Ayurvedic Medicine Consultations

What:
Born out of India, Ayurveda is the science of health; in Sanskrit, “Ayurveda” literally means the “Science of Life”. This healing science was created, and has evolved over centuries to holistically evaluate the symptoms of mind, body, and spirit as an integrated whole. Our practitioners provide patients with education and helpful tools for ongoing self-care. These Ayurvedic consultations will help you to understand your unique constitution and how to make healthful choices about food, herbs, and other tools for rebalancing yourself for optimal well-being.

When:
By Appointment: Tuesday and Wednesday mornings, and Thursday afternoons.

Where:
Forestville Wellness Center
6550 Front Street, Forestville, CA
(easy to find downtown) 707-887-0290

Who:
Any West County Health Centers patient who would like to learn tools for health self-management and rebalancing themselves—physically, emotionally, and mentally.

How:
Discuss with your Care Team and ask your medical provider for a referral. For more information, call us today.