



CANSURVIVE CENTRE MALAYSIA BERHAD

Healthy diet For your Body type - Ayurvedic perspectives

SYNOPSIS

Eating for your body type.

Ayurveda, an ancient medical system of India, offers a solution to our modern day to day problems, that need effective and quick solution. Instead of having to guess which foods, supplements, and behaviors are appropriate for you, there is a simple, direct prescriptive path that is developed for your unique body type, or dosha. The three Ayurvedic body types, or doshas, are Vata, Pitta and Kapha. Ayurveda recommends foods for people according to their primary body type.

Because it is a fact that foods can be both healing and the source of imbalance and difficulties. By eating foods according to the Ayurvedic body type, we will accumulate less Ama, or toxins in the body. Each dosha has a unique set of characteristics. This takes all the guesswork out of getting healthy. The benefits that occur are not only felt in your body - they are also seen in your mental and emotional wellbeing. Ayurveda Physician Radhakrishnan explains about this holistic approach to health which allows you to become a balanced, vital, happy person with the least amount of effort.

SPEAKER

Ayurveda Physician C. Radhakrishnan (B.A.M.S) is the Director of Punarnava Ayurveda Sdn Bhd, Malaysia and has 14 years of experience in treating various kinds of chronic arthritis conditions and joint diseases. Presented many papers on various subjects of health and he regularly writes articles on various health magazines. He developed a passion for music therapy as well from a young age.

CANSURVIVE & IT'S PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word "Terminal" is a challenge, not a death sentence.



C. Radhakrishnan
(B.A.M.S)

Saturday
12 January 2013
4.00 pm - 6.00 pm

Venue :
Malaysian Association
For The Blind, Jalan Tebing,
Off Jln Tun Sambanthan 4,
Brickfields, 50470
Kuala Lumpur.



WHO SHOULD ATTEND

People challenged with cancer & their family members, alternative practitioners, medical professionals and anyone who wants to have a greater awareness of health issues.

REGISTRATION

Kindly reserve your seats by the following options:

1. SMS your name and email address to 017 - 881 2287 , **OR**
2. Send an email to events@cansurvive.org.my with your name and handphone number.

Organised by : CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)
www.cansurvive.org.my