

Annual Meeting on
**NATUROPATHIC PHYSICIANS &
ACUPUNCTURISTS**

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The revolutionary approach – Mindfulness and integration of eastern and western medical science

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The world is going through a paradigm shift in its understanding of natural health sciences. The advances in technology such as “Google” easily allow the public to have full access to all forms of different health modalities. With new technological developments, we can analyze how illnesses form at a cellular level. This has revolutionized health sciences, so people are living longer, but unfortunately at the same time are not escaping chronic illnesses and pain, so whilst people live longer they are not necessarily living well. Dr. Davis (Director of the Cancer research unit and Founder of the Environmental Health Trust) noted in a recent talk, how the exposure to increased radioactive waves caused by new technologies was a contributing factor to people suffering from cancers, nervous disorders, memory loss and lack of concentration. Although people are mindful of the adverse effects of these rays, and how they may affect their health, there still seems to be no proven connection to these causes and we have no further advancement in prevention against them. I believe that the potential solution to these affects is to follow fundamental laws of nature and look at the eastern medical system. People are awakening to the responsibility of their own health and seek to be in charge in a partnership with their chosen healthcare professional. They are reaching more to the practices of natural therapy and ancient wisdom. In principle, practitioners of natural sciences can address a client’s family history, genetic factors, lifestyle, diet and social circumstances to land on the “core” health issue. This is clearly lacking in modern medicine as most often drugs are given to treat the discomfort but not to correct the cause. This in turn creates a loop of visits to Doctors with no real relief or sense of empowerment in the direction of one’s own wellbeing. As a natural health Ayurvedic practitioner, I focus on the root cause by working case to case to create physical, psychological and spiritual harmony in the human body. Ayurveda does this by improving and strengthening the immune system, reducing stress and cleansing the body, allowing it to expel the breeding ground for disease.

Biography

Vanita Sharma is an expert in the Field of Ayurvedic Medicine for mind-body healing, also an Entrepreneur and sort after Public Speaker. She has more than 20 years of experience working in the field of Ayurveda. After attending Punjab University, Shri Dhanwantary Ayurvedic College and Hospital, Chandigarh, India and gaining her Post-graduate degree in Naturopathy and Yoga. She began her career as an Ayurvedic Physician, carrying on this wisdom passed down five generations. In 1999, she founded Vibe Ayurveda, the first Ayurvedic Health & Wellness Centre in Melbourne Victoria. Currently, she is serving as a Vice-president of the Australasian Association of Ayurveda and has appeared on local Australian TV-shows and live on various community radios.

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