

**A 10-DAY PROGRAM & NEW E-BOOK FROM  
SHANKARA AYURVEDA SPA AT THE ART OF LIVING RETREAT CENTER  
ADDRESS WEIGHT LOSS THROUGH AYURVEDA.**



**July 2015 - BOONE, N.C.** - There's nothing simple about losing weight. With fad diets and conflicting opinions on what not to eat... and eat, maintaining a healthy weight can be complicated. Two new offerings from Shankara Ayurveda Spa at the Art of Living Retreat Center add the science of Ayurveda to the process, which can make things easier for the more than 50 percent of Americans who say they would like to lose weight.\*

The new offerings include: the [Ayurveda Weight Loss Program](#) and the "Ayurveda Tips for Weight Loss" e-booklet. "According to Ayurveda, the causes of weight gain are either internal or external factors like the kind of diet, the food and how we process it," says Sarita Patel, MD, an instructor with the Art of Living. "The internal is based on our constitution; we may be eating the wrong food for our type, which the body is unable to process. Ayurveda actually takes care of the internal and external factors. It balances the digestive fire in such a way that you don't accumulate the toxins that are coming."

Dr. Patel is one of the teachers for the Ayurveda Weight Loss Program. Set for Sept. 4-14, 2015 at the Art of Living Retreat Center outside Boone, N.C., the 10-day program is about much more than losing weight and returning home, "The program empowers the individual to reach their weight-loss, health and well-being goals while they are on-site and after they return home. We teach unique breathing techniques that ease the mind, plus the attendees participate in yoga, massage therapy, meditation and activities to bring out their creative energy," adds Dr. Patel.

As a precursor to visiting Shankara Ayurveda Spa for the weight-loss program, the "Ayurveda Tips for Weight Loss" e-booklet also provides helpful advice including:

- **Eat according to the time of day.** When the sun is at its highest, which is around lunchtime, the stomach is more able to digest and assimilate food. Make lunch your heaviest meal.
- **Follow a menu that is similar to how the French eat - a light breakfast, a large lunch and a light supper.** Have a breakfast of fruits and soaked almonds for protein. Again, a hearty lunch that includes significant protein. And, a light dinner that digests before bedtime.
- **To keep energy up, add more fruits & vegetables, and aged honey is great for a pick me up.** The aging process of honey adds to the weight-reducing aspect because fresh honey can lead to weight gain. The best way to find out the age of honey is to ask your local honey farmer or check the expiration date on the bottle.

After reviewing the Ayurveda Tips for Weight Loss e-booklet, a one-week detox is available in the [Ayurveda Detox Guide](#), which is the next e-book in the series.

**About Shankara Ayurveda Spa at the Art of Living Retreat Center** - For those seeking physical and internal renewal on their journey toward greater self-awareness and happiness, Shankara Ayurveda Spa at the Art of Living Retreat Center provides a nurturing environment and service-oriented, educated staff. The relaxing mountaintop location in North Carolina offers wellness adventurers a range of therapeutic Ayurvedic treatments and day or overnight programs perfect for those hoping to cultivate rejuvenation and inner growth. More on [artoflivingretreatcenter.org](http://artoflivingretreatcenter.org).

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\*Source - Gallup