



# DURGA TEMPLE



(A Tax-Exempt Non-Profit Organization)

8400, Durga Place, Fairfax Station, VA, 22039

Phone:- 703-609-9355

Restore

Rebalance

Rejuvenate

With

**AYURVEDA**

## ***A Holistic Way of Healing***

*The integrative approach focuses on early prediction and prevention of the disease and management of:*

- ~ Diabetes Mellitus
- ~ Hypertension
- ~ CAD
- ~ Arthritis
- ~ Stress/Insomnia
- ~ Obesity
- ~ PCOS/Acne
- ~ Hypothyroidism
- ~ Osteoporosis
- ~ Skin Disorders

Ayurveda is a 5000 year old holistic healing modality from India that uses life style food ,herbs ,and yoga to help individuals address their medical concerns and health issues.

Through the unique Prakruti(body constitution) analysis of Ayurveda we can predict diseases and offer preventive interventions and life-style modifications.

Ayurvedic Treatment helps in reducing the side effects and toxicity caused by allopathic drugs. It brings out wellness to our entire body and is effective for longer period.

*Come and Experience new journey of life with **AYURVEDA** and its benefits at  
**FREE AYURVEDA CLINIC** every month at "**DURGA TEMPLE**"*

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