



Alternative Science & Technology Research Organisation

Victoria, Australia

is proud to present

Dr. C.R.S. Kumar

to speak on

Ayurveda: Treating the Root Cause & Promoting Good Health

Dr. Kumar has a Bachelors Degree in Ayurvedic Medicine & Surgery from the University of Health Sciences, AP, India, and is a well qualified Ayurvedic Physician and Panchakarma specialist. He has practised in Tirumala Tirupathi Trust, India, treating numerous chronic and recurring ailments, thus gaining expertise in Ayurvedic Medicine and Treatments. He has also achieved a University Gold Medal and 'Ayurmedha' Award.

The term Ayurveda means "Science of Life" (Ayush means life and veda means science). Ayurveda is one of the oldest natural health care systems in the world originating 5000 years back in India, and deals with the various principles and therapeutic Panchakarma procedures which are essential for the constant maintenance of health throughout your life. Ayurveda, with its understanding of life and consciousness is becoming the medicine of the future.

The Evenings' Presentation will Focus on;

- *What is Ayurvedic Medicine?*
 - *What is Health?*
- *Concepts Behind the Ayurvedic Science.*
 - *Role of Diet in Ayurveda.*
- *What we Need and What we are Doing.*

**A Very Interesting and Informative Evening, Not to be Missed!
See You There!!**

Monday, 8th of February, 2010

7:45 p.m.

Members - \$5.00

Non Members - \$10.00

Balwyn Library, 336 Whitehorse Road, Balwyn

Tea/Coffee/Herbal Tea with Biscuits provided

For more information about this and other ASTRO events contact Sergio or Josephine on
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