



Holistic Health Practitioner and Aroma Therapist.

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Jaya Pancholy is the Founder and CEO of Natural Traditions, Inc., Menlo Park, CA, a company promoting Holistic Health, Mind – Body wellness with the use of Smart Nutrition, Optimal Digestion, Antioxidant Protection, Body Efficiency, Prevention instead of Treatment for a healthier you, help with balancing-restoring-normalizing health and wellness and help with Stress by proper guided tools. Her practice is located at 115 El Camino real, at Stanford Inn, Menlo Park, California, where she provides consulting services for Holistic Health & Aroma Therapy. Jaya has a BSc in Psychology, MBA from National University USA, Holistic Health Practitioner Graduate from Global Institute of Alternate Medicine, Aroma therapist graduate from Pacific Institute of Aromatherapy, certification in Kinesio Taping KT 1-2-3, Pranic Healing Certificate Basic-Advanced-Psychotherapy, Reiki, Acupressure. Jaya has experience of running 3 successful Gloria jeans Gourmet Coffees franchises, and was consultant for holistic retail set up for “Body Scanning” Company in Southern California. Jaya is also CEO of KIN Healthcare in India.

As a Holistic Health Practitioner (HHP) Jaya is trained in various areas of holistic healing, including Herbal Medicine, Nutrition, Body-Mind Medicine, Ayurveda, Yoga, Meditation etc. As an Aroma therapist Jaya uses plant oils, including essential oils, for psychological and physical well-being. Jaya recommends healing-wellness-preventive modalities for health that works on the 5 aspects –Mind, Emotions, Body, Spirit and environment. Holistic medicine treats the whole person and works on strengthening the body’s innate healing ability thru the use of herbs, nutrition, aromatherapy, homeopathy, ayurveda, yoga, meditation and other healing modalities.

Jaya is Board certified Holistic Health Practitioner from American Association of Drugless Practitioners (AADP) and holds International Certification in Aroma Therapy. She has published many articles and has been invited as speaker at International Conferences, such as the MBB Expo at Los Angeles Convention Center, California, USA (2007), where she spoke on **Aromatherapy**, (AICOG) All India Obstetrics & Gynecology Conference, New Delhi, India (2008), where she spoke on **Holistic Approach to Women’s Health issues**, and is part of International Faculty. (AICOG) All India Obstetrics & Gynecology Conference, 2009 January, Jaipur, India, where She spoke on **Holistic Approach to women’s Health and Wellness**, Jaya is part of core faculty at Indian Society for Sleep Research and presented course on **“Holistic Approach to Better Sleep”** at India Habitat Center, New Delhi, December 12-13, 2009.

From Jaya Pancholy: *My Work can help anyone who is seeking \*Integrative, complimentary, and alternate ways to Healthy living, health and healing the natural way, \*Positive balance between, Mind, Body and Spirit, \*. If you need help with Arthritis, Acne, Allergies, Anemia, Asthma, Anxiety, Athlete’s foot, Adhd, Autism, Back Pain, Blood Pressure, Bronchitis, burns, Carpal Tunnel, Candida, Canker Sores, Cancer management, Colds, Cough, Cholesterol, Constipation, Cardiovascular Disorders, Depression, Dermatological Disorders, Diabetes, Diarrhea, Ear infections, Eczema, Fever, Fibromyalgia, Gastrointestinal, Gingivitis, Headaches, Hepatitis, Hemorrhoids, High Blood Pressure, Hives, Hypertension, Insomnia, Immune Dysfunctions, Jet Lag, Menopause, Menstrual problems, Muscle Cramps-Pain, Pinched Nerves, Slipped Disc, Sinus, Snoring, Sore Throats, Sprains, Stress, Migraine, Neurological Disorders, Osteoporosis, Poison Ivy, Sinusitis, Thyroid... Please make an appointment at Natural Traditions 650-321-5600. Promoting Health & Wellness the natural way!*

Jaya Pancholy