

"Switching to an Ayurvedic diet is a return to healthier days. What better way is there to share your love with your family than this? You know you have done the best thing to prevent a lifetime of illness for you and your family."

Marianne Teitlebaum, D.C.

"I truly appreciate the SVA approach of Vaidya Mishra's lineage. It is primarily tri-doshic, which means it is suitable for almost everyone in any season, although one can choose to favor specific seasonal foods also, for added benefit."

Mark L. Vinick, D.C., C.A.S.



Vaidya R.K. Mishra



Lissa Coffey

Excess Weight? Lack of Energy?

It's likely that your metabolism is out of balance! Metabolism is affected by the foods we eat, activity levels, age, genetics, gender, and stress levels. Getting your metabolism to a place where it is highly efficient helps you to attain and maintain a perfect weight for yourself and become the healthiest version of you. But how do you do that?

SV Ayurveda has a holistic plan that helps you to step-up your sugar and fat metabolism! In this centuries old science lies the ancient wisdom that we need right now to get our bodies back into balance and functioning as optimally as they are meant to. In this book, Vaidya R.K. Mishra and Lissa Coffey give you all the tools you need to start living your most fit and fabulous life!



Adishakti LLC



Weight Loss & WELLNESS

VAIDYA R.K. MISHRA & LISSA COFFEY



Weight Loss & WELLNESS

THE SV AYURVEDA WAY



STEP ^{Up} YOUR SUGAR & FAT
METABOLISM

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