



**Do you have chronic inflammation?
Joint pain? Arthritis? Fibromyalgia?
An inflamed intestines? Gout?**
There are effective natural pain revealing alternatives.*



Understanding Inflammation

Today, we know that inflammation is the root of many chronic health conditions ranging from heart disease and diabetes to depression, Alzheimer's and osteoporosis. Researchers have long known heart disease and inflammation were intrinsically tied. Tumors grow larger as the inflammatory process takes hold and cancers are perpetuated by chronic inflammation. It is also a key factor to skin aging.

This program is adjusted for the following conditions:



- **Muscle inflammation and pain** (fibromyalgia, muscle pain)
- **Inflammatory skin conditions** (rashes, boils, rosacea, etc)
- **Join and muscular pain** (arthritis, joint pain, back pain, etc)

- **Nerve pain** (headaches, sciatica, etc.)

Types of Arthritis according to Ayurveda

Based on Ayurveda, accumulated toxins in the liver and blood eventually buildup in joints, muscle tissue, fat cells, skin or other organs (depending on the individual) leading to inflammation and ultimately pain. The Ayurveda approach focuses on reducing inflammation (due to excess Pitta) and detoxing the body before addressing the pain with analgesic (pain reducing) herbs and external [oil] treatments.

- **Vata type arthritis** has severe pain that changes, migrates and throbs. The joints become stiff and crack and movement is difficult. There may also be constipation, gas, abdominal distention and lower back pain. nervousness, anxiety, fear and and insomnia.
- **Pitta type arthritis** involves more heat and inflammation, swelling, fever or burning sensations. Pain is resolved by cold and aggravated by heat. Symptoms often include sweating, loose bowel movements and irritability.
- **Kapha type arthritis** involves swelling and edema around the joint. Pain is usually localized, dull, heavy and aching. There will also be congestion in the chest and mucus

In Ayurveda, treatment protocol varies greatly based on the type of arthritis.



A Natural Anti-inflammatory and Pain Reducing Program Individualized Ayurvedic remedies

This program can be provided privately in Ojai or the Santa Barbara area, or remotely by phone/Skype with herbal remedies mailed to you.

Objectives

This is an very holistic inflammation and pain reducing program using an Ayurvedic anti-inflammatory diet (pitta pacifying), whole-food supplements, Ayurvedic herbal remedies, detoxification as needed and [herbal oil] treatments. Individually, each therapy helps improve the condition to some degree but it is the right combination and proper application of each therapy that produces favorable results. The program requires a 90 day period, however, improvement is often noticed in the first few weeks.

The many testimonials that I have commenting on how quickly chronic pain and inflammation improved using this protocol are a testament to this program's effectiveness.

The aspects of this program:



- An individualized anti-inflammatory diet.
- Whole food nutritional therapy.
- Custom herbal formulas, teas and oils.
- Topical home-remedies for localized pain and inflammation.

Generally, clients with pain or inflammation require [colon detoxification](#) and [Liver Detoxification](#).

Typical herbal products provided:



Overall objectives of the program:

- Alkalize the body*
- Reduce joint and/or tissue inflammation*
- Eliminate accumulated toxins from the tissue and joints*

Program requires private consultations (in Ojai, CA or by Skype) plus herbal products.

For appointment details see [Fees](#) .

To set an appointment see [Schedule](#)

To get started or discuss your health issues with Khabir please submit [Online Health Assessment](#)

Note: This program does not include spinal or structural adjustments or address physical injuries. Other treatments often necessary include chiropractic and osteopathic adjustments, exercise, yoga and posture training.

Success stories

"You are a magician. ☐ My spasms are mostly gone. ☐ The inflammation has been greatly reduced. ☐ Very little pain or stiffness. ☐ in fact, I am feeling back on course energetically" **Karen Stephens, Oak View**

"I just want to tell you that the herbs you suggested are working well!☐ THANK YOU SO MUCH for being patient and open to my needs and hopes. ☐ I haven't had any fibro pain for 4 days now!☐ WOW!" **Elaine Eddy Ojai**

"I had a terrible headache and neck and back pain yesterday and made you Nerve Pain & Headache tea and it worked like a charm!! Thank you so much!" **Bianca Acevedo,☐ Redondo Beach, CA - 2015**

"Your warm oil massage and hot steam treatment was unbelievable! After this experience I don't think I could enjoy a dry massage again. ☐ There is no questions that the warm oils is not only very relaxing and detoxifying but great for the skin and has noticeably reduced my joint pain. ☐ **Alice James, Santa Barbara**

"The swelling on my elbow went down right after you provided an anti-inflammatory herbal tea mix". ☐ **Robert Gluckson, Los Angeles**

"I was suffering from severe pain in my lower back, buttocks and thighs, and it was diagnosed as sciatica pain. My orthopedic doctor said that I have a herniated disk in my lower spine and needed surgery. TI went to Khabir as a last resort ☐. . . . I was ready to do anything and followed his advice and within a period of 2 weeks, my pain started easing. I was no longer having difficulty walking and managed to cut down on the pain medication I was on. The problems related to my☐ bowe☐ movement disappeared. I am truly grateful that I found him." (via

Yelp) **Donald B., Ojai**

[More testimonials](#)



//

// //