

Welcome to the Practice of Ayurvedic Medicine at “Go With The Flow Ayurveda”

Go with the Flow Ayurveda takes a unique seat in the team of Healthcare Professionals whom you have chosen to work with; whether you have current medical issues or are interested in optimizing your health as you go through life. Our most important guiding principle is that of patient-centered care. The unique story of each individual is honored in the process of unraveling and clarifying the interwoven fabric of your health issues by careful history-taking, physical examination, and Ayurvedic medicine diagnostic evaluation.

What is Ayurvedic Medicine?

Ayurveda, a traditional medical science that originated in Ancient India, has been practiced for thousands of years and has treated millions of people worldwide. The emphasis of this medical system is on preventive health measures that are customized to the client's inborn normal physical and mental constitution (prakruti) as well as current imbalances (vikruti). Ayurvedic treatment protocols include but are not limited to: Marma Point Therapy, Yoga Therapy, Meditation, Pranayama (breathing exercises), Dinacharya (daily routine recommendations), Aromatherapy, Dietary Recommendations, Customized Herb and/or Spice Regimens.

By putting it all together, Go with the Flow Ayurveda can develop innovative personalized programs for each patient selected from a wide array of interventions using a combination of dietary and lifestyle changes, botanical and nutritional interventions, Ayurvedic Medical evaluation with herbs, and other modalities and methods. This care necessarily varies from patient to patient, as it is very specialized and personalized.

Gowiththeflow Ayurveda's approach to health care is based on a combination of ongoing research, clinical experience, and ancient wisdom practices. Some of our treatments have not been evaluated or approved by the FDA or the American Medical Association and thus are considered experimental.

Informed Consent:

I understand the approach to health and wellness offered at Gowithflow Ayurveda, I understand that treatments that may be offered to me are considered experimental and I am choosing to participate in this approach and the treatments offered.

Patient's Signature, Date: _____

Patient's Name (Please Print): _____

Guardian's Name (Please Print): _____

Guardian's Signature (if applicable), Date: _____