

Sunday March 1, 2020

International Conference about
Nutrition: an Ayurvedic Approach

By the Indian Doctor **E.P. Jeevan**

7.00 pm to 08.30 pm

The conference will be held in Via Veio 78 C/D, 5 minutes walk from San Giovanni metro station (lines A and C).

The conference will be spoken in English and simultaneously interpreted in Italian.

Seating in the Shala is limited. It is therefore necessary to reserve your place beforehand by either calling or sending a message to Stefania, +39 347 108 4818.

Participants are asked kindly to bring a mat or a cushion so as to be seated comfortably.

For non-members it would be preferable if you emailed a few personal details such as your name, surname, residence and date and place of birth to stefaniacaito@gmail.com a day prior to the conference).

'Its easy to get a healthy food.

But in most cases the digestion is difficult. Are you just what you eat?

In Ayurveda, the proper transformation of food into healthy tissue is based on the strength of the digestive fire (agni).

The assimilation of nutrients and elimination of wastes is largely dependent on the efficiency of the digestive fire.

So, Ayurveda believes you are what you assimilate.

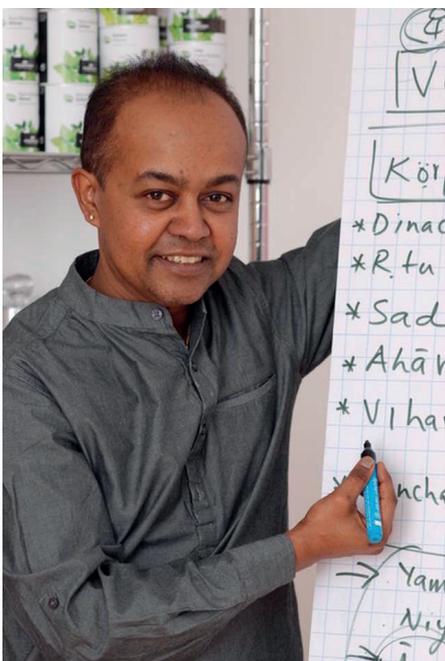
Person to person it is different depends on our constitution or diseases.

How to improve your digestive fire ? Spices and its medicinal values.

Health begins from kitchen and food.

Learn about the clinical powers of your herbs and spices.

Conference will be a general information of Ayurvedic nutrition



Dr. E. P. Jeevan

Founder & Director

Ayurveda Care Academy & Panchakarma center Munich-Germany

Studied 7 ½ years of Ayurveda from Coimbatore Ayurveda college.
Worked as consultant and lecturer from 1989 to 1995.

Moved to Italy -Rome as consultant in Ayurveda for international cultural exchange program under Instituto Ricerca Ayurveda Medicina(IRMA) for 2 years.

1997 onwards in Germany and working as Ayurveda teacher and consultant at Munich, Berlin and Frankfurt.

Having his own center at Chiemsee where he treats diseases like MS, Rhematoid Arthritis, Parkinson's and other neurological problems.