



MICHAEL ANDERSON

AYURVEDIC CONSULTANT

PROFILE

I am a passionate Ayurvedic Consultant with 5 years of experience specializing in women's health and wellness. My background includes a Master's degree in Ayurveda, where I focused my thesis on the effects of Ayurvedic treatments on hormonal balance. I have worked with various women's health issues, from menstrual disorders to menopausal symptoms, providing customized solutions that integrate herbal remedies and lifestyle changes.

EXPERIENCE

AYURVEDIC CONSULTANT

Women's Wellness Ayurveda

2016 - Present

- Provided consultations focusing on women's health issues, serving over 150 clients.
- Designed tailored treatment plans incorporating herbal supplements and lifestyle adjustments.
- Conducted follow-up sessions that resulted in a 35% improvement in client-reported symptoms.
- Led workshops on menstrual health and natural remedies, engaging over 75 participants.
- Collaborated with a gynecologist to create integrated care plans.
- Published educational content on women's health in wellness blogs.

JUNIOR AYURVEDIC PRACTITIONER

Healing Touch Clinic

2014 - 2016

- Assisted in client consultations under the supervision of a senior practitioner.
- Conducted health assessments and documented client histories.
- Participated in the development of herbal formulations for women's health.
- Engaged with clients to motivate adherence to prescribed wellness plans.
- Organized health awareness seminars focusing on Ayurveda.
- Maintained client records and follow-up schedules efficiently.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Women's Health
- Herbal Remedies
- Client Education
- Communication
- Program Development
- Team Collaboration

LANGUAGES

- English
- Spanish
- French

EDUCATION

MASTER'S IN AYURVEDIC MEDICINE

ACHIEVEMENTS

- Improved overall client satisfaction by 45% through personalized care.
- Recognized for outstanding service in the 2021 Wellness Awards.
- Initiated a community outreach program that educated over 200 women on Ayurveda.