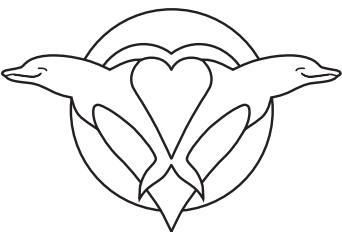


Ayurvedic Consultations



Jonathan Glass
Master Acupuncturist &
Ayurvedic Practitioner

Jonathan Glass, M.Ac., L.Ac., is a master acupuncturist and a certified Ayurvedic practitioner. He is the founder of the Healing Essence Center in Concord, MA, and is the co-creator of the Total Life Cleanse, a 12 day and 9 week transformational dietary and lifestyle cleansing program. Jonathan teaches locally and nationally and has been in practice for over 18 years.



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Ayurveda, or the knowledge of the totality of life, is the ancient system of medicine originating in India thousands of years ago. It was a gift given to us by enlightened Vedic sages. Though Ayurveda has its roots dating back long ago, the principles and practices of Ayurveda still apply, and are perhaps needed now more than ever.

Ayu means life. **Veda** means knowledge. Ayurveda supports and enhances the Intelligent coordination of the four aspects of life: the soul, the mind, the senses, and the body. Ultimately, disease is an imbalance between these four aspects of life. Ayurveda offers the knowledge, skills, and daily practices in order to recover and maintain our balance, and thus our health.

Consultation Includes:

1. Identification of your physiological constitution (body type): vata, pitta, or kapha.
2. Identification of conditions you most need to focus on in order to regain health and maintain balance.
3. Dietary recommendations to benefit and balance your individual constitution and condition.
4. Life style and exercise recommendations to benefit and balance your individual constitution and condition.
5. Recommended herbs, nutrients, spices and drinks to balance and heal your condition and constitution.
6. Ancient breathing (pranayama) practices beneficial to your individual constitution and condition.
7. Short and long term Ayurvedic cleansing programs.

If you want to take your health back into your own hands

If you want to expand consciousness and free the mind

If you want to balance the body, mind and spirit

If you want to feel and be your very best

To schedule an appointment call 1-978-369-9228.

Telephone consultations available.

