



ETERNAL SPRINGS  
wellness

## Ayurveda and Panchakarma

Eternal Springs Wellness is one of the few clinics in the U.S. providing Ayurvedic consultation and the rejuvenative treatment of panchakarma as part of its Holistic approach to wellness and healing.

Panchakarma is a rejuvenative treatment that cleanses the system to the deepest tissues, including the bones. It commonly takes 3-7 days with treatments lasting about 2 hours a day to be effective, the exact time determined by the initial Ayurvedic consultation. It is the gift of Ayurveda (meaning the science of life) to be able to clean and reverse many of our cumulative bad habits and inappropriate lifestyle choices in such a simple procedure. All PKs include massage, shirodara or bastis (additional treatments that relax and cleanse specific sites in the body), sweating in a steam cabinet, internal oleation, and eating a mix of rice and mung beans called Kachadi (actually very tasty and nourishing). The cost is \$200 a day and this is what our clients have to say afterwards:

“They did for me in 7 days what the Veterans Hospital didn’t do in 7 years.”  
~ M.S., a veteran of Desert Storm and EMT

“My energy is back and I am sleeping well at night for the first time in a long time.” ~ K.C.

“The PK totally cleared our the inflammatory arthritis on my sacrum that no other doctor or chiropractor could cure. I have been clear of arthritis and pain free since the treatment.” ~ M.B.

To make an appointment for your initial consultation call 713.524.1771 Ext 2: we work very hard to make the process easy for our clients.