



Boulder Ayurveda



Complementary Alternative Health Care

A Brief Introduction To Ayurveda

Ayurveda means “the science of life.” It is an ancient system of healing that focuses on the complete person which includes the body, mind, heart and soul. Traditional medicine tends to focus on a specific symptom or disease. Ayurveda says that for complete wellness to occur, the body, mind and spirit must be in harmony with each other, which brings natural resistance to disease causing conditions.

Ayurveda defines wellness not as “the absence of defined disease” but when all bodily tissues, organs, systems and functions are acting together in a healthy way and are able to maintain health and wellness in spite of potential illness causing influences. Ayurveda believes that by balancing the various mind-body functions the natural intelligence of the body will automatically bring itself to wellness.

Ayurveda uses natural processes and methods whenever possible for bringing wellness and restoring good health. There is an emphasis on simplicity. Traditional or ‘Western’ medicine usually attempts to restore health by treating the symptoms of the body or by attacking the disease, and usually uses artificial drugs and medicines to treat these symptoms and diseases. Ayurveda is complimentary to traditional medical practices and does not replace medical diagnosis and treatment.

Ayurveda recognizes that each person has a unique mind-body constitution. Ayurveda then identifies the various components of that individual’s constitution, determines where imbalances and disturbances exist, and provides education, guidance and a plan for helping the individual bring about their own improvements in health and wellness. There is a focus first on diet and lifestyle and on removing causes of imbalance, because these are important.

Ayurvedic practices focus on clearing disturbances and balancing metabolic and energetic patterns that support constitutional resilience. It is the individual’s implementation of the right Ayurvedic practices that brings about balance and wellness. People are more vulnerable to developing pathological illness or disease when vital energies of the mind, body and spirit are disrupted. Ayurveda can assist in learning how to improve health through improved lifestyle functions.

Ayurveda is currently considered a form of complementary and alternative medicine in the United States by the National Institute of Health Office of Complementary and Alternative Medicine. It is not licensed by the state of Colorado as a medical discipline or practice.

Boulder Ayurveda works with clients through a collaborative planning process. Collaborative planning is a process for developing an understanding between you and Boulder Ayurveda for specific services including,

- What Boulder Ayurveda can do to contribute toward the achievement of your health and wellness objectives
- What you the client can do to contribute toward the achievement of your health and wellness objectives
- How we can cooperate together to facilitate your plan for your health and wellness

Additional information about Ayurveda and our services is available at Boulder Ayurveda’s office. Ask the office staff for the free booklet “Introduction to Ayurveda” or for information specific to your interest. Ayurveda is a marvelous gate into the tapestry of wisdom knowledge of Vedic Culture. Welcome to the journey toward Perfect Health!

Some text courtesy Ayurvedic Institute.

Please visit www.ayurveda.com for more information.

Boulder Ayurveda ~ for health, longevity and balance

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Services Currently Offered By Boulder Ayurveda:

- ***Individual Ayurvedic Consultations:***

Available by appointment. This one-on-one education includes an assessment of the client or student's constitution followed by a discussion of ways to improve the client or student's health and life function.

This could include changes in lifestyle and food choices, use of herbs, exercise programs, learning to manage stress, and meditation.

- ***Herbal Products:***

Boulder Ayurveda, Inc and Vibrant Lotus Products® has available special herbal formulas and products, including Varadaan's ayurvedic chai masalas. Available at the clinic and at other locations in Boulder, the following can be purchased:

- Saraswati Chai Masala® in Black, Green and Red formulations, containing a range of approximately 1/2 to none of the caffeine of ordinary chai, but with remarkable effect!
- Herbal Formulas to assist with sleep, flu, etc.
- Vata, Pitta and Kapha massage oils
- Recovery Oil, etc. for aches and rejuvenation
- Triphala, Trikatu, Dashamoola and other powder mixes
- Customized ayurvedic herbal formulas may be given after the initial consultation process

- ***Public Education:***

A variety of educational programs are regularly offered by Boulder Ayurveda, which include lectures, trainings and other education opportunities. If you are interested, please ask to be on our mailing list, and share your specific area of interest. You can also subscribe to the email newsletter using the link on the homepage at www.BoulderAyurveda.com.

Topics include:

- *General overview of Ayurvedic Principles*
- *The three doshas in health and imbalance*
- *The Physics of Ayurveda – the 20 guna pairs*
- *Ayurvedic Pulse Analysis*
- *Introduction to Ayurvedic Herbology*
- *Cooking for Doshic Balance*
- *Yoga Psychology – Journey Toward Freedom*

Services Not Offered By Boulder Ayurveda

- Diagnosis of pathological conditions
- Treatment for pathological conditions
- Prescription drugs or medicine
- Advice or counseling regarding the diagnosis or treatment of pathological conditions



Application For Services

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Boulder Ayurveda Inc will provide an educational Ayurvedic consultation in order to:

- Determine my mind-body constitution.
- Identify and assess any imbalances that may exist.
- Provide information and guidance relevant to helping me nourish, stimulate or balance vital energy.
- Develop a plan with me for lifestyle changes that may improve my general health and wellness.

I understand that:

Confidentiality is strictly enforced. My file is confidential information, and will be secured within the offices of Boulder Ayurveda, and information contained in my file will not be disclosed for any reason, except:

- Information contained in my client file may be used as a case study in a class, publication, multimedia presentation or educational forum in such a way that I cannot be identified.
- To provide more complete care and service, my information may be discussed with other doctors or practitioners within the professional domain of my case for the explicit purpose of enhancing my health and wellness. To this end my signature below serves as formal authorization and request of release of information from other practitioners and doctors to Boulder Ayurveda.
- Principal practitioner Varadaan (Ben Lipman) is not licensed, certified or registered in the State of Colorado as a Health Care Professional, but has a legal right to practice Ayurveda, per CO SB13-215.
- Principal practitioner has the following credentials: BS Stanford University, is a Registered Yoga Teacher, has completed years one and two of the Ayurvedic Studies Program at the Ayurvedic Institute, and is a certificate holder in Dr. Lad's Gurukula training program in India (may be unique in this regard), has completed numerous other weeklong workshops with Dr. Lad, and has over a decade of experience practicing Ayurveda in the United States, India and elsewhere.
- Boulder Ayurveda, Inc carries practitioner liability insurance, for everyone's protection.
- The initial consultation is typically 120 minutes in length.

I agree to:

- Study the information provided, participate in the development of my health and wellness plan.
- Implement my health and wellness plan to the best of my ability, and will contact Ayurveda if I have any questions.
- Notify my primary care provider, physician, obstetrician, gynecologist, oncologist, cardiologist, pediatrician or other board certified physician, of my intention to follow recommendations or begin a new health and wellness plan.
- Discontinue any or all of the health and wellness plan elements if any discomfort occurs and notify my consultant and primary care provider if any.
- In the case of disputes or claims that cannot be resolved privately between myself and Boulder Ayurveda, Inc. or any employee thereof, I agree to submit such dispute or claim to the American Arbitration Association and agree to be bound by their rules and final decision.

Fees:

- Suggested Donation for Initial Consult (approximately 120min) is \$135, and for ongoing visits/sessions, as well as "mini-consults" (typically 60min) is \$75. Topic-specific sessions, such as astrological readings typically last 60 minutes and suggested donation is \$108. These are suggested minimums. Please contribute according to value received, and if you cannot make the minimum in cash, then let us have a conversation about energy exchange or the need to gift services to you.
- Fees are for the consultation and information only and do not include any other services or products.
- There may be additional charges and fees for any additional services or products.
- Fees are due at the time the services are rendered.
- Missed appointments and cancellation with less than 24 hours notice is subject to a fee of at least \$35.
- Payment may be made by cash, check, VISA, MasterCard, Amex, etc.
- Boulder Ayurveda does not accept health insurance.

I have read and understand the information above, and am retaining a copy of this 'Application for Services' for my records.

I understand this is an educational Ayurvedic consultation for the purpose of helping me to improve my own health and wellness. It does not include medical diagnosis or medical treatment, and is not a substitute for medical care. It is not an agreement for on-going care.

Date _____

(Client Signature)

Client Name:

Address:

Health Information and History

Name	Today's Date	Date of Birth
Age	Marital Status	Time of Birth
Occupation	City & State / Country of Birth	
Home Address	E-Mail	
City	State	Zip/Postal Code
Cell Phone	Daytime Phone	Evening Phone
Referred by	Primary Care Physician	SSN (optional)

Objectives

Please check the items that reflect your main objectives:

- I want to be examined for a medical condition, or a latent or potential medical condition
- I want an alternative approach to allopathic medicine for managing illness and disease
- I want to improve my general health and wellness and reduce my vulnerability to illness and disease
- I want to improve my lifestyle and dietary practices to improve my health
- I want to change my habits and behavioral patterns to improve my relationships with others
- I want to manage stress, tension and worry to attain a more stable emotional nature

What do you want to achieve or change in terms of your health and wellness?

How would your life be different if you were to achieve these objectives to your satisfaction?

Personal History

Do you or your parents, brothers or sisters have a history of: (check the appropriate ones)

	Myself	Family Member			Myself	Family Member	
	Yes []	Maternal	Paternal		Yes []	Maternal	Paternal
Allergies to Food or Drug	Yes []	Yes []	Yes []	Heart Surgery	Yes []	Yes []	Yes []
Anemia	Yes []	Yes []	Yes []	Hepatitis A	Yes []	Yes []	Yes []
Arthritis	Yes []	Yes []	Yes []	Hepatitis B	Yes []	Yes []	Yes []
Asthma, Pneumonia, TB	Yes []	Yes []	Yes []	Hepatitis Non-A / Non-B	Yes []	Yes []	Yes []
Blood Pressure, High / Low	Yes []	Yes []	Yes []	HIV Exposure	Yes []	Yes []	Yes []
Cancer	Yes []	Yes []	Yes []	Implant, Prosthesis	Yes []	Yes []	Yes []
Chemotherapy / Radiation Treatment	Yes []	Yes []	Yes []	Kidney or Bladder Disease	Yes []	Yes []	Yes []
Chest Pain / Angina	Yes []	Yes []	Yes []	Mononucleosis, Jaundice, Gallstone	Yes []	Yes []	Yes []
Contact Lenses	Yes []	Yes []	Yes []	Pain in the Ear, Ringing in the Ear ...	Yes []	Yes []	Yes []
Dental Treatment Complications	Yes []	Yes []	Yes []	Popping, Clicking, Locking of The Jaw	Yes []	Yes []	Yes []
Diabetes.....	Yes []	Yes []	Yes []	Prolonged Bleeding When Cut	Yes []	Yes []	Yes []
Dizziness	Yes []	Yes []	Yes []	Psychiatric Treatment	Yes []	Yes []	Yes []
Epilepsy, Convulsions, Seizures	Yes []	Yes []	Yes []	Rheumatic Fever	Yes []	Yes []	Yes []
Fainting	Yes []	Yes []	Yes []	Shortness of Breath	Yes []	Yes []	Yes []
Feet or Ankles, Swelling	Yes []	Yes []	Yes []	Stroke / Cerebro Vascular Accident ...	Yes []	Yes []	Yes []
Glaucoma, Eye Surgery	Yes []	Yes []	Yes []	Thyroid Disease or Medication	Yes []	Yes []	Yes []
Heart Attack	Yes []	Yes []	Yes []	Ulcers, Intestinal Bleeding	Yes []	Yes []	Yes []
Heart Disease / Heart Murmur	Yes []	Yes []	Yes []	Venereal Diseases	Yes []	Yes []	Yes []

History of Any Other Disease Or Problems? (Please list any other illnesses, surgeries, diseases, injuries, trauma, emotional stresses, mental stresses, life-style conditions, addictions, alcohol, drug abuse, changes of weight, or anything else to help us clearly understand your health condition)

Family history: Any other family illnesses?

Concerns: Please tell us what your concerns are. How long have they troubled you?

Please describe any other conditions that are currently bothering you, such as: Aches, pains, degenerative illnesses, symptoms, stress, fatigue, energy levels, mental clarity, concentration, vision, fever, hot flashes, chills, sleep habits, nervousness, or other conditions that you can think of.

Are you under a physician's care now? Why?

Last physical examination (date)? Height Weight

What prescription drugs or medications are you currently taking?

What surgeries have you had? When?

What non-prescription drugs, medications, substances or recreational drugs are you taking?

[] in the past 3 months? [] 6 months? [] 1 year?

If Female, Are You Pregnant? Yes No Number Of Months Taking Birth Control Pills? Yes No Last Menstrual Period

Do you currently engage in any exercise or physical activity? If so, what type?

Have you ever done Yoga postures before? If so, what type, how often, etc.

Other Comments: