

**Embrace Ayurveda...
One Visit will Change
your Life Forever.**

**To be Forever Healthy
Seek Ayurveda with
Dr. Reddy**

**To schedule an appointment:
(in person or on the phone)**

**call: 301-474-2184
Maryland, Virginia,
Washington, DC
866-REDDY MD
Toll Free**

Dr. Reddy offers consultations in other cities. Visits are reimbursable by most insurance policies. For more info and for a free newsletter visit us at www.allhealthyfamily.com.

**To order books:
800-856-8664**



KUMUDA REDDY, M.D.
Authentic Ayurvedic Medicine
Expert, Author & Speaker

Ayurvedic Approach to Vibrant Health

Effective Natural Solutions for Today's Health Challenges

Dr. Kumuda Reddy, with her experience in conventional medicine and expertise in Ayurveda, has helped thousands of people who simply want to feel better and live healthier, happier and longer lives.

She has successfully treated many of the most puzzling health challenges that face us today. These challenges can range from headaches or allergies, to serious degenerative diseases or autoimmune disorders.

Common Conditions in Her Practice Include:

- 🌿 Allergies
- 🌿 Anxiety
- 🌿 Arthritis
- 🌿 Asthma
- 🌿 Back Pain
- 🌿 Bowel Disorders
- 🌿 Benign Prostatic Hyperplasia
- 🌿 Constipation
- 🌿 Coronary Artery Disease
- 🌿 Diabetes
- 🌿 Digestive Disorders
- 🌿 Depression
- 🌿 Fibromyalgia
- 🌿 Chronic Fatigue
- 🌿 Headaches
- 🌿 Migraines
- 🌿 Hyperacidity
- 🌿 Hypertension
- 🌿 Irritable Bowel Syndrome
- 🌿 Insomnia
- 🌿 Liver Diseases
- 🌿 Menstrual & Menopausal Disorders
- 🌿 Skin Disorders
- 🌿 Weight Problems, etc.

Office visits reimbursable by Insurance

Testimonials

**J.O., age 71, state government worker,
asthma, bronchitis**

"At the end of September, I had the worst asthmatic attack I ever had in my life. I had bronchitis and was put on antibiotics. My doctor prescribed Prednisone and said he thought I should go to the hospital...It was desperation that drove me to Dr. Reddy, and it's the best thing I've ever done for myself.

"I talked to my primary physician about this and he said he'd be happy to work in conjunction with Dr. Reddy. My pulmonary doctor struck me as someone who would not go along, but he said 'If it works, go with it.'

"Right now I am off every single medication. I'm only on herbs, and I feel better than I have felt in years."

**J.A., age 52, office manager,
high blood pressure**

"My blood pressure was up to 240 over 140. I've had high blood pressure for 20 years, taken every kind of medicine available. Always had severe reactions and none of them ever actually controlled my blood pressure...I felt there was no hope for me. The other doctors had actually told me it was just a matter of time, and that I was probably going to have a severe stroke or a heart attack at any moment, and there was nothing they could do.

"I felt like Dr. Reddy was a gift. I just happened to read about her in an alternative health newspaper. Everything she told me about Ayurveda sounded like something I wanted to do.

"I've been seeing her for four years. Now my blood pressure is in a more normal range. I do anything I want now. I consider myself extremely healthy. I feel wonderful. I don't take any medications at all."

**P.M., age 47, Psychoanalyst,
chronic sinusitis with complications**

"I was having a long history of sinus problems going back to my late twenties. Complications developed, including a severe case of sinus polyps. It was extremely uncomfortable. After a while, I couldn't breathe.

"I first tried to treat it through conventional medicine. That included antibiotics, allergy medicines, steroids when it was very severe. At first I could manage it with the medications. Then it got worse and I started having surgery about every two years to take the polyps out. There were more complications that go along with that.

"Then I started to go to Dr. Reddy, and I've had the most success I've ever had. The pattern had gotten so every two years I was in trouble again. I'm at the two-year mark and holding my own.

"I feel like I'm healing. I'm a lot healthier now than I was two years ago. I'm emotionally more stable. When you live with a chronic illness, it affects every aspect of your life. If you decrease your suffering, it frees a lot of energy to expend in other ways, rather than just trying to get through the day and deal with symptoms. Relationships, my work—these have improved. Benefits in all areas."

**N.M., age 47, business woman,
persistent eczema**

"My 14 year old daughter has had persistent, severe eczema and allergies all her life. She had been through many conventional and other alternative treatments without much relief. Then we saw Dr. Reddy. Just after one visit, she had a drastic improvement. 80% of the eczema was within a month, she had a drastic improvement. Her imbalances in digestion, sleep etc., have also improved. She has good self-esteem now and is maturing into a beautiful young woman."

Questions & Answers

Q. What is Ayur-Veda and how does it work?

A. Ayur-Veda is a holistic and natural medicine that causes no side-effects and has many side-benefits. It is a system of prevention oriented natural care that focuses on restoring balance at the deepest level of the mind and body. It treats everyone as an individual and treats the physical, mental, emotional and spiritual health. Health is the full expression of the body's inner intelligence. Ayur-Veda enlivens that inner intelligence, restoring balance and creating perfect health.

Q. How are people different from each other?

A. In Ayur-Veda there are three main organizing principles of nature that are found in every person, in nature, and other beings. These three governing principles are called Vata, Pitta and Kapha doshas. There are many imbalances in each person; these doshas are the fundamental operators of every function in the mind and body. Different people have different proportions of these doshas.

- Vata imbalances give rise to anxiety, fatigue, dry skin, constipation, joint muscle pains, high blood pressure, painful irregular periods, insomnia;
- Pitta imbalances give rise to irritability, anger, headaches, migraines, heavy periods, excess heat, graying and thinning of hair, skin disorders, heartburn, ulcers, digestive problems;
- Kapha imbalances give rise to lethargy, asthma, allergies, sinusitis, congestive problems, obesity, fluid retention, depression, heart disease.

Q. Does Ayur-Veda treat all problems in the same way?

A. If we just treat each patient in the same way then it is not effective. Two people can have the same root problem, but it can manifest in different ways. One person may have problems with digestion while another may have tension headaches or migraines. Ayur-Veda recognizes that each person is unique and needs a customized treatment.

Q. In what way does Ayur-Veda work in helping people with different problems?

A. Usually nobody comes to see me with one simple problem, such as fatigue. People have two, three or four symptoms happening all at once. In conventional medicine we cannot understand the common source for these problems. The patient then goes to several specialists who treat each problem separately. They go from one specialist to the next. Once you have a chronic disease, modern medicine starts calling the patient by the name of the disease, such as asthmatic or a diabetic. After a while the patients start losing their names.

In Ayur-Veda we don't have to really be so specialized, because we treat the problem at its source without compromising the patient. Conventional medicine is good for crisis management, but not effective for chronic disorders. Ayur-Veda specializes in prevention and treatment of chronic disorders.

YOUR PERSONAL AYUR-VEDIC EVALUATION

Your first step to participate in these programs is a comprehensive evaluation performed by Dr. Reddy, a physician trained in both Ayur-Veda health care and conventional Allopathic medicine.

Dr. Reddy will identify specific underlying imbalances that are responsible for your current symptoms. She will recommend a treatment program to correct these imbalances.

Individualized recommendations include:

- **Specific dietary recommendations:** Diet and digestion are the key factors in health. A majority of diseases are diet related.
- **Gentle therapeutic and rejuvenating herbal formulas:** The herbs which are prescribed are organic and free of side effects. Ayur-Veda has the timeless knowledge of collecting, drying, processing herbs. These herbs are made from the whole plant.
- **Recommendations for daily and seasonal life style patterns:** These simple adjustments bring individual biorhythms into closer harmony with natural cycles and promote emotional stability, mental acuity, physical strength and stamina.
- **Exercise:** Ayur-Veda health care offers suggestions for exercises that maximize performance and bring out the full health potential of each activity enjoyably, without causing strain or exhaustion.
- **Stress reduction and development of full mental potential:** The Ayur-Veda tradition offers the simplest, most effortless, most effective, scientifically confirmed programs for stress elimination and the full development of the individual, based on ancient insights into the nature of human consciousness.

About Drs. Reddy

Dr. K. Reddy has developed a very informative website called www.allhealthyfamily.com which is dedicated to bringing the knowledge of the unlimited scope of Ayurvedic medicine.

Dr. Reddy completed her residency and fellowship at Mt. Sinai Hospital, New York. She was the Medical Director of Maharishi Vedic Center in Bethesda, Maryland and a former faculty member of Albany Medical College. Dr. Reddy has been practicing Ayurveda since the 1980's, conventional medicine since 72.

Dr. Reddy, through her practice, books and lectures, conveys this simple message, "that we are one with nature." Because of our intimate connection to nature and the entire cosmos, we need natural and holistic medicine. It is the need of our time. No other medicine has proven to be as natural, comprehensive, time-tested and holistic as Ayurveda. It is compatible and complementary with conventional medicine.

Dr. Reddy believes that the best way to avoid suffering and ill-health is to "avert the danger which has not yet come." This is the basic principle of prevention from the ancient Vedic tradition of health care. The earlier we start, the better. Taking this to heart, Dr. Reddy has co-authored several books.

She has appeared on several radio and TV shows.



Dr. Janardhan Reddy

Dr. Reddy is accompanied in her practice by her husband, Dr. Janardhan Reddy. Together they have the experience to properly diagnose, spirit to care and love, skill to treat and heal, mission to empower one and all. Currently based in Maryland, this devoted team has toured the country, touching and transforming the hearts and lives of many people.



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