

Ayurveda against Stress

The method for swift and deep relaxation

Time is a scarce commodity in a world that is running faster all the time. When everyday life is filled to the brim, relaxation is precious. Being well rested and relaxed means we can cope with our tasks not only more swiftly and with greater concentration, but also with more pleasure and inspiration. Staying calm is the foundation of success.

Tranquillity is the true luxury

Today's reality is, unfortunately, different and is synonymous with stress, hectic activity, constantly ringing mobile phones. You feel exhausted, if not burned out. The immune system suffers, you have colds more often than you should, or you experience minor discomforts and even illness. Fatigue accompanies your day, almost like an additional burden.

Quiet medicine for a noisy era

The art nouveau town Traben-Trarbach is situated in a quiet valley near the Moselle river. This is where experienced doctors practice a gentle holistic medicine called Ayurveda. The therapies focus on

Prevention: Many health problems can be avoided if the body's signals are taken seriously early enough.

Rehabilitation: Deliberate recuperation rebuilds the body's powers in a manner adapted to the needs of each individual.

Chronic diseases: Ayurvedic therapies are especially effective in treating chronic health problems gently and effectively.

The ancient Ayurvedic art of healing focuses on detoxification, special herbal preparations, nutrition that largely avoids animal proteins and, as the centrepiece, harmonising oil massages performed in synchrony by two therapists.

The latest Ayurvedic study performed at the Parkschlösschen examined the changes in the stress hormone cortisol, also known as hydrocortisone, during a 10-day detoxification treatment (Panchakarma). The Parkschlösschen appointed the University of Trier to analyse some 90 cortisol samples. The team of doctors at the Parkschlösschen and the stress scientist, Dr. Jens Prüssner, from the McConnell Brain Imaging Centre at McGill University in Montreal, Canada, designed and directed the study. The results have been very promising. A 10-day Panchakarma detoxification therapy results in marked normalisation of the cortisol levels. Test participants who suffered from extreme stress approached a normal condition, as did those who experienced profound exhaustion. The true luxury of our time is tranquility.

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