

Annual Meeting on  
**NATUROPATHIC PHYSICIANS &  
ACUPUNCTURISTS**

July 24-26, 2017 Melbourne, Australia

**Ayurvedic Perspective – Chronic Stress, Anxiety & Depression! Is the real problem in the HEAD, NO it's the GUT, so lets get tummy savvy**

**Vanita Sharma**

Australasian Association of Ayurveda, Australia

**“There's a vast difference between treating effects and adjusting the cause”- DD PALMER**

Where did we go wrong? People of the planet had to be fed. Modern science starting to now realize how vulnerable the microbiome is to stress, feelings, and foods, which Ayurveda since thousands of years had been emphasizing on the critical nature of digestion & its impact on the entire health. A compelling need has now emerged to research the connection between the gut health & the mental health.

We need to examine the foods we eat, the way we cook it, and the kinds of stress to which we are exposed. Most of the dietary advice for the past 30 years has been wrong. We have become hardened to new advice. According to Ayurveda, obstruction of the downward flow of energy and the inhibition of regular elimination leads to a number of health issues. The presence of good bacteria and excretion of toxins contributes to a healthy digestive system and likely a healthy mind.

In recent years, scientists have been referring to the gut as the “second” brain due to it's ability to produce neurochemicals, affect mood, and communicate with other parts of the body. So turns out to be just one component of a whole body-thinking system.

**Biography**

Vanita Sharma was born in India. After attending Punjab University, Shri Dhanwantary Ayurvedic College and Hospital, Chandigarh, India and gaining her post-graduate 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, Vanita is a nominated member Complementary Health IRC, AISC and 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. Her clinic is her source of inspiration and her gift to the world.

vibetherapies@gmail.com

**Notes:**