

Madhavi Rathod of Vedic Healing to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- When people face chronic pain, illnesses, and depression, rather than exploring preventative measures, they seek an immediate cure by taking countless pills and medications. Tragically, by not understanding why they became sick in the first place, people can experience symptoms that worsen over time. But, what if there was a natural way to combat these debilitating conditions? Wouldn't we choose to seek out this magnificent cure?

Madhavi Rathod is an exceptional Ayurvedic Practitioner and proprietor of Vedic Healing. Ayurveda is one of the oldest forms of healing that originated in India over 5,000 years ago. It seeks to understand the root cause of a health issue, and not just address the symptoms. It addresses each individual, and believes that we each are born with a unique physiological and emotional make-up.



"Ayurveda teaches us how our mind, body, and spirits are connected and how living in harmony with nature has a powerful healing effect on our bodies," says Madhavi. "I aspire to help people become more joyful and empowered to lead healthy, fit, and prolific lives."

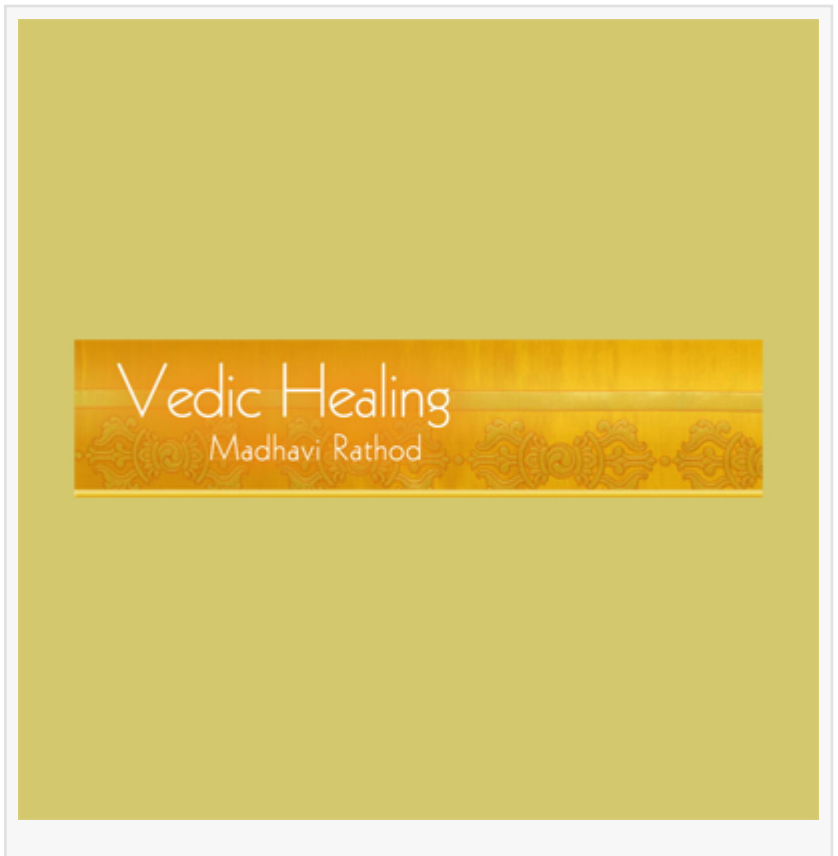
Madhavi was introduced to the miraculous effects of Ayurveda when she suddenly began experiencing aching in her knee, which eventually led to the excruciating pain of fibromyalgia. Deeply frustrated by the fact that Western doctors were unable to help her find the cause or provide any relief, she sought out various holistic modalities.

It was when she visited the Ayurvedic institute in New Mexico that her life transformed. She left a high profile position as an investment analyst to go and study Ayurveda. Only then was she able to finally remedy her discomfort. This led her to a career change to work as a holistic health care professional.

"When my clients work with me, they initially find renewed energy and vitality," says Madhavi. "They become stronger and more cognizant of what diets work for them as individuals. Consequently, this enables them to make modifications in diet and lifestyle habits and combat illnesses in natural ways."

However, Madhavi does not disparage the need for Western medicine whatsoever, especially in cases of emergencies. It's vital that people have check-ups and monitor their vitals such as their blood pressure and check key lab tests, such as cholesterol and blood sugar. Clients who seek her out for agonizing issues, such as digestive problems, do not want to take a lifetime of medication, instead preferring the natural approach that Ayurveda offers. She cautions that Ayurveda is not a 'quick fix' but requires focus getting to the cause of the problem rather than treating the symptom.

As a start to your healing process, Madhavi suggests keeping a food journal of what you eat and what your physically experience. Then, you can make a correlation of what foods have a positive or negative effect on your body. Once you know this, you can start making modifications in your dietary habits.



"Ayurveda empowers us to take charge of our own self-healing. By making the choices which harmonize with our body, we can reclaim our natural state of balance," Madhavi states.

"I have been a life- long vegetarian," says Madhavi. "I eat cooked organic foods daily like lentils, vegetables, and grains. People should be mindful of having too much sugar and fats. The key is moderation, so we don't take our bodies out of balance."

She notes that the world is becoming more conscious of what they consume and finally realizing how toxic processed food can be. Additionally, with palatable alternatives to sugar such as stevia, maple syrup, coconut sugar, and monk fruit, it has become easier to consume healthier sweeteners.

"We are here to live a life that is harmonious, tranquil, and vibrant," says Madhavi. "We have the power within ourselves and the natural intelligence to promote self- healing. The more attuned with our bodies we are, the more we empower ourselves. Ayurveda is the ideal path to guide us in becoming the beautiful flower we were each meant to be."

CUTV News Radio will feature Madhavi Rathod in two interviews on Wednesday, September 5th at 1 p.m. EST and on Wednesday, September 12th at 1 p.m. EST.

Listen to the show on [BlogTalkRadio](#)

If you have any questions for our guest, please call (347) 996-3389.

For more information on our guest and a free health quiz, please visit www.vedichealing.com

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