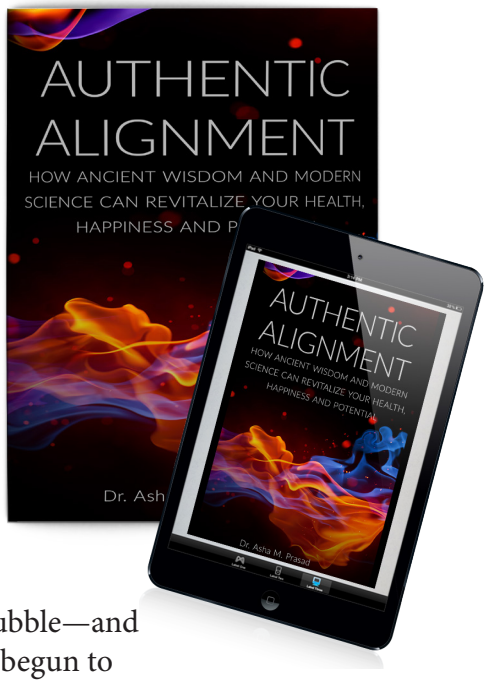
THE Prasad METHOD™

BY DR. ASHA PRASAD

8,000+

Dr. Asha M. Prasad is the creator of The Prasad Method™. She is the author of the newly released book *Authentic Alignment: How Ancient Wisdom and Modern Science Can Revitalize Your Health, Happiness and Potential.*

Additionally, she has authored three eBooks: *Activate the Heal In Your Health; Bridging the Bridge: An Introduction to the Mind and Body Connection and The Reliable Essentials.*



When one or more aspects of your life are out of kilter -- imbalanced or non-aligned -- than life becomes a struggle. And achieving any level of personal or professional success is likely to be out of reach. Worse, it's probably affecting your health in ways that you may not even perceive.

Consider Dr. Asha Prasad, a brilliant overachieving young American woman of Indian parentage, who pushed herself to become a gifted and caring chiropractor with a successful international practice.

Moving forward it seemed at lightning speed, she was completely upended by the grief she experienced at her mother's death and that of two other friends. Here's how she described it: "I felt broken... It was as though I was buried beneath an avalanche of grief and uncertainty. I didn't know how to dig myself out from under the rubble—and truth be told, I didn't want to. The emotional and spiritual trauma had even begun to affect my physical health. I wasn't living; I was marking time."

It was then that she began the most important journey of her life...the journey to Authentic Alignment. Looking to both the East and the West, from the ancient world to today's leading edge science, and from the innermost world to how it impacts the body and the outer world—she began piecing together The Prasad Method™ that revolutionized her life and that of her clients.

In her new book *Authentic Alignment: How Ancient Wisdom and Modern Science Can Revitalize Your*

Health, Happiness and Potential, Dr. Asha redirects our concept of health from the symptomatic to the foundational. Blending the teachings of ancient Chinese philosophers and Indian healers with cutting-edge modern research on epigenetics, bio- energetics and psychology, she shows how true health is more than simply the absence of pain — it is nothing less than maximizing the hidden, almost limitless potential in each of us.

If you ask yourself "Am I fulfilled? Am I happy? Am I healthy?" and answer is less than "yes!" then you're not living life to the fullest. Worse, you're not living the rich and purpose-driven existence you were meant to have.

The key to real personal and professional health and happiness lies not in side effect-laden pharmaceuticals or unrealistic fad diets, but rather the creation of an authentic, sustainable lifestyle that brings into balance all four aspects of ourselves---our physical, mental, emotional and spiritual selves.

Regardless of your current level of alignment, Dr. Asha provides practical, accessible and proven tools for improving and maintaining your health. A simple four-page quiz can help you pinpoint what areas need attention. And then applying the elements of The Prasad Method™ to reach Authentic Alignment gets you back on the road to health, happiness and fulfillment. For more information, go to www.theprasadmethod.com

Authentic Alignment: How Ancient Wisdom and Modern Science Can Revitalize Your Health, Happiness and Potential, priced at $16.99, is available at Amazon.com

- Title: *Authentic Alignment: How Ancient Wisdom and Modern Science Can Revitalize Your Health, Happiness and Potential*
- Author: Dr. Asha M. Prasad
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- Publisher: A-NU Vision BV; 1 edition (May 12, 2016)
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DR. ASHA M. PRASAD: BIOGRAPHY

Dr. Asha M. Prasad is the creator of The Prasad Method™. She is the author of the newly released book *Authentic Alignment: How Ancient Wisdom and Modern Science Can Revitalize Your Health, Happiness and Potential.* Additionally, she has authored three eBooks: *Activate the Heal In Your Health; Bridging the Bridge: An Introduction to the Mind and Body Connection and The Reliable Essentials.*

It is her unique background that opened the door to her ability to blend various elements into one cohesive system for healing.

Dr. Asha grew up with a strong Eastern background in a western culture, raised in North Carolina. This presented a constant source of conflict in her life. Yet, learning how to take such opposites and integrate them, weaving them together to create unification became her mode of survival. This ability to blend disparate elements together allowed her to challenge herself to a constant state of growth and transformation.

Yet, it didn't mask the emotional pain she experienced, fitting into neither group. "I felt like I had to dim my own light from within to fit in most of the time," she says. At first shy, she stayed quiet and observed how things were interconnected. As she came out of her shell, she excelled at academics, but put aside her knowledge of eastern practices at university to try to conform. This dissonance left her feeling lost, stressed out, out of balance--she knew something was missing.

Drawn to the field of chiropractic because of the self- regulating/healing philosophy of the body's power, she slowly returned to her own Eastern philosophical roots and started to connect from deep within, which helped fill that void. After being in practice for a few years, she experience great success with helping others recover and heal from chronic headaches, insomnia, aches and pains. By integrating different techniques and philosophies, she began to see major transformations for her patients–even beyond the physical level. She says: "It was through my own trials and tribulations and life lessons--applying new methods mixed in with ancient wisdom--that I was beginning to see miraculous
results."

But after the loss of Dr. Asha's mother, the grief and pain opened old wounds of feeling disconnected from herself. She began a deep dive into inner work, and explored a variety of practices and modalities that ultimately helped her find fulfillment and health, coalescing into The Prasad Method™ -- with subsequent spectacular results for her clients.

For the last 18 years, Dr. Prasad has been one of the most sought after alternative health professionals and hasbuilt a full practice that integrates ancient wisdom with modern medicine. Her clients are deeply attracted to her work based on her unique approach to healing, one that truly addresses the root cause of the modern struggle.

Dr. Prasad specializes in working with high achievers— corporate executives and entrepreneurs— who want to experience a deeper sense of purpose in their career and life and, as a byproduct of this, greater health, less stress, increased productivity, and renewed passion. For more information, go to www.theprasadmethod.com.

ON-AIR INTRODUCTION

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Growing up in North Carolina from parents who were born in India, she had a front row seat to the clash of cultures that defined her. Trying to fit into both, and feeling that she never belonged to either culture fully, she strived to find ways to take from both to create something new. Drawn to the field of chiropractic because of the self-regulating/ healing philosophy of the body's power, she slowly integrated her own Eastern philosophical roots to the work she was doing, and built a successful practice. Upended by the grief she experienced at her mother's death, she lost her sense of balance, wellbeing and her good health. Searching for answers, she found them in deep inner work, and a variety of practices and modalities that spanned ancient teachings to today's cutting edge science, Eastern wisdom and Western medicine. That blending became The Prasad Method™, and the subject of her new book, *Authentic Alignment.*

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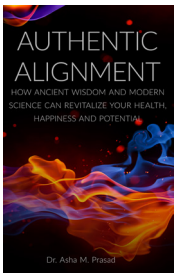
QUESTIONS FOR DR. ASHA PRASAD ON AUTHENTIC ALIGHNMENT

1. Tell me a little about who you are and what you do?
2. What is your cultural background? And how does this influence you?
3. What events inspired you to write a book about Alignment?
4. What does the title of the book mean to you and how did you come up with it?
5. What is the most common misconception that people may have about health?
6. How do you see health and what is your definition?
7. Can you talk about the mind body connection a little more?
8. How do our daily lives contribute to the experience of stress?
9. What are some of the most common stressors in our lives?
10. Talk about the body's response to stress and why has it changed over the last decade?
11. What are some signs of stress that we may not even realize?
12. Why do you think it's important to have a daily ritual?
13. If you are short on time what would you recommend is a 'must do' on a daily basis to de-stress?
14. Who is this book for?
15. How do you define our Holistic Potential?
16. What is the Prasad Method?
17. Why did you choose to call this process the Prasad Method?
18. What are three simple tips that can help our listeners to remain in Authentic Alignment?
19. Do you have a favorite quote you would like to share with us before we conclude this interview?
20. Where can our listeners find more information about your coaching program or book?

LEARN MORE



BOOK

- *Authentic Alignment: How Ancient Wisdom and Modern Science Can Revitalize Your Health, Happiness and Potential*
- Priced at $16.99
- Available at Amazon.com

FREE

- Free Mind-Body Meditation Download: http://theprasadmethod.com/

PODCAST

- Subscribe to Dr. Asha Prasad's Podcast Visionary Wellness: https://itunes.apple.com/us/podcast/visionary-wellness/id1035207749?mt=2

MINDSET COACHING

- Individual and Group mindset coaching using The Prasad Method™
- Application http://theprasadmethod.com/work-with-asha/