



Life-Style Consultation Procedure

What to do before a consultation:

- Consultations are conducted early in the morning so appointments are scheduled to start by 7:00am or 8:00am
- You will be required to complete a *Daily Lifestyle Information form* and bring it with you on your consultation day
- You should not have eaten for at least 4 hours before having a pulse diagnosis. A drink is allowed
- You need to visit our website www.ancientsbest.com to familiarise yourself with the background information provided about Ayurveda
- Please tell us ahead of the consultation if you are taking any medication as we may require this to be temporarily suspended for a few hours prior to the diagnosis. This does not include life-support drugs
- *** Female patients wanting consultation must select a day that they are free of their monthly periods; at least three days before or three days after their periods. This is because the pulses may not reflect the conditions as they should be during this time

What happens during a consultation?

- The principles and philosophy of Ayurveda will be explained in general to you, otherwise you will not understand the diagnosis/prognosis
- Thereafter Pulse reading and a detailed questionnaire will be completed along with a personal interview and review/clarification of the information provided in your Daily Lifestyle Information form

How long is a consultation?

- About 1.5 hours or longer

What happens after a consultation?

- After the session you will receive a treatment recommendation by email. This will clearly state the course of action needed including a food list recommending what food items you may eat considering your current state. Each person will have an individually tailored programme
- It is then your decision as to whether you go further
- At Ancient's Best, Herbal formulas (medicines) are prepared for the individual. Ancient's Best does have some ready-made medicines which act as support to the specifically prepared medicines for the individual. ***No medicines are prepared for a client until the client has accepted the treatment recommendation**

***Disclaimer:** Please be aware that Ayurveda and Ancient's Best do not claim to heal or cure you of any specific symptoms or dis-ease but to provide understanding and support of your individual constitution so you can manage this as best as possible. You need to accept and realize that the responsibility to change and adjust your diet and Life-style is yours.*

