.S. Census: this figure translates to 87 million people

• Half of all chronic mental illness begins by age 13

• Suicide is the 10\textsuperscript{th} leading cause of death in the U.S.,\textsuperscript{20}

• 3\textsuperscript{rd} leading cause of death for people aged 10–24\textsuperscript{21}

• 2\textsuperscript{nd} leading cause of death for people aged 15–24.\textsuperscript{22}

• 90% of children who die by suicide have a mental health condition.\textsuperscript{23}

• Each day an estimated 20-25 veterans die by suicide.\textsuperscript{24}

• Four times as many men as women die by suicide;

• Women attempt suicide 2-3 times as often as men
Important Lifestyle Questions to Ask

- I am within 5 pounds of my ideal body weight
- I exercise 30 minutes or more most days of the week
- I eat a plant based, whole food diet with at least 5 fruits/vegetables most days
- I don’t use any tobacco products
- I have 2 or fewer alcoholic drinks per week
- Do I get 7-8 hours of sleep most nights

- Only 8% of ALL Americans can say yes to all of these.
What Really Determines Health or Disease??

- **Genetics**
- **Physiology / Biochemistry**
- **Environment**
- **Lifestyle**

70 - 90% of chronic disease
Ayurveda

The Original Lifestyle Medicine

**YOUR BODY** is a Process, Not a Structure.

**YOUR BODY** is an energy and information field.

**YOUR GENES** are not deterministic *(with exceptions)*. You can turn your genes on and off; and you can lengthen your telomeres, and you can change your brain structure.

**YOU CAN CHANGE** your relationship with time.

**AWARENESS** is the key to transformation and reinventing the body.
Water The Root & Enjoy The Fruit

- Emotional & Mental Balance and Stress Resilience
- Sleep & Restoration
- Physical Activity & Structural Balance
- Environmental Protection
- Macrod & Micronutrition, Air, Water
- Organs and Systems
- Brain
- Heart
- Lungs
- Spiritual & Social Balance
- Emotional & Mental Balance and Stress Resilience
- Energy System Balance

Macronutrients, micronutrients, air, and water are the foundation of the tree, representing the 'energy system' balance. The tree's branches and roots symbolize the connection between physical, mental, and spiritual well-being, emphasizing the holistic approach to health and wellness.
Lifestyle Medicine

- **Lifestyle medicine** is a new area of preventive medicine, which shows that about 80% of all chronic diseases, such as heart disease, diabetes can be prevented and even reversed by simple changes in **diet**, **exercise**, and **stress management**.

- Another new area of medicine is **personalized medicine** which identifies genetic and metabolic differences between individuals and then prescribes drugs and treatment programs based on those differences.

- The field of **nutri-genomics** studies how food or nutrients can influence the expression genes in the body.
Is Your Busy Schedule Killing You?

Kaalaya Tasma Namaha!
Change Your Schedule, Change Your Life

- Busy Work Schedules
- Emails, Texts, Voice Messages, Skype, Instagram, Face book, Twitter
- Time Poverty is a problem partly of perception and partly of distribution
- Corporate World- “Perennial time scarcity”
- 18th century a clock was used to to synchronize labor.
- Time in Relation to Money
- Hours are financially quantified, wasting, saving or using time relates to profits
- Economies grow income rises and Time is more valuable and scarcer..
- Time is Money Mindset.
- You become stingy with time to maximize money

www.DrSuhas.com
• If Time is Money Millennial's are broke..
  • American Culture of Busyness
• Being Busy means more Valued/Needed
• Drive Thru Coffee/Fast Food- Invention
  • Busyness at the cost of Happiness
  • “Human Doing” not “Human Being”
• Success is accomplishment, mindset at a very early age
• CYS CYL is a perfect template to understand and synchronize your circadian rhythm of Light & darkness, right down to the cellular level
• Our bodies are literally like time machines and time is embedded in our genes
• The latest discovery of clock genes not only highlights the importance of biological timing but also validates the ancient Ayurvedic principle of daily routine and seasonal routine
• Chronobiology is a hardwired, fairly inflexible biology and yet social and economic systems of modern humans provoke it constantly
• The current epidemic of obesity, metabolic syndrome, insomnia, insulin resistance, depression can all be linked with disruption in circadian rhythms
Rhythms of Nature

- We accumulate toxins when life experiences are not completely metabolized
- Daily self renewal (detoxification, purification and rejuvenation) is enhanced by strong physical and emotional digestive systems
- Harmonizing our internal rhythms with nature improves daily self renewal
  - Circadian Rhythm - 24 hour cycle of night and day
  - Nature moves in recurring cycles of rest and activity
    - Seasonal Rhythm - 12 month cycle of the earth around the sun
    - Lunar Rhythm - Monthly cycle of the moon around the earth
    - Tidal Rhythm - Gravitational influence of the moon on water
    - Celestial Rhythm – Influence of planetary cycles

DinaCharya, RatriCharya, RituCharya, RituSandhi, RajoKala or RituKala
Circadian Rhythms

- 12:00 midnight
- 21:00 Melatonin secretion starts
- 19:00 Highest body temperature
- 18.30 Highest blood pressure
- 18:00 Greatest cardiovascular efficiency and muscle strength
- 17:00 Fastest reaction time
- 15:30 Best coordination
- 14:30
- 12:00 noon
- 10:00 Highest alertness
- 06:00
- 06:45 Sharpest blood pressure rise
- 07:30 Melatonin secretion stops
- 02:00 Deepest sleep
- 04:00 Lowest body temperature
Circadian Rhythm

2a-6a = Vata  
(Fresh, awaking, rising activity – Meditate)

6a-10a = Kapha  
(Slowing from early activity - Exercise)

10a-2p = Pitta  
(Hotter, largest meal, less activity – Agni)

2p-6p = Vata  
(Focused, productive, energy – Meditation)

6p-10p = Kapha  
(Slowdown, relaxing activities - Bedtime)

10p-2a = Pitta  
(Detoxification, deep sleep – Agni)
Seasonal Cycles

Seasonal influences may affect your level of balance

Vata season
Late autumn through winter

Pitta season
Midsummer through early autumn

Kapha season
Late winter, spring, & early summer
Cycles of Life

Kapha Phase: Age 0-20 Years

Pitta Phase: Age 20-60 Years

Vata Phase: Age 60-120 Years
Eat Right, Eat Light & Be Bright

• Diet:
  • Clean, Organic
  • Non GMO
  • Colorful
  • 6 tastes
  • Filled with Prana
  • Plant based
  • Close to Source
Circadian Disruption Leads to Weight Gain
Time is Embedded in Our Genes
13 Hour Fasting Every Night
Sleep is the Miracle Drug

Eat Late to Gain Some Weight
Sleep Late to Gain Some Weight
Jet Lag & Social Jet Lag
Morning Workout: Metabolic Reset
Mindfulness - Interoceptive Awareness
Abraham Maslow- Hierarchy of Needs

We are motivated by needs, and all needs are not created equal. We are driven to satisfy the lower level needs first.

Motivation is a need or desire that *energizes* behavior and *directs* it towards a goal.

The *healthy life*, said Sigmund Freud, is filled by *love and work*.

- Affection
- Attention
- Acceptance
- Appreciation

**Self-actualization needs**
Need to live up to one’s fullest and unique potential

**Esteem needs**
Need for self-esteem, achievement, competence, and independence; need for recognition and respect from others

**Belongingness and love needs**
Need to love and be loved, to belong and be accepted; need to avoid loneliness and alienation

**Safety needs**
Need to feel that the world is organized and predictable; need to feel safe, secure, and stable

**Physiological needs**
Need to satisfy hunger and thirst
Vedic Counseling: Enlightened Living

• Vedic counseling is life guidance based upon the Vedic tradition of Self-Knowledge and Cosmic Knowledge.
• Vedic counseling helps us determine our dharma along with the laws of nature and consciousness that work behind the visible universe.
• It enables us to access the unlimited wisdom, energy and vitality inherent in the Universe.
• We can define Vedic counseling as dharmic guidance on right living, right action, right relationship, and right awareness.
• A Vedic counselor is a teacher of Vedic ways of knowledge. He or she can be defined as “Vedic educator,” guiding others on Vedic ways of improving communication, social harmony, respect for nature, and inner realization.
• A Vedic counselor is a guide to higher living and deeper awareness.
• Co-create a Sacred Space for Sensitive Discussion.
Life on a Spectrum Scale

- **Ayurveda**: Health & Wellness
  - Physical, Mental, Emotional Health
  - Healthy Habits, Lifestyle, Body Type, Exercise

- **Yoga**: Awareness/Mindfulness, Sensory Regulation
  - Mind Control, Patience, Spirituality

- **Jyotish**: Astrological Horoscope, Lagna (Rising Sign)
  - Sun & Moon Sign, Nakshatra (Constellation)
  - Job, Money, Relationships, Dasha (planetary times)

- **Vaastu**: The Main Entrance of their Home & Work Place
  - Sleeping Direction

- **Vedanta**: Purpose in life, Contentment, Happiness,
  - Detachment, Understanding of Karma
Vedic Counseling Integration

- Self Knowledge ➔ Self Discovery ➔ Self Healing ➔ Spiritual Outlook

- Introspective Questioning: Who am I? What do I want? Am I happy?
- Health: Am I healthy? What are my symptoms and what might be the cause?
- Do I listen to my body signals? Am I motivated to change my diet & lifestyle?

- Do I like my job? Do I use my skill sets? Do I earn or get paid as per my potential?
- How can I improve my work atmosphere and income?

- Am I happy with my existing relationships? Do I really like my partner? What are the qualities that I like or dislike? Do I want a relationship and why?

- How are my social skills? Do I have friends and I get along with people?

- Am I Patient? Do I forgive easily? Do I have the right Intentions?
Vedic Counseling I

1. Change your Perceptions
2. Expand your Awareness, Mindfulness
3. Synchronize Biological Rhythms with Nature
4. Experience Deep Rest: Renewal & Rejuvenate
5. Eat Consciously, Eat Light & Pure Foods
6. Regular Exercise, Fit Body Fit Mind
7. Eliminate Toxicity, Detox, Purify
8. Cultivating Flexibility & Creativity “Let Go”
Vedic Counseling II

9. Listen to your Body’s Signals
10. Live in the Present
11. Quiet the Internal Dialogue: Meditate
12. Relinquish the need of External Approval
13. The World “Out There” reflects your reality “In Here”
14. Shed the burden of Judgment
15. Respect Natures Plan, Flexibility, Resilience
Vedic Counseling III

16. Make people feel important, loved, valued, respected and appreciated.
17. Find your Passion & Purpose
18. Contribute to something greater than yourself
19. Make Silence, Meditation or Prayer a daily practice
20. Movement, Exercise, Sports & Fun
21. Happiness building foods: Fresh and Whole
22. Keep the Water Flowing, Hydrate Well
23. Practice Forgiveness, Patience & Flexibility
24. Engage in Self Care Rituals
25. Enlightenment is a Journey not a Destination.. Enjoy
Ayurvedic Healing Institute

Upcoming Courses (Online)

• Breast Health Program (October 2018)
• Ayurvedic Foundations (January 2019)
A 4-part online course to empower women in how to promote healthy breasts through food, herbs, massage and more!

CONCERNED ABOUT BREAST HEALTH?

Do you experience pain, lumpy or tender breasts?
Are your breasts uncomfortable during your menstrual cycle?
Worried about breast disease in your family?
Do you have a prior history of breast surgery or implants?

COURSE INCLUDES:

• Introduction to Mammary health
• Anatomy & Physiology
• Breast health in different transitions
• Common Breast diseases and their management
• Healing Foods & Spices for breast health
• Herbs & Herbal formulas for breast health
• Marma Massage & Lymphatic Drainage
• Breast Cancer Prevention
• Mammogram or Thermography?

COURSE DETAILS

• 4 webinars: Oct 3, 10, 17 & 24
• Thursdays, 5–6:30 PM PST
• 90 min each (60 min lecture with 30 min Q&A)
• Powerpoint PDF for each lecture
• 2 months access to course content

TUITION

• Early bird! $400 (by September 1st)
• Regular: $500 (after September 1st)

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- ChronoBiology
- Seasonal Detox & PanchaKarma
- The Science of Exercise
- Medicinal Foods
- The Science of Happiness

COURSE DETAILS
- Jan–Jun, 2018, 12 modules
- 1st & 3rd Wed. each month
- 90 min each: 6–7:30 PM PST
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- Powerpoint PDF for each lecture

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