



792 Route 35, Cross River, NY 10518

## FREE HEALTH LECTURE SERIES – ONLINE

### *EATING IN HARMONY WITH NATURE*

*Healing the body and the environment*

### *WINTER: THE IMMUNE SYSTEM*

*Kapha (slow/heavy) - Vata (cold/dry)*

**Dr. Somesh N. Kaushik**

Ayurvedic and Naturopathic Physician

## ON ZOOM

**TUESDAY**

**January 14, 2025**

**7:00-8:00 PM**

Ayurveda defines health as a balance of body, mind, and spirit, aligned with nature and in harmony with the earth's elements. In Ayurveda the body consists of the five universal elements – space, air, water, fire, earth – in combinations called doshas: Vata is space/air; Pitta is fire/water; Kapha is earth/ water. We all have elements of these three doshas in our unique profile. Keeping them in balance is key and diet is critical. Choosing foods with the correct elemental properties ensures dosha balancing. Warming foods are best for Vata (air); cooling foods are best for Pitta (fire); and light foods are best for Kapha (earth). Foods that are fresh, firm, and succulent promote health, vitality, strength, and long life. Choose foods with this intent, as well as local, seasonal, and organic to help your body to heal and sustain the environment as well.

Come and discover:

- How foods affect the immune system
- The shift that digestive microbes take in the winter months
  - Why warm foods are best for winter's Vata elements
- The light stimulating foods best for winter's Kapha elements
  - Ashwagandha's adaptogenic properties for winter
- How turmeric's anti-inflammatory properties benefit immunity
  - Measures to combat dry skin and sinuses

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Dr. Somesh N. Kaushik is the owner and chief medical practitioner of ***Dr. Kaushik's Ayurvedic and Naturopathic Clinic*** in Cross River, NY. With over 35 years' experience as an Ayurvedic physician, Dr. Kaushik's medical training is extensive. He is one of the most experienced Ayurvedic physicians in North America and is the recipient of the Dhanwantri Award, his profession's highest honor. Dr. Kaushik recently founded the ***Institute for the Advancement of Ayurvedic Sciences***, a research and teaching institution.

After completing the 6 ½ years of schooling for his Bachelor of Ayurvedic Medicine and Surgery (BAMS) from Kurukshetra University, India, in 1983, Dr. Kaushik worked as an Ayurvedic Medical Officer for two years.

Upon moving to the United States in 1985, Dr. Kaushik received his Masters of Public Health (MPH) and Masters of Public Administration (MPA) from the University of Alabama in 1988. He then worked as an Epidemiologist and Director of HIV/AIDS Sero-surveillance Program with the Alabama Department of Public Health in Birmingham while maintaining an Ayurvedic practice.

In 1999 he moved to Connecticut and received his Doctor of Naturopathy (ND) from the University of Bridgeport, CT in 2003. He taught Ayurvedic Medicine and Public Health at the College of Naturopathic Medicine, University of Bridgeport, as well as serving as the Director of Admissions there. He has been a faculty member with the University of Bridgeport, Division of Health Sciences since 2001. Dr. Kaushik co-founded the Institute for Ayurvedic and Naturopathic Therapies in Fairfield, CT in 2006.

Dr. Kaushik lectures on Ayurvedic Medicine at the National College of Naturopathic Medicine, Portland, OR, as well as at various national and international symposiums and events. He also offers courses, workshops, lectures, and training in Ayurvedic medicine locally. Dr. Kaushik is an approved continuing education provider for Yoga teachers through the YACEP (Yoga Alliance for Continuing Education Providers) and has achieved the highest Experienced Registered Yoga Teacher certificate having completed 500 hours of training (E-RYT 500). He includes therapeutic Yoga in his practice.

Each year, Dr. Kaushik and his family travel to India to set up camps offering free medical care for underserved populations. He'd like to expand this service to other countries as well.

Dr. Kaushik brings his unique background as an Ayurvedic and Naturopathic practitioner with experience in public health and health education to this locality. He welcomes you into his wellness community.