

Ayur Centre

MALAYSIA'S Premier Ayurvedic Centre, since 2000



Diet and Mental Health - Ayurvedic Perspectives

By Vaidya C D Siby
Chief Ayurvedic Physician

Qualities of food affects mind and body

Nutrition plays a central role in Ayurvedic living. Ayurveda places special emphasis on "Ahara" (diet) and "Anna" (food) as a means to good life, health and wellness. Healthy and wholesome food nourishes the mind, body and soul. Ayurveda asserts that although the digestive capacity of each person may be different, the quality and appropriate quantity of food are necessary for a healthy life. Food taken in proper quantity provides strength, vigor, good complexion and nurtures the health of the tissues.

Ayurveda recommends eating only when one is hungry and only one-third capacity of one's stomach, so that body is at optimal condition for proper digestion.

Ayurveda recommends maintaining a state of calm while eating to maximize the digestive process and recommends to avoid eating when emotions such as anger, anxiety, worry or grief sets in.

REGISTRATION IS FREE

Date & Time
Saturday, 5th November 2016
2:00 pm to 4:40 pm

Venue
Ayur Centre
Number, 8 Jalan Utara
46200, Petaling Jaya

Organised By
Ayur Centre Sdn Bhd

 For registration, please contact:

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