



WELCOME TO:

Your Ayurvedic Peak Wellness Transformation

WITH
NURSE PRACTITIONER
MARGARET MULLINS ARNP

A Highly-Personalized 3-Visit Program to Achieve Optimal Wellness

Nurse Practitioner Margaret Mullin's patients receive an unprecedented level of care rarely seen in other practices. She truly enjoys getting to know her patients and guiding them to better health and an enhanced quality of life. Whether patients seek the best in preventive wellness, or holistic complementary approaches to help heal specific issues, all patients receive the following:

PROFESSIONAL ATTENTION. CARE. QUALITY. SUPPORT.

“One whose mind-body intelligence is balanced, whose digestion is good, whose elimination and tissues work normally, and whose senses, mind and inner consciousness remain filled with bliss.”

–Sushruta Samhita, classic Ayurvedic text

When in balance,
You look and feel good, even blissful,
from the time you wake up in the morning
and until you easily fall asleep at night.

YOU WILL RECEIVE:

A Very Personalized Program of Ayurvedic Wellness
Assessment & Recommendations to Speed You on Your Way to
Radiant Health and Mind-Body Wellness!

YOU WILL ADDRESS TOGETHER:

- **Optimizing digestion and elimination**
- **Gentle detox according to your personal needs and preferences**
- **Individualized behavioral recommendations related to daily routine**
- **Stress relief and easing emotional issues**
- **Diet personalized for your body type and any imbalances**
- **Recipes and menu planning support**
- **Herbal and nutritional supplements to help balance your mind-body system**
- **Guidance on how to work with your local doctor or specialist**

GUIDE TO:

Your Ayurvedic
Peak Wellness Transformation

- Your 3-visit program starts with an initial Comprehensive Ayurvedic Consultation with Nurse Practitioner (NP) Margaret Mullins, a 90-minute session by phone or video conference, one-on-one, followed by a 30 minute session 1-2 days later to discuss your recommendations and answer any questions you may have.

Your initial visit program includes:

- An in-depth discussion of your current wellness, prevention, and health goals.
- A comprehensive review of your health and wellness history, including recent lab test results, specialist reports, X-rays, and any other results you can provide.
- A thorough Ayurvedic assessment using questionnaires you will fill out, as well as evaluation of your pulse. (The pulse works in-person or over the phone. If by phone, I'll teach you the basics and ask you some simple questions that will help me assess you Ayurvedically. Added bonus: you can use this self-pulse technique in your daily life to help balance your mind-body system as well.)

- Assessment of your Ayurvedic Mind-Body type and current state of balance. Your Ayurvedic program will be highly personalized to help restore your mind and body to "balance," a state of maximum well-being, in which all your bodily systems are working optimally—digestion, sleep, alertness, energy, weight and metabolism.

Your follow-up program includes:

- Two 60 minute follow-up sessions with NP Margaret, one-on-one (Your follow-up visits will be 30-60 days apart) by phone or video conference to ensure your optimum progress, answer your questions, adjust your recommendations and evolve your mind-body-spirit wellness to the next level.
- Email and Private Portal Messaging Service for a full 4-5 months- (from the first consultation until one month after your last consultation)—NP Margaret will answer your ongoing questions and issues via our private message portal, to support your progress and help you succeed in your wellness and mind-body goals!

GET TO KNOW

Your Nurse Practitioner Margaret Mullins

Biography

NP Margaret is a Certified Nurse Practitioner with extensive experience in a wide range of practice settings, from private offices to public health departments, small rural hospitals to large urban teaching hospitals, Western medical settings and Ayurvedic clinics.

She is both a Certified Family Nurse Practitioner and a Pediatric Nurse Practitioner, and is highly skilled in addressing the health needs of individuals across the gender and age spectrum.

NP Margaret has been a pioneering leader in establishing Ayurveda practice in the US and began her Ayurveda career at the Washington AyurVeda clinic from 1985 through 1996, where she worked closely with Dr. Nancy Lonsdorf, the Medical Director, including seeing her own patients in Ayurvedic Wellness visits.

Her special passion and dedication is to improving the health of women and children. She helped develop the original Ayurvedic Mother-Baby program in 1987, created a certificate training program for Ayurvedic Mother-Baby practitioners in 2008 and, as Adjunct Faculty at Maharishi International University (MIU), teaches an accredited course, both in-person and online, for Ayurvedic consultants entitled the *“Healthy, Happy, Mother-Baby”* course.

In addition, Margaret is also highly experienced in practicing and teaching meditation, and is a certified teacher of the Transcendental Meditation (TM) program. She enjoys supporting the development of her patients’ full potential for health and happiness through the enlivenment of consciousness.

“Consultations with Margaret have been so helpful for my long-term health. Besides Margaret is such a sweet person.”

–M.C.

“So knowledgeable and loving. I recommend her highly.”

–E.P.

“I am so excited that Margaret will be joining my practice! With our many years of working together, and our common Ayurvedic training and background, I have the utmost confidence in her clinical judgement. I know that everyone she sees will be very well cared for, and will soon begin to enjoy better health.”

–Nancy Lonsdorf, MD

