



ABOUT THOMAS MUELLER B.A., D.A.Med.

Born in Germany, Thomas's personal health issues 25 years ago led him to an interest initially in meditation, which further developed into an interest and understanding of Ayurvedic Medicine with training in Germany, Netherlands, New Zealand and India.

His qualifications include:

Ayurvedic Therapist training in Germany, 1989
Meditation Teacher Training in Switzerland, 1990
Diploma in Ayurvedic Medicine from New Zealand 2007
Yoga Teacher Training in Bangalore, India 2010

Thomas is an International teacher of Complementary and Alternative therapies and he currently teaches in Germany. Thomas is also an Ayurvedic practitioner seeing patients at the Wholistic Medical Centre at 57 Harley Street, London.

His speciality is in pulse assessment and Panchakarma with specific interest in nutrition, food and the influence of Ayurvedic therapies on the subtler bodies having a therapeutic and beneficial effect on a physiological and physical level.

"The main purpose or meaning of Ayurvedic treatments is to remind the body how it is or feels to function normally. It is about realigning the body's own inner intelligence towards the healing process" Thomas Mueller

SERVICES PROVIDED BY THOMAS MUELLER

- 1. Ayurvedic Consultation**
- 2. Ayurvedic Nutritional Principles according to individual metabolic body types**
- 3. Specific Ayurvedic herbal pastes/ jams to suit individual needs**
- 4. Stress management & lifestyle routines**
- 5. Treatments**
 - a. Marma**
 - b. Abhyanga**
 - c. Foot**
 - d. Back**
 - e. Head**
 - f. Gharshana & Vishesha**
- 6. Ayurvedic “Face lift” using a prescription only homemade Ayurvedic skin care range**
- 7. Specialised treatments**
 - a. Synchronised Abhyanga:**
 - b. Nasya**
 - c. Netra Basti**
 - d. Bala Marma**
- 8. Home visits**
- 9. Retreats**

Ayurvedic Treatments Explained

1) Ayurvedic Consultation

Ayurvedic consultations provide the key to prevention and wellbeing. The initial consultation offers an assessment of the Ayurvedic body type, the patient's state of mental and emotional wellbeing using traditional assessment methods such as observation, pulse and tongue analysis. These consultations include advice on diet, lifestyle, stress management, the prescribing of specific herbs and body treatments that would be beneficial to the healing process.

2) Ayurvedic Cleansing Dietary advice & consultation

Much of Ayurveda is based on simple routines and practices. As many people today live in a stressful environment with food on the go and constant stimulation, healthy eating habits and routines have disappeared. Even simple signals such as when to stop eating because we are full have been lost, as so many meals are taken in front of a television, possibly contributing to obesity and other eating disorders. In an Ayurvedic consultation or retreat environment, dietary and food requirements are assessed, leading to individual dietary recommendations which incorporate Ayurvedic principles including the use of specific spices.

3) Herbal jam/pastes (Lehas)

Herbs are in fact an excellent source of food and specific nutrients. There is an art and skill to preparing herbal jams or Lehas which requires a certain synergy or combination including carrier such as ghee and honey to maximise their absorption into the body and to make these herbal prescriptions to be fully effective. Based on traditional and ancient Ayurvedic recipes, each Leha is individually prescribed and freshly made to suit the individual specific requirements or needs.

4) Yoga and Meditation

Practical techniques to manage stress and enhance the benefit of Ayurvedic therapies are taught. This calming routine is essential for optimising the effect of any treatment and for self maintenance.

5) Marma Therapy

Based on the patient's pulse analysis, vital energy points on the body are very gently stimulated using this subtle yet very effective technique. Specific essential oils are selected and gently applied to Ayurvedic marma points – the junction points between our higher self and the physical body. This therapy works primarily on the subtle body level helping address emotional imbalances that may have contributed to disturbances on the physical body level.

6) Abhyanga

A traditional Ayurvedic whole body therapy that supports lymphatic flow, immunity and cleansing. This treatment activates the largest detoxing organ in the body – the skin. The skin protects all the inner organs thus keeps your boundaries strong and healthy and as a result it prevents diseases at the border. The oils used have the highest stability to withstand external stresses.

7) Synchronised Abhyanga:

This full body treatment involving two therapists (four hands) provides synchronised rhythmical movements and pressure of the massage strokes has a powerful effect on the central nervous system by helping to balance the right and left hemisphere of the brain. It thereby creates a state of homeostasis, where the body and mind are encouraged to remember how it is to function normally. This is essential for any healing to occur.

8) Padabhyanga

An Ayurvedic reflexology treatment that is grounding and relaxing. This therapy changes the biological clock to match the rhythms of nature by focusing on the area between the knees to the feet. It revitalises the entire body and can be useful in the treatment of early signs of depression, insomnia, stress or generally tired feet and legs.

9) Pristhabhyanga

This Ayurvedic therapy focuses on the lower back, the junction point of all nerves and the so-called 2nd brain. It links the spine with our central nervous system and helps to relieve backache, tensions and strains. It also addresses the psychological aspects of the nervous system.

10) Kati Basti

A dam made from dough is placed on a specific area of the back, depending on the needs of the patient. Warm oil is then poured into the dam where it remains to deeply nourish the affected area. Kati Basti acts on the musculoskeletal system and works well with structural changes. It reduces inflammation of the nerves pressing on the bones and addresses chronic back pain. A series of sessions are recommended for this treatment to be effective.

11) Shiroabhyanga

A traditional Ayurvedic head treatment based on the 36 marma or reflex points on the head. The head and brain are the controlling centre and the receiving point of the vital force 'prana'. This therapy acts on the hypothalamus thus is useful in hormonal conditions, stress and sleep related disorders. It relaxes and soothes the head, neck and shoulders.

12) Vishesha

This massage is a special, deep tissue therapy, which removes blockages and stimulates lymphatic flow. It soothes those deeper muscular aches and pains, removes stiffness and sluggishness. Vishesha massage is highly refreshing and energizing.

13) Garshana

The use of silk gloves in this massage creates gentle friction, which helps to increase blood and lymphatic circulation, thereby helping to oxygenate cells and stimulate the removal of accumulated toxins. Garshana also breaks down fat deposits; it cleanses and exfoliates the skin and assists the process of normalizing weight.

14) Mukhabhyanga - Ayurvedic "Face lift" using prescriptive and homemade Ayurvedic skin care range

This Ayurvedic facial treatment uses the Marma points or energy points of the head to stimulate circulation and lymphatic flow. A specific technique is used to increase cerebro-spinal fluid and helps to strengthen the nervous system. It also supports normal function of pituitary and pineal glands. This Ayurvedic facial treatment has a toning effect on eyes and inner organs, promoting a healthy complexion and regeneration of a younger looking skin.

15) Nasya

In Ayurveda the nose is considered the gateway to the head. Nasal administration of medicated oil in this therapy, gently and deeply clears the nasal and sinus passages, which helps improve sensory perception, hormonal imbalances, clearer thinking and memory. Nasya also improves sinus congestion, respiratory allergies and migraines.

16) Netra Basti

This is a specific eye treatment, to relieve eyestrain and tired eyes, giving rest to the most active sensory organ in the body.

17) Bala Marma

This is a powerful treatment designed to enhance the immune system using pure grade essential oils. In addition moist heat is used to create healing and cleansing through structural and electrical alignment to the body. Essential oils are dropped gently on the spine and then lightly massaged in using various techniques. A hot compress is then applied, which facilitates oil absorption and muscle relaxation. During this treatment, the body naturally absorbs high-frequency oils, creating within the body, an environment less hospitable to bacteria, viruses, or other unwelcome micro-organisms. .

18) Home Visits

A familiar environment can often accelerate and support any healing process, for this reason we offer home visits as an additional service for some of the treatments and therapies.

Half or one day packages could include any of the following depending on the needs of the patient: Ayurvedic assessment with pulse analysis, lifestyle advice, Ayurvedic nutrition, Yoga and meditation, educational sessions and body treatments.

19) Retreats

The principles of Ayurveda are essentially based on the need to incorporate good routines and rhythms in your life, especially to do with food, movement and stillness. Unfortunately many of us cannot relate to having such natural routines or rhythms in our lives, yet it is important and necessary to relearn or re establish such patterns in order to regain health and well being particularly as we get older in life.

Retreats are ideal for taking you out of your often chaotic environment into a totally different setting of quietness and peacefulness. This helps to introduce some helpful routines aiming to primarily establish normal, healthy digestion, reduce the stress

response/habit and rebuild and nurture the body on all levels.

A retreat includes being taught new Ayurvedic routines such as, yoga and meditation, nurturing, warm homemade food with specific ingredients and spices to address your individual needs, Ayurvedic body treatments selected specifically for you based on your metabolic type, tongue and pulse analysis and finally towards the end of your retreat, an opportunity to learn how to prepare some simple meals, digestive tonics and other home remedies.

These retreats are one on one with qualified, skilled and clinically experienced Ayurvedic practitioners taking care of you throughout your stay. You may choose from any of the following 5, 7 or 10 day retreats. Ideally your retreat is planned ahead of time with your Ayurvedic Practitioner having had some preparatory consultations and treatments sessions to maximise your benefits from your retreat.

My experience of the five day retreat with Thomas and Sue

“Trying to get away from my London based clinic, I arrived frazzled and stressed into Sue’s peaceful and quiet country house setting.

From the initial pulse analysis with Thomas my ‘agni’ or digestive fire was found to be very weak. It took two days of settling into a calmer rhythm. The day began with yoga and meditation followed by rejuvenating morning and mid-afternoon Ayurvedic body therapies with the focus being to regain my digestive fire. The food was simple and delicious - homemade soups with specifically chosen spices and then there was the early night, pre-bedtime drink for a sound sleep.

In between my Ayurvedic Therapies I was able to distract my mind by reading, ‘Eat – Love – Pray’.

Valuable Ayurvedic routines taught to me included:

- The value and importance of tongue scraping as part of the morning routine,
- Ginger balls to eat just before each meal to warm up and prepare the digestive system to receive food.
- Sipping on hot rice water upon arrival and hot water throughout the whole day.
- A special mantra for meditation and specific mudra to use during moments of stress when back into daily life.

Part of the body therapies included marma, enhanced by the use of specifically chosen essential oils.

On my final day I was treated to an Ayurvedic facial and was taught how to make some useful home remedies.

Finally I was packed off with a thermos flask, containing hot water infused with freshly

chopped ginger and some of Thomas's special bliss balls.

The retreat was thoroughly relaxing and rejuvenating, however it was only three to four days later that I noticed I felt remarkably different and well." *Dr. Shamim Daya*

Ayurvedic Medicine

The main focus of Ayurvedic Medicine involves assessing the quality of the digestive fire or agni which determines the effectiveness of absorption and assimilation of nutrients from food to the rest of the body and vital organs. A good digestion or agni will also ensure good and adequate elimination of toxic waste in addition to a peaceful state of mind.

Without stimulating agni there is no real 'power of digestion', hence the science of cooking with the right spices. To strengthen agni and eliminate disease it is necessary to improve our sense of taste - that is why spices are such an important inclusion in Ayurvedic Medicine.

Most people's lifestyles tend to be erratic and stressful with little importance to routines which help to re-establish a normal and healthy natural rhythm in body and mind. In addition to Ayurvedic cleansing diet sessions a common and important aspect of Ayurveda includes stress management programmes.

This is done with sessions that teach simple yoga, meditation and breathing routines as well as Marma therapy using selected essential oils. It is the simple routines in life that are necessary for transformation and healing to take place. The beauty of Ayurveda is that once you have been taught and mastered such basic yet important routines, ultimately you become more self-reliant and self-empowered on your healing journey.