



BALANCED
ALIGNMENT

Integrative Treatment for Long Covid

February 2022

AN INTRODUCTION TO AYURVEDA

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WELCOME TO BALANCED ALIGNMENT

We are a holistic health and wellness company based out of Indianapolis. What sets us apart is our commitment to practicing and sharing the great healing science of Āyurveda. Pronounced “Ah-Yoor-Vay-duh.”

Āyurveda is a natural holistic medical science from ancient India. Simultaneously it is the art of harmonious daily living.

Not only can doctors practice Āyurveda but also we can adopt its practices to encourage and promote our own health and longevity.

Āyurveda can be described as the science which gives the knowledge of attaining a long and healthy life.

OUR MISSION

To cultivate and serve the growing need for a natural, thorough, and multi-dimensional approach to health and healthcare.

OUR PURPOSE

To manifest the two fundamental aims of Āyurveda. To maintain the health and longevity of the healthy and to cure the sick.

INTEGRATIVE MEDICINE AND ĀYURVEDA

Āyurveda stems from the Vedas of ancient India. (Considered the oldest literature in history) Over 5,000 years old Āyurveda has developed into a fully comprehensive and complete form of medical care. It is called a living science as it integrates timeless principles with modern techniques and weaves them together to produce a uniquely personal form of healthcare. Interestingly, this ancient knowledge is the doorway into our next revolution in health care.

As it stands today the predominant biological model used by conventional medicine practitioners is primarily a physical one. Blood tests, x-rays, scans, etc are used to determine structural malfunctions or abnormalities. This has its benefits and its limitations. In modern conventional medicine it can be difficult to identify effective treatments when functional processes are affected but structures are not. (A person has back pain but all the bones, nerves, tendons, etc. are "unaffected")

In fact, our bodies are vast networks of not only structures, but structure-function relationships (nose is the structure, smell is the function) and these structure function relationships are integrally correlated. High blood pressure can lead to arterial degradation and vice versa. Also there is the simple truth that in many diseases the physical structure is one of the last things to break.

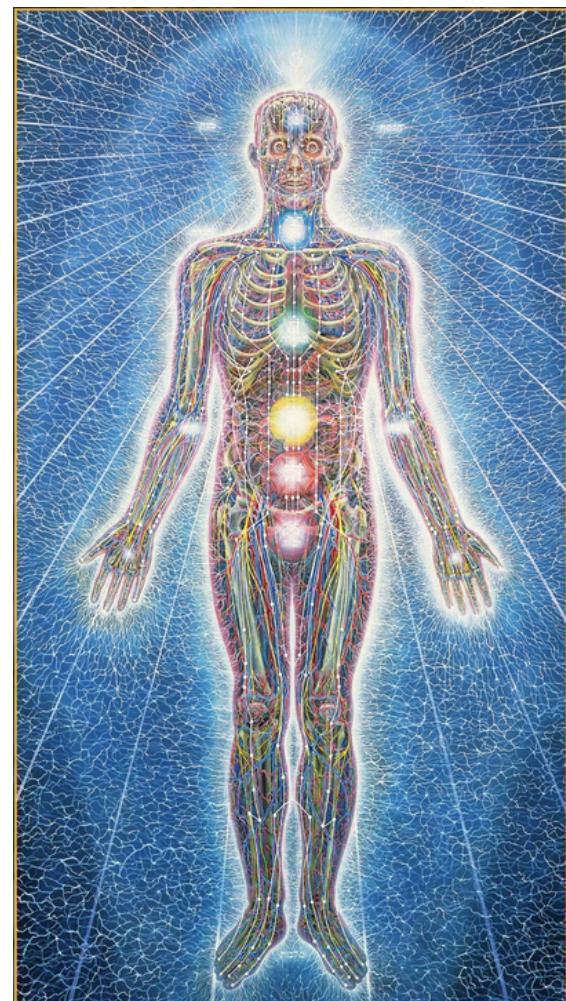
The truth is our bodies are always speaking to us. Constipation, indigestion, feelings of heaviness, excess thirst, poor sleep or anxiety are just a few common examples of our bodies telling us that something needs tending to. These milder prodromal symptoms are of great importance in Āyurveda and it is considered unwise that they be overlooked or left unattended.

The need for common medical practitioners to update their physical-only biological model with the rest of science is overdue. More than 100 years ago Albert Einstein proved that our world is more than meets the eye with his famous E=MC² equation. He mathematically revealed that our reality is more accurately understood as a matter-energy matrix, a vast space-time arena where particles (matter) and waves (energy) perform their quantum dance. He showed us that energy is what matter is made of and that matter is the container through which energy can flow. Matter IS energy and energy IS matter.

Contained within Āyurveda is this matter-energy model of human anatomy we're searching for. With it comes an entire sphere of new (or very old) understanding and perspective. It allows us to transpose our energetic anatomy over our physical anatomy and reveals their functional relationship.

To us an apple looks like an apple yet through a different lens an apple looks like an entire universe of atomic interactions. An infinite energy-matter matrix of protons and neutrons binding together with electrons whizzing around popping in and out of existence. Our bodies, and in fact all material things, are the same way. We see a hand, muscles, tendons, organs, and blood and yet through a different lens, an entirely new universe is revealed.

Alex Grey famously depicts this matter-energy world in many of his works.

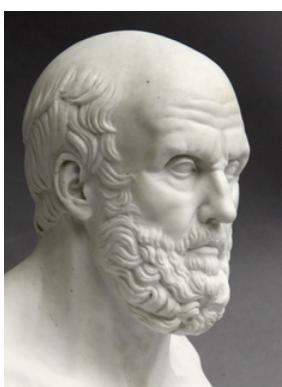


ALIGNING WITH NATURE

Āyurveda offers each one of us a new (or very old :D) and exciting way of understanding both ourselves and our healthcare. According to Ayurveda, health is not merely the absence of disease but a state of optimal thriving. A state of being where we experience vigor, vitality, strength, and purpose. Achieving harmony at all levels of body, mind, and spirit is a true and proper definition of health.

This optimal state of health looks different for each of us. According to Āyurveda each of us is a uniquely individualized expression of nature's creation. We all have a unique mind-body constitution called a prakruti. Prakruti means nature and your prakruti is your nature. It is how your body and mind seek to manifest and function in this life. It's like your bio-genetic blue print. It also represents a state of bodily homeostasis from which all good health is rooted and maintained. Aligning with your prakruti is paramount for healing, recovery, and longevity.

ALL aspects of being are interconnected and therefore integral to our overall state of health. What is healthy for one person may or may not be healthy for another. My body is different from your body and so what may be balancing for me may be aggravating for you. Learning to align our internal nature with our external nature is the formula for health and longevity.



“Illnesses do not come upon us out of the blue. They are developed from small daily sins against nature. When enough sins have accumulated, illnesses suddenly appear.”

Hippocrates the father of modern medicine

LONG COVID: AN INTEGRATIVE APPROACH

It is our understanding that introducing Āyurveda and Ayurvedic therapies to people experiencing Long Covid will benefit them. This is both our hypothesis and our objective. There are certain facets of health that the physically focused biological model we discussed earlier simply doesn't address very well. Mainly situations of functional and physiological malfunction such as digestive issues, low energy issues, immunity issues, or situations where a person's bodily function is impaired yet the structures or test results look fine.

It seems to us that Long Covid or Post Acute Covid Syndrome is one such situation. It is a physiological malfunction expressed and revealed by lingering symptoms. In this instance, the body's natural tendency towards healing and rejuvenation is being vitiated thereby impeding a full and complete recovery. In such a situation where the causes as well as the symptoms are so varied from person to person Āyurveda presents itself as an ideal choice.

Through accessing Ayurvedic knowledge we can specifically assess such conditions and identify root causes and methods for treatment. We can establish detoxification and rejuvenation protocols in order to help restore your good health. In Āyurveda there is no one size fits all prescription and so this will look different for each and every person. Not only do we have different starting points (constitutions) but even the same disease can occur for different reasons and express itself differently at different times.

Ayurvedic treatment focuses precisely on what is occurring right now within a person's mind-body system. In fact, it is quite common in Ayurvedic practice for 2 people with the same disease to receive entirely different treatments.

WE WORK TOGETHER

In the process of recovery we all have an important part to play. This approach and in fact all treatments of any kind will be most effective when the participant takes an active role in their recovery. If you're looking for a magic Ayurveda pill you won't find it with us and in fact no such thing exists. This treatment is ideal for people who want to actively cultivate and pursue their own recovery.

According to Ayurveda there are 4 pillars of treatment; the bhisak, (practitioner) the rogi, (health seeker) the dravyas (materials for treatment) and the upastatha. (the caregiver) It is said that the practitioner is the most important of the 4 and we strive to fulfill this role to the highest quality standard that we can. We will guide and inspire you to serve yourself as your own caregiver and give you the highest quality information, products, and recommendations that we can.

After your consultation with us, you will be empowered with a new perspective. You will have a better understanding of your situation and what you can do about it. Not only will we create an in depth diet and lifestyle protocol for you, you will also receive herbal recommendations and Ayurvedic treatment options. You will leave well equipped with a whole new set of tools most beneficial to your restoration. You will continue to have us as a resource and in the end it will be your own actions that make the biggest difference.



“All healing comes from within, it is both natural and spontaneous.”

Dr. Jayarajan Kodikannath

THE PLAN

The plan is simple. We will treat you according to Āyurveda. Our assessment and subsequent recommendations are all informed by the science of Āyurveda. We are confident in the efficacy of such treatment and we aim to collect data to support this theory. We have created a simple survey which you will fill out prior to each appointment. This survey is part of our data collection process and will be used to compile our research and help others in the future.

The program format is relatively straightforward. You will receive an Initial Consultation with our Ayurvedic practitioner Daryl Roberts. This includes your comprehensive assessment as well as the resulting guidance and treatment options. You will have a follow up appointment 6 weeks later to check in and determine if any changes are to be made to your protocol. You will then have a follow up appointment after 6 months and again after one year.

Ayurvedic consultations provide education, options, and guidance for restoring and preserving your health. It is an opportunity to meet with an experienced practitioner of Āyurveda to learn and identify your unique health situation. You will walk away with a healing protocol that is thorough, precise, and specifically tailored to you at this point in time. As a holistic practice all parts of you are addressed and engaged simultaneously in order to maximize your healing.

Prior to your initial consultation you will fill out a health seeker intake form. This form is a prerequisite to your consultation and serves as an introduction to who you are, your condition, and what exactly you're seeking from your consultation.

LET'S TALK MONEY

When it comes to alternative or integrative medicine we understand it can be difficult to identify what is a worthwhile. In general, the health and fitness world is overloaded with very loud voices making very big claims. With everything from veganism to all beef diets, it can be a difficult landscape to navigate. Naturally, you have questions pertaining to the efficacy and impact of this program.

We stand behind the great healing science of Āyurveda. Rigorously experimented on and refined over the course of millennia, Āyurveda has stood the test of time. For thousands of years Āyurveda has healed people all over the world. It is in no way shape or form comparable to recent diets, workout routines, or anything of the sort. Āyurveda is a timeless holistic all encompassing strategy for living our highest quality lives.

We encourage you to put your faith in Āyurveda. We are no ordinary health and wellness company and we operate differently than most. Our highest and most primary objective is sharing and practicing Āyurveda. And it is prioritized ahead of our goal to be profitable. Although we are quite happy to be profitable as we firmly believe in the quality of our products and services. We also think it's important to recognize this fundamental difference in priorities.

Instead of offering you health products and services in order to be profitable, it is your optimal health and wellness that is our primary pursuit. Rather than innovating ways to increase our profitability, we innovate ways we can more effectively enhance your health and wellness. "The money comes later," and we use it to further expand our ability to practice.

Instead of utilizing the science of Āyurveda to generate value, we utilize the value we generate to expand our capacity to practice Āyurveda

A CHANCE FOR RENEWAL

When things are taken away, it is then that we understand how much they meant to us. Long Covid has affected many of us and lowered our overall health and quality of life. Moreover, its effective treatment has been illusive and difficult to identify. For those experiencing Long Covid, this can feel like being stuck in a hallway where all the doors are closed.

At Balanced Alignment we strive to present a doorway of hope and healing. That door is called Āyurveda and on the other side lies an entire ocean of possibilities. In these healing waters we shall find our opportunity to heal, detoxify, rejuvenate and transform.

According to Āyurveda one cannot contribute to another's healing without they themselves being healed. It is a great honor to contribute towards the elevation of your health and wellness. We take this seriously and work hard to offer you our highest quality of service.

Join us in our quest to elevate the health and well-being of ourselves, our communities, and the world at large!



"I've personally experienced the transformational healing power of Āyurveda and it is now my mission to share this beautiful sacred science with the world."

Daryl Christopher Roberts

HOW TO BEGIN

It all starts with your first Ayurvedic Consultation. You can schedule your initial consultation with us by phone at 317-721-9109 or by email at balancedalignmentindy@gmail.com

The cost for this program is \$300. You will also want to account for the cost of recommended products and or procedures based on your consultation. This varies yet a good general estimate is \$60-\$150.