

Ayurvedic Medicine (a brief definition)

Ayurvedic Medicine is the oldest holistic medicine in the world. It has been practiced for over 5,000 years in India. The word *ayurveda* means “knowledge of life” and/or the “science of life.”

The Eight Limbs of Ayurvedic Medicine are directly in line with every aspect of modern medicine that we are familiar with today. These *Eight Limbs* or modern medical specialties are addressed according to theories of:

The Five Elements: Space (*ether or field as postulated by quantum mechanics*), Air, Fire, Water, and Earth.

The Three Doshas (*bodily constitutions*): Vata, Pitta, and Kapha.

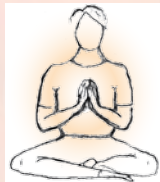
The Three Malas (*bodily fluids*): Urine, Stool, and Sweat

The Seven Dhatus (*bodily tissues*): *Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra/Artava*

The Trinity of Life: Body, Mind, and Spiritual Awareness.

The Trinity of life corresponds to self-healing of our physical body through daily habits and of proper nutrition and eating rituals. Directing our minds through yoga and our spirits through meditation to rid ourselves of stagnant energies.

For more in-depth information on Ayurvedic Medicine and how it can aid your specific healing process, visit our website: www.meditationastonic.com. Stay tuned for monthly updates and healthful ideas.



Meditation As Tonic™
A Healing Company

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VEDIC FLAX™

Organic Flaxseed Recipe

READY-TO-EAT
VEGAN NUTRITIONAL SUPPLEMENT
AN ESSENTIAL SOURCE OF OMEGA-3

100% Pure, Ayurvedic Inspired Recipe

Anti-Inflammatory - Good for Pain

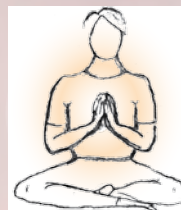
Natural, Low G.I. Sweetener - Agave Nectar

Healthy Omega Fats for the Heart

Lean, Plant-Based Proteins

Energizing Complex Carbohydrates

No Preservatives



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Welcome to the first step
toward healthy, mindful living through
the discovery of

VEDIC FLAX™

Vedic Flax™ is a patent pending recipe formulated by a family medicine doctor. As a vegan nutritional supplement, it offers many of the healthful benefits of Omega-3 fats.

The main ingredient, Organic Ground Flaxseed, is combined with other 100% natural, preservative-free, organic ingredients including: protein-rich Garbanzo Bean Flour, Almonds, Agave Nectar (*a natural sweetener with a very low glycemic index (G.I.)*), Whole Wheat Flour with bran, or Brown Rice Flour in the “Gluten-free” recipe.

The flavor of the natural ingredients are slowly awakened under low heat with the addition of Pure Sunflower Oil which further enhances the flavors with it’s light texture.

Anti-inflammatory properties of Ginger and the carminative properties of Cardamom maximize the synergistic and healing qualities of the recipe.

Daily consumption of two ounces Vedic Flax™ with at least eight ounces of water* will get you started on the first step toward a healthy and mindful lifestyle.

**High fiber and protein content of Vedic Flax™ will increase your body’s natural thirst for fluids. This thirst is best quenched with plenty of water throughout the day.*

“My interest in Ayurvedic Medicine has helped me to seek the origins of medical disorders. Treating patients on a symptomatic level alone does not satisfy the doctor or the patient. We must all seek a more healthy and mindful lifestyle to Heal ourselves.”

---Dr. Raman Dhillon

VEDIC FLAX™

A delicious, ready-to-eat,
vegan nutritional supplement
that will help with:

- Fibromyalgia*
- Other Pain Syndromes
- Hyperlipidemia
(*high cholesterol & triglycerides*)
- High Blood Pressure
- Diabetes
- Weight Loss*
- General Vitality

* Fibromyalgia and Weight Loss will require consultation with Dr. Dhillon. She will work with you to design an individualized, structured program.

Dr. Raman K. Dhillon

*Doctor of Osteopathic Medicine
Meditation as Tonic, CEO*



Dr. Dhillon specializes in Family Medicine. Her need to heal herself from Fibromyalgia lead her on a path to examine and then obtain certification in Ayurvedic Medicine. Healing pain through nutrition has become one of her primary areas of interest. As founder and CEO of *Meditation As Tonic, LLC*, she has developed the Vedic Flax™ recipe as part of her healing mission.

— SPECIALIZING IN —

Family Medicine · Ayurvedic Medicine

Meditation · Yoga · Nutrition

Fibromyalgia Healing Program with Nutrition

Ayurvedic Medicine Inspired Weight Loss Program