



Iryna Fayer NHP, TTM

Registered Tibetan Medicine Practitioner
TTM. Ukraine.

Combined acupuncture and herbology.

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Doshas - Space & Air: Responsible for Movement

- Space & Air Vata dosha consist of all the qualities of space and air elements. This makes the nature of Vata: cold, clear, light, dry, subtle, mobile and rough. Explore a variety of products and techniques to counter the effects of excess Vata in your body

Pitta Doshas Fire & Water: Responsible for Transformation

- Pitta dosha consist of the qualities of mostly fire and some water. This makes the nature of Pitta dosha: hot, clear, medium in weight, combination of dry and oily, sharp yet potential of soft and smooth given the element of water

Kapha Doshas Water & Earth: Responsible for Structure and Lubrication

- Kapha is strong, heavy and slow when it comes to body and mind. Large body frame, thick wavy hair, oily or damp skin, large features and a compassionate heart. Long lasting memory, strong faith and loyalty are good signs of Kapha along with stability and grounding. Kapha brings a natural desire for routine, comfort and family. Kapha types are wonderful story tellers!

You can find out your Dosha type by going through a complete pulse diagnosis and follow the recommendations to maintain health and emotional balance.

Beauty & Youth Formula

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Preparing for the fall, the transitional season.

It is important to change habits and choose a personal healthy nutrition plan using the Pulse Diagnosis method

Tibetan Medicine and Ayurveda one of the world's oldest holistic medical systems originating.

- Learn to identify your imbalances and come back to your balance to stay healthy.
- Remove disturbances to your natural state that lead to stress and illness.

Our body is comprised of the five elements of nature (space, air, fire, water, earth).

- These elements are combined into three categories called "Doshas" also known as Vata (space and air), Pitta (fire and water), and Kapha (water and earth).
- Every person contains all three doshas and therefore qualities of all five elements, however, each of us has a unique blend possessing certain elements more than others.

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What diseases does Tibetan medicine treat?

Tibetan medicine treats diseases:

- Respiratory organs - asthma, chronic bronchitis, pneumonia;
- Blood - thrombocytopenia, anemia;
- Heart and blood circulation - hypertension, arrhythmia, angina pectoris, varicose veins;
- Genitourinary system;
- Skeletal system - osteoporosis, arthrosis, arthritis, intervertebral hernia;
- Endocrine system - obesity, diabetes mellitus;
- Digestive system - ulcers, gastritis;
- Pancreatitis, cirrhosis;
- Diseases of the nervous system - insomnia, migraine, consequences of a stroke;
- Various types of allergies;
- Weakening of the immune system;
- Skin diseases, eczema.

About Tibetan Medicine

Why I chose this path and what are the benefits!

Tibetan medicine is a traditional oriental medicine and the science of deep healing that is over 2000 years old. It was formed as a result of improving the experience of Chinese, ancient Indian and Arabic medicine.

***The task of Tibetan doctors is to balance all the systems of the body and the three vital principles of a person: Wind, Bile and Mucus.
(Vata, Pita, Kapha)***

- Vata affects' controls the nervous system.
- Kapha affects' the lymphatic and endocrine system.
- Pita affects' the digestive system.
- If one or all doshas are out of balance in a patient, many diseases develop. It is important to balance all three doshas, this will give healing on a deep level.

Tibetan medicine restores balance by eliminating the very cause of the disease.



Basic principles of Tibetan Medicine

- Unique gentle manual therapy techniques
- Thats body as a whole system
- Personalized nutrition, taking into account the individual characteristics of the patient
- The doctor selects food according to the patient's pulse
- Very specific change made

How is Tibetan medicine different from Western medicine?

1. Tibetan medicine treats the cause of the disease, not just its consequences
2. If Western medicine is focused on a specific organ, then Tibetan medicine takes the whole body as a whole
3. Tibetologists treat non-surgical way

What Methods Does Traditional Tibetan Medicine Use?

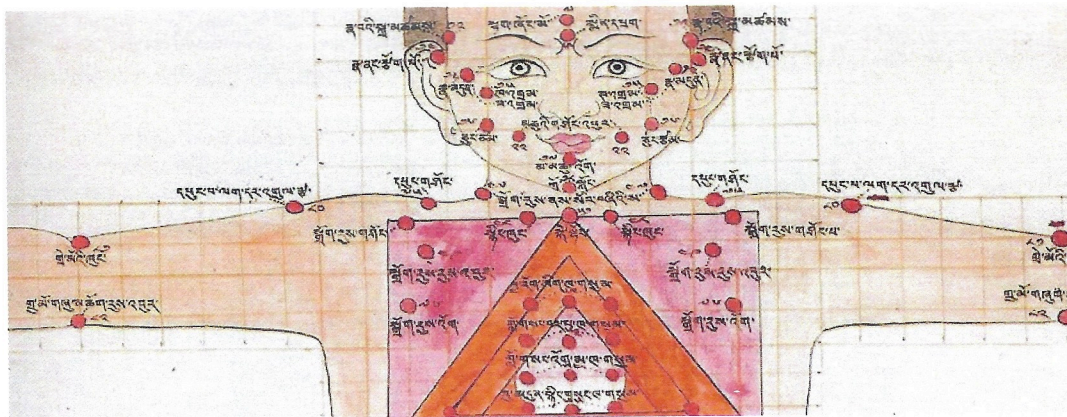
- Herbal treatment, taking herbal medicines, tinctures, resins, extracts made according to an individual prescription by a Tibetan doctor
- Acupuncture
- Point massage, energy, oil, stone therapy
- Stimulation of biological active points
- Heat and cold treatment
- Water procedures
- Natural medicines
- Body work and alignment
- Changing lifestyle and habits
- Balancing the nervous system
- Meditation breathing practices on a deep level and healing
- Spiritual healing based on the study of sacred texts under the guidance of a mentor

Diagnostics!

The most important achievement in Tibetan Medicine is the diagnosis of internal organs and all body systems using 64 pulse rhythms

- Tibetan doctor checks the functioning of the organs (using the method of pulse diagnosis). Accurate diagnosis leads to successful treatment.
- The doctor reveals which biologically active points need to be treated. The impact occurs in three ways: strong pressure, acupuncture and moxibustion.
- The medicines used by Tibetan doctors are made from plants, roots, resins, essences and other natural ingredients. These are unique prescriptions.

A Tibetan doctor, after graduating from the University, undergoes a year's training at the Monastery. This makes their knowledge pure and their heart kind. All actions are aimed at helping people - this is the main goal! Compassion and love for all living beings the basic principle.





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be healthy · be vibrant · be your best

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Work experience:

- Original methods, 15 years of work experience (individual consultations, workshops)
- Whole body health diagnostics, based on ancient Tibetan pulse measurement technique
- Personal program development, specific food and medical treatment prescription.
- Holistic Recovery Healing session - energy rebalancing.
- Massage Therapist and Healing
- Chiropractor

The program including Hatha Yoga, Qi Gong, Body rehabilitation.

Beauty & Youth Formula. Tailor made set of exercises, diet and herbal teas.

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The unique method - pulse diagnosis.

Reasons to get diagnosed:

- Assistance in developing a healthy nutrition plan based on individual needs
- Chronic health concerns
- Overweight
- Allergies
- Having skin problems (blackheads, acnes)
- Issues with liver
- Digestive diseases
- Alltime tiredness
- Pain in joints, spine
- Emotional instability
- Headaches
- Arterial blood pressure
- Varicosis
- Water retention
- Right food habits

Consultation:

- Diagnosis of internal organs condition and the whole body
- Diagnosis of internal systems by 64 personal pulse rhythms
- Selection of medicine, herbal pills, vitamins and other supplements by pulse.
- Selection of food by personal pulse
- Diagnosis of the blood vessels
- Identification of genetic predisposition to various diseases
- Identification of the ratio of doshas (vatta, pita, kapha)

During the consultation you receive:

- A detailed health map of your entire body, all internal organs and life channels, and practical health tips
- A personalized list of food products
- Meal times tailored to personal characteristics.
- The meal plan for one -two month.
- Other necessary recommendations for your health condition. And most importantly, the tools to achieve balance and the individual (innate) characteristics of your body and your psychology.

The consultation lasts 1.5 - 2 hours