

EAST VS WEST

AYURVEDA



Wholistic medicine focusing on the mind, body and Spirit that honors the unique individual

Focuses on prevention and rejuvenation

Addresses the root cause of imbalance and uses a multifaceted treatment approach through diet, lifestyle, meditation, yoga and herbs

Healing is rooted in an understanding that we are deeply dependent on nature

All treatments are natural therapies and customized to the individual

MODERN MEDICINE



Modern medicine focuses on the physical body and considers the mind separate

It treats disease diagnosis rather than the individual

Focuses on treating disease

Treatments aimed at alleviating symptoms using medication or surgery without diet or lifestyle recommendations

No connection to nature

Treatments are generally synthetic drugs prescribed based on a diagnosis rather than on the individual needs