

Holistic Health Coaching is an ancient holistic system of medicine from India that understands health in terms of a constitutional model. Each of us manifests a mixture of each of the three constitutional energetic forces – or doshas. Its aim is to provide guidance regarding specially designed treatments, food and lifestyle so that health can be optimized and illness healed.

Benefits of Holistic Health

- ✓ Holistic Health is not only treatment; it is a way of life and has no side effects when done correctly with a qualified practitioner
- ✓ Allows the client to achieve a happy, healthy disease free long life
- ✓ Helps reduce tension and pain
- ✓ Helps relax the mind
- ✓ Educates awareness about healthy lifestyle and helps one grow as human being
- ✓ Bring awareness to good and bad dietary effects to life