

GUT HEALTH

Foundation of a good life

The course includes:

- Concept of Agni
- Concept of Aam
- Nutritional regime
- Diseases caused by faulty eating habits
- Gut health and its relationship to beauty
- Mental health and its relationship to the gut
- Gut health and rectal diseases



You may have heard the phrase, "The way to the human heart is through the stomach." Likewise, the way to every disease is through the intestines. A healthy body, a calm mind and strong digestive power are the keys to a healthy life. We all long for good health.

Studies show that a healthy gut not only leads to physical strength, but also has a major impact on your mental and spiritual aspects. Therefore, gut health is vital to the overall well-being of the body.



DIGESTIVE FIRE (AGNI)

In addition to causing gastrointestinal problems, an imbalance in the gut can lead to numerous physical and mental ailments. Gut health problems are common around the world due to deteriorating dietary habits and lifestyle over the years.

In recent years, modern researchers have discovered that the gastrointestinal system plays a much larger role and a much more complex task than previously thought. But did you know that one of the basic principles of Ayurveda science is based on the concept of "AGNI"? It was beautifully quoted as "Sarve Rogo Api Mandagnou". That is, the bad Agni (digestive fire) is the main cause of every single disease. This was established more than 5000 years ago and is still valid today.

When your Agni (digestive fire) is burning well, you are better able to process the foods and experiences you consume. You feel vital, energetic, mentally clear and enthusiastic about life. But when your Agni is weak, your body has difficulty absorbing nutrients and eliminating impurities (Aama). Signs of Ama in the gut include gas, indigestion, allergies, skin irritation and heaviness. If the accumulated ama is not controlled, it can lead to a weakened immune system and other health problems, including mental and emotional problems. Similarly, overactive Agni leads to several other digestive and general metabolic abnormalities.

Our health starts from the inside. Believing in this idea, Ayushakti has successfully built its foundation on the concept of the 3Rs formula: the removal of toxins (Aama), the restoration of the digestive fire (Agni) and the renewal of the body's constituents. With years of experience and expertise, Ayushakti has **helped to heal intestinal problems** with its wonderful range of herbal supplements and detox therapies.



To register click on **ENROL NOW** on below given link
<https://education.ayushakti.com/course/GutHealth-54474>

LEARNING WILL BE THROUGH WEBINARS

We developed this exclusive education material for you based on 32+ years of teaching & practical experience. Our online Ayurveda education program gives you access to:

- Explainer Videos
- Study Materials
- Group Discussions

WHO CAN JOIN?

- Anyone who wants to learn about the Ancient Way of Healing
- Anyone who wants to know how to take care of themselves, family and friends successfully
- Any doctors, naturopath, osteopath, chiropractors, healthcare and wellness practitioners who wants to increase their knowledge

LANGUAGE

- Live class – English
- Study material – English

DURATION

- 1-hour webinar twice a month
- 6 months = 12 sessions

The webinar training is scheduled for twice a month through zoom for approximately 1 hour each. These will take place on 1st and 3rd Friday of every month for 6 months. The live classes will provide an opportunity for questions and answers. All classes will be recorded and available to you if you cannot attend live.

This 6-month Education is currently offered for only \$ 297.

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**For any query or required assistance:
Email: education@ayushakti.com**
