

FAQS

for those Seeking Measured Yoga Therapy™ (MYT)

Can MYT Address my specific Health Issue?

- Until we read your bio-meridians and test the impact of different yoga practices, we cannot say if health issues can be addressed. We recommend that you attend our free daily yoga program everyday for two weeks. Many issues can show improvement in two weeks and may get resolved over six to twelve weeks, possibly eliminating the need to come for individual assessment. After a few weeks of attending the daily yoga program, if you feel there is a need for individual consulting, please contact Avani Presswala at sitaarap@netscape.net

What is MYT?

- MYT (Measured Yoga Therapy™) is a system of pre and post analysis of the readings of Bio-meridians from any non-invasive (yoga type) practice that helps to predict the efficacy of the specific practice.

How is MYT different from regular Yoga Therapy and Modern Medicine?

- Conventional Yoga Therapy is based on correlation of efficacy between certain practices and certain disorders (based on group studies). While conventional yoga therapy practices for disorders tested through clinical trials provide reasonable correlation for effectiveness, not necessarily every participant will see benefits. Furthermore, in most cases, it will only be improvement and not necessarily resolution of the problem.

In contrast, MYT is a customized approach that allows for improvement of results in two ways: First, effectiveness of any practice known from conventional yoga therapy can be tested with pre-post measurement in a single sitting of a few minutes. Thus, use of conventional yoga practices for specific conditions need not be based on correlational guesses.

Second, the baseline reading in MYT can reveal the root cause of the health disorder allowing for a wider set of yoga tools available for application.

For example, conventional yoga therapy from different schools will use a single approach for dealing with type-2 diabetes and in most cases will help to manage sugar levels like with proper exercise and diet, but without hope of possible cure. In MYT, on the other hand, we are able to assess if the diabetes is related to (a) pancreatic insufficiency; or (b) sleep and immune system; or (c) stress and impact of stress hormones; or (d) poor spinal health and hence central nervous system weakness; or (e) poor peripheral nervous system reactivity; or (f) other endocrine related disorders as with thyroid, pregnancy, menopause, etc. For each cause, there is a different protocol that is known to be more effective. While we believe there is hope to reverse the condition, chronicity of the condition and other comorbidities can affect the degree of success.

The difference of MYT from modern medicine, is similar to the difference between conventional yoga therapy and MYT. MYT seeks to understand the root cause rather than the manifested disease condition, whereas conventional yoga therapy and modern medicine work off the manifested disease condition. Also modern medicine therapy approaches are generally intrusive with potential for side-effects.

How much experience do you have with specific health conditions?

- To answer this question in terms of conventional diagnosis will lead to incomplete answer. The best way to say this is that we have had significant success with conditions that are rooted in immunity and nervous system deficiencies and also with cardio-respiratory disorders. These represent most of the cases among the 1,000 or so cases we have dealt with.

Do you have a recommended practice for each health condition?

- No, not with respect to conventional diagnosis. Our recommendation is based on the underlying cause. For example, for a person with high blood pressure, we may use one of four different approaches based on bio-meridian readings that may suggest a root cause – such as inadequate sleep, nervous system inadequacy, weakness or irregularity of heart, carotid and peripheral artery occlusion or inadequacy of pulmonary function.

Can you guarantee effectiveness in addressing my health condition?

- No, we cannot. No medicine system can provide 100% guarantee of effectiveness. However, we expect to have better success than other methods of yoga therapy since we are able to measure and assess predictability. Further, unlike other medical systems that are invasive and may include side-effects of drugs, as long as yoga practices are used as directed, there are no side-effects and there is nothing invasive about it. We think of it as lifestyle medicine.

What does MYT involve if I request it?

- There are three steps involved.

Step 1: You will be required to submit some information on standard forms. In one form, you will be required to share your health and medical treatment history, along with lifestyle parameters. In another form, we will require you to sign a consent where you understand that MYT is not part of normal standard of care in medicine and you choose to participate willingly after evaluating for yourself potential benefits or risks, and accepting them without liability for us or anyone else. Further, while the information you provide is considered confidential, in the consent we take your permission to use the information without your identification (anonymously) for research purposes. During the COVID era, we will only meet those who are vaccinated and symptom free – a signed declaration and proof of vaccination will be required.

Step 2: You will meet for initial consultation at a scheduled appointment that is planned for about two hours of duration. You will be required to adhere to instructions provided in one of the forms relating to meals, medications, etc. that may distort the readings with suggestions on how to manage them to minimize conflicts. Typically, two people will meet with you – an associate who will take the MYT readings and instruct you on practices, and a therapist who will

interact with you and the associate to ensure the best testing and evaluation. While the associate will always be in-person, the therapist may be in-person or connect remotely by video conference. At the end of the consultation, in over 95% of the cases certain practices may be recommended. Although rare, there is a very small percent of cases when we may have to admit that we have no answers to your problem.

Step 3: A follow-up meeting will be planned within the next one to four weeks. In cases where the readings are conclusive only a video follow-up may be needed to validate improvement in symptoms. In cases where readings are directional, we will require an in-person evaluation after two to three weeks. In cases where initial readings were compromised because of inability to adhere to requirements related to meals, medications, etc. we may need a follow-up for new readings within a week or two for validation purposes.

Duration of Healing: These three steps related to the first month of MYT should not be interpreted as the duration of the full extent of therapy. For recently developed disorders, substantial reversal may be possible in six to twelve weeks. For chronic disorders that have been there for 10 or more years, it may take one to two years for substantial reversal. However, within two to four weeks you should feel enough improvement to convince yourself that you are on the right track. In the case of pain conditions, you may feel the difference right after the first session at the initial consulting.

Is there a Need for Follow-Up After One Month? For those with chronic issues and with multiple disorders there may be a need to follow-up periodically after the first month to fine-tune practices. However, in recently manifested singular disorders, when significant reversal is achieved in a short period, there may not be a need for follow-up after one month.

Can Practices be Stopped after disorder reversal? In the yoga approach we think disorders happen because of prolonged sub-optimal lifestyle. The practices normally help the participant to develop an inner awareness and transform themselves towards optimal lifestyle. If the transformation occurs, one would think the therapeutic practice may no longer be needed. However, to keep the transformative inner awareness that directs optimal lifestyle some form of meditative practice will be needed daily lifelong. Such practices are not only helpful for physical and mental well-being, but also people typically find themselves more productive at work and are seen as congenial and sociable within the family, work and social circles.

What if I have Questions After the Initial Consulting? Our associates and therapists are only an email or phone call away to address any question.