



Short Ayurvedic Wellness Assessment

For balance and peace of mind

Welcome!

Healing happens when we know these 3 things:

- 1- The nature of the person
- 2- The nature of the symptom
- 3- The nature of the treatment

Ayurveda is one of the world's oldest system of holistic health care.

It compliments conventional medicine.

While conventional medicine is more symptom-specific and responds to emergencies, Ayurvedic Medicine addresses the factors that lead to imbalance, what is known as the root-cause.

The goal of Ayurvedic Medicine is to create within your body and mind an optimum environment for healing to take place and maximizes your body's ability to heal itself.

And it starts with an Ayurvedic questionnaire.

Most Ayurvedic quizzes out there will help you understand your Ayurvedic minbody constitution. However, in order to bring balance back, it's not enough. More importantly, you need to know the nature of your symptoms or imbalance.

I created this short Ayurvedic **Wellness** Assessment to figure out your personal balance of health and get the peace of mind you're looking for

It'll help you identify the nature of your symptoms, what triggers them and how to remedy them so you can experience balance and peace of mind.

Answer the questions below.

Then count the number of answers A, B and C.

The letter that has the greatest amount of answers is your primary imbalance.

Once you've calculated which one, go to the page where I describe the nature of the symptoms and what simple Ayurvedic strategies you can begin to implement in your life.

You may find that more than one applies, if it's the case, choose the one that's more current and that happens the most often.

It's okay to leave something blank if none of the answers resonate!

Let's get started!

PHYSICAL PATTERNS

Question # 1: After eating do you often experience?

A. Gas and/or bloating

B. Heartburn and/or acidity

C. Heaviness and/or sleepiness

Question # 2: Which one of the 3 do you tend to do most?

A. Skip meals

B. Feel hangry and overeat

C. Eat emotionally

Question # 3: Which one do you tend to experience most?

A. Constipation

B. Loose stools

C. Slow elimination

Question # 4: How's your weight?

A. I'm underweight

B. I'm balanced weight

C. I'm overweight

Question # 5: How's your skin?

A. Dry

B. Inflamed

C. Oily

Question # 6: How's your sleep?

A. It's difficult for me to fall asleep

B. I wake up in the middle of the night

C. I have difficulty waking up

EMOTIONAL PATTERNS

Question # 7: Which one do you tend to experience most?

A. Anxiety, fear, worry and overwhelm

B. Anger, impatience, resentment and intensity

C. Depression, melancholy, sadness and lethargy

HORMONAL PATTERNS

Question # 8: If you're still menstruating, which symptom do you tend to have most?

A. Menstrual flow is irregular, light, lasts 2-4 days and I often have severe pain during menses

B. Menstrual flow is regular, heavy, lasts 3-5 days and I have mild pain during menses

C. Menstrual flow is regular, clumpy, lasts 5-7 days and I have no pain during menses

Question # 9: If you're perimenopausal or menopausal, which symptom do you experience most?

A. Fatigue, anxiety, sleep disturbances and drying up

B. Hot flashes, irritability

C. Heaviness in the body, depression, lack of motivation, sleepiness, weight gain and water retention

Let's get your answers together!

How many As did you check?

How many Bs did you check?

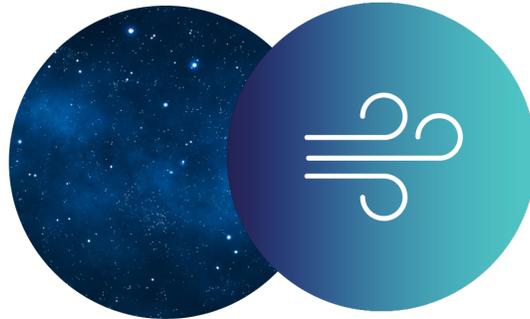
How many Cs did you check?

The greater number of checks is your primary imbalance.

Now, let's find out what your answers mean!

If you have a greater number of A answers, then your primary imbalance is Vata.

VATA IMBALANCE



In Ayurvedic Medicine, Vata is created by the elements of Ether/Space and Air.

Ether is the idea of interconnectedness through space.

Air is the idea of motion.

Ether and Air are both cold, light dry and mobile.

Vata brings lightness to the body and enthusiasm and creativity to the mind.

When Vata gets out of balance, it means that there's an excess of these elements and their characteristics in your lifestyle choices and habits.

This shows up as “spacey” conditions like worry, fear, insomnia and overwhelm; as well as dry conditions, like dry skin and constipation.

Things that bring Vata out of balance:

- ~ Skipping meals
- ~ Overconsumption of raw, cold and dry foods
- ~ Traveling too much
- ~ Overexertion
- ~ Lack of routine
- ~ Sudden life changes: loss of a job, divorce, death
- ~ Living a chaotic, fast-paced lifestyle

Focus on:

Routine
Regularity
& Rest



If you have a greater number of B answers, your primary imbalance is Pitta.

PITTA IMBALANCE



Pitta is created primarily from the element of Fire and secondarily from Water.

Fire is the idea of heat, transformation and illumination.

Water adds smoothness and flow.

The characteristics of Pitta are hot, oily, light and unsteadiness.

Pitta brings intelligence to the mind and shows up in your overall moderate body structure.

When Pitta becomes excessive, it means there's an excess of the fire element and its characteristics.

Then inflammatory conditions arise. Pitta feeds ambition and drive. When out of balance, it will push you towards burnout.

Things that bring Pitta out of balance:

- ~ Overeating
- ~ Overconsumption of oily and spicy foods
- ~ An intense and stressful lifestyle
- ~ Competitiveness and excessive ambition
- ~ Overuse of alcohol and coffee
- ~ Exercising in the heat
- ~ Burning the candle on both ends

Focus on:

Flexibility

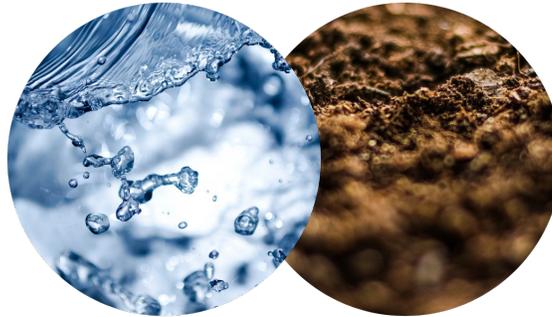
Flow

& Fun



If you have a greater number of C answers, then your primary imbalance is Kapha.

KAPHA IMBALANCE



Kapha is created from the elements of Water and Earth.

Water is the idea of flow.

Earth is the idea of solidity and stability.

Together, Water and Earth are heavy, moist, cool and solid.

Kapha brings stability to the body and compassion to the mind.

When Kapha gets out of balance, it means that there's an excess of water and earth elements and their characteristics.

This shows up in congestive conditions, tissue overgrowth like overweight, cysts and tumors as well as excessive emotionality, sadness, depression and attachment to the past.

Things that bring Kapha out of balance:

- ~ Too much heavy, cold and oily foods
- ~ Emotional eating
- ~ Sedentary lifestyle
- ~ Sleeping during the day time
- ~ attachment, melancholy

Focus on:

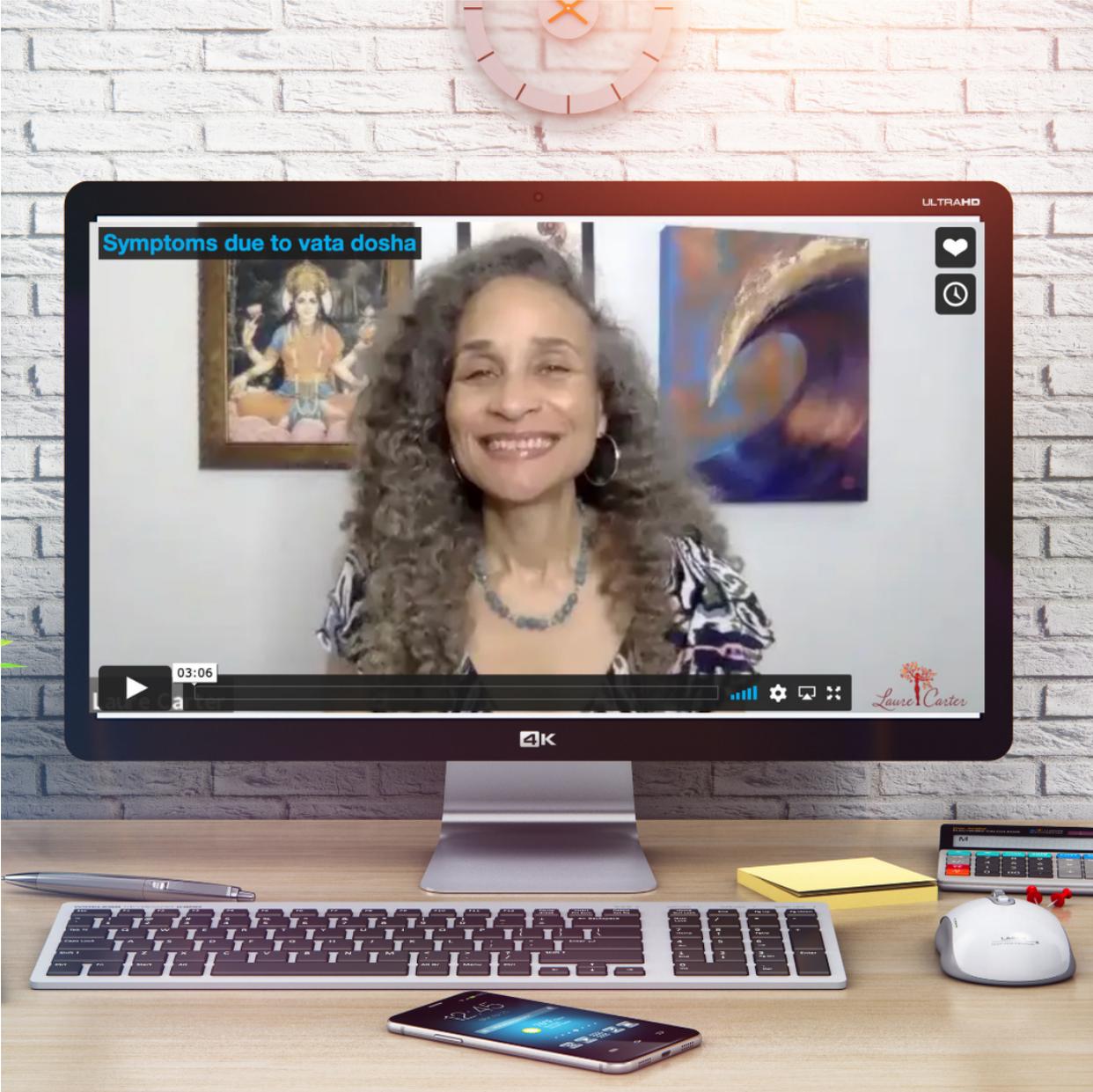
- Spontaneity
- Spice
- & Surprise



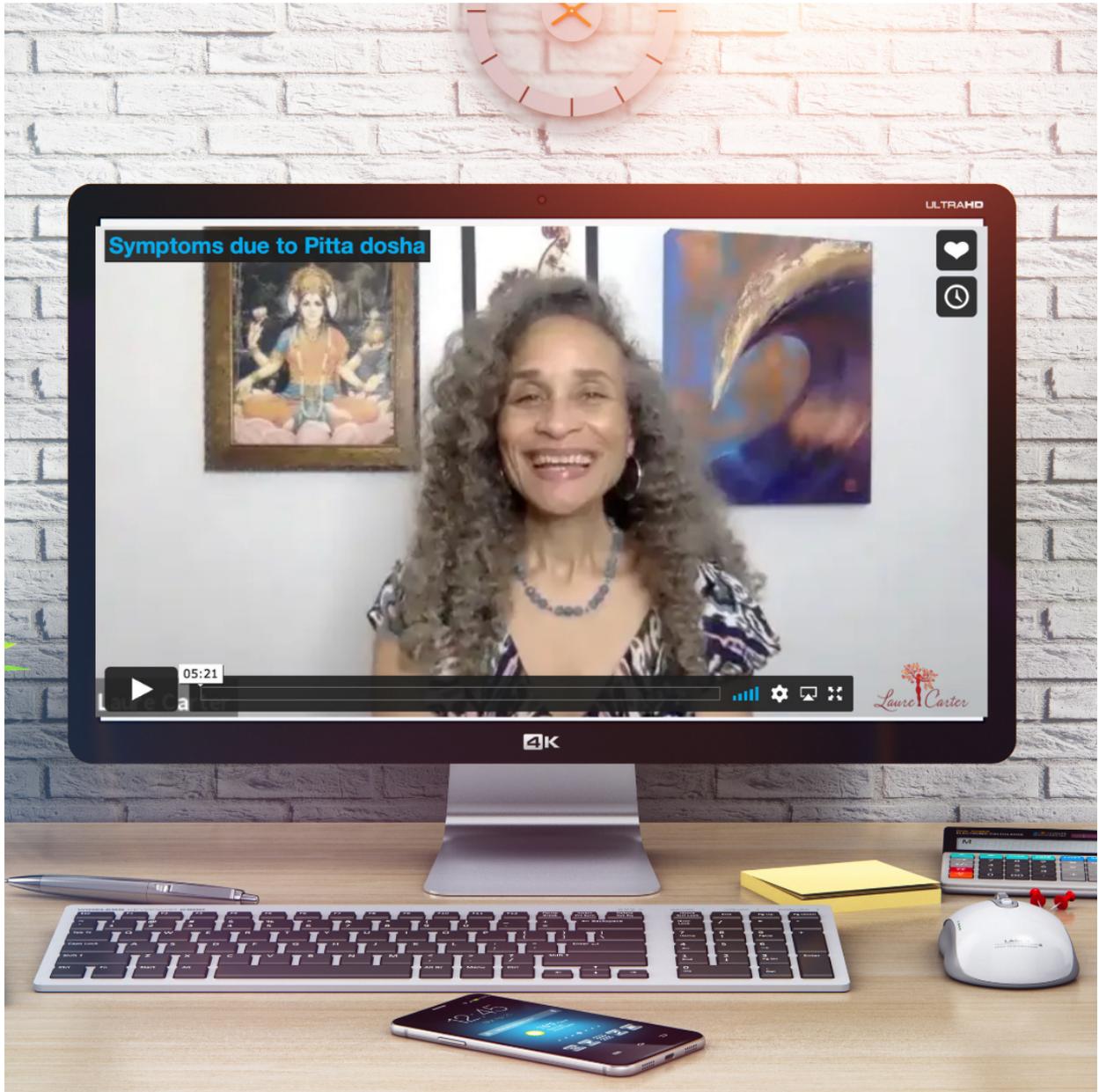
But wait! I have a little something extra for you!

Click on the video A, B or C below and I'll share a few practical tips to get you started on your Ayurvedic Healing Journey right now!

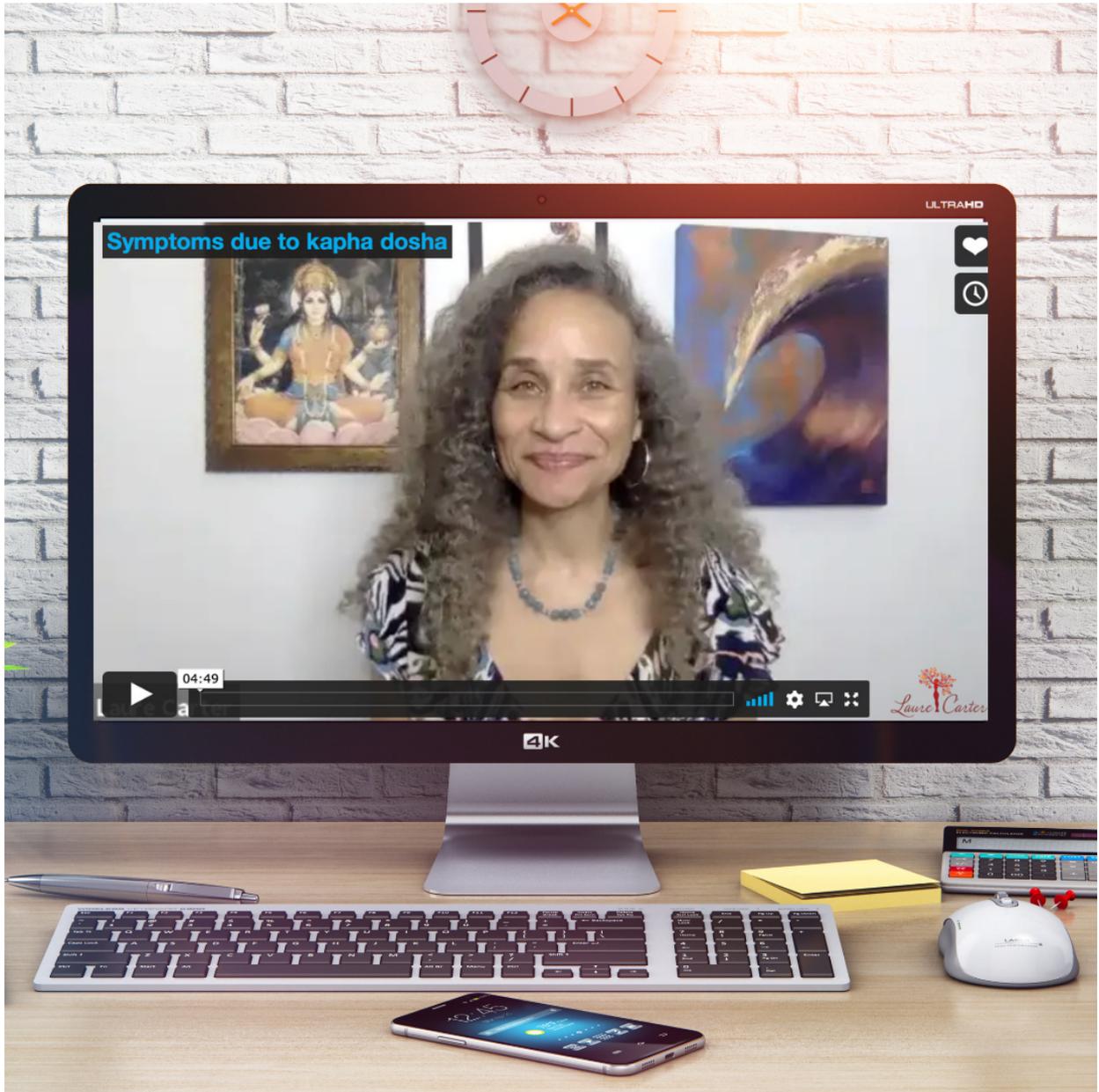
VIDEO A



VIDEO B



VIDEO C



ABOUT LAURE CARTER

Laure is a former International Fashion Model and Political Science Major turned Women's Health Coach.

She empowers women through their health and their well-being.

She coaches women how to experience vibrant health, feel whole and live in balance utilizing the ancient Healing of Ayurvedic Medicine.

Her multi-cultural upbringing in the US, Paris and Martinique and extensive travel in Thailand, India, Egypt and Africa has uniquely prepared her to connect deeply with ALL women, from all over the world, understanding how cultural differences can color our individual experience.

Her vision is to help women be healthy and whole, expressing their Highest Vision of Themselves, and become agents of change in a world in crisis.

Laure is also an Ayurvedic Plant Based chef and when she's not cooking for her loved ones, she teaches her clients how to make easy, delicious meals for their family!

Book Laure for speaking: 561-450-9467 or info@laurecarter.com