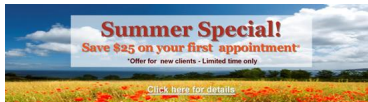


## Self-care treatments that work!\*

### Traditional Naturopathic & Ayurvedic health-care services

Appointments available in Ojai California, Los Angeles, Casablanca, Marrakesh, Dubai,  Abu Dhabi, Rishikesh and worldwide by Skype.

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Is my health-care practice right for you?  It definitely is if:

- **You have a health condition that you want to resolve naturally.** This could include acute or chronic digestive complaints, irregular elimination, allergies, asthma, acid reflux, anxiety, insomnia, food cravings, a yeast infection, joint or muscle pain, headaches, PMS, menopause symptoms, excess weight and more. You're looking for an alternative to pharmaceuticals and surgery.
- **You have a chronic health condition that has not improved.** You have already tried many natural approaches and have made changes to your diet without complete success. You feel you need a thorough assessment of your condition and more professional treatments by an experienced practitioner.
- **You are suffering from a complex range of symptoms that conventional medicine does not have an answer for.** You've tried the conventional medical and a nutritional approach without success. Your doctor may not even believe anything is wrong with you. You are seeking answers and a new approach which will provide you with safe and effective ways to restore your health.

## Ayurvedic Diets - Whole-food Nutrition - Detoxification

Why suffer? ☐ Improve your quality of life!

Khabir Southwick, Naturopath, MH, NT, CAS

Ojai, Los Angeles, Casablanca, Marrakesh, Dubai, Rishikesh

Call 805-308-3480 today.



Khabir Southwick, Naturopath, MH, NT, CAS  
Traditional Naturopath, Master Herbalist, Nutritional Therapist, Clinical Ayurvedic Specialist  
Member of the of the American Herbalist Guild (AHG), Ayurvedic Institute & the National Ayurvedic Medical Association (NAMA)



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For appointment details see: [Fees & Online Health Assessment Forms](#) .

## Testimonials

*"I have recommended Khabir multiple times to my friends and family who are seeking this high level of professionalism in the field of integrative health-care!"* **Marilyn Salas, Owner of Ojai Healing Events, Ojai CA**

*"Khabir is an experienced and very knowledgeable practitioner. He has skills covering a wide range of topics and can help with many illness's and regaining the body's balance. I would have no hesitation in recommending him."* **Roger Ford, Co-founder of Healing In America, Ojai CA**

*"I have been Khabir's client for only one month so far but the results are fantastic. His deep knowledge of Ayurveda and his skills as a herbalist are life changing."* **Maria Blair, Health-care Practitioner, Santa Barbara CA**

*"I think Khabir could probably address just about any health issue an individual may have, and do so with compassion, patience and a wealth of information."* **Mary Nelson, Ojai CA**

*"Khabir is certainly one of the most caring, personable and knowledgeable practitioners I have come across."* **Padma, Saginaw MI**

*"Khabir is a one-stop shop, where you can get answers for questions, nutritional counseling, herbal remedies, recommendations for body therapies and detoxification."* Kika Stayerman, New York, NY

[More testimonials](#)



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**For details see: [Fees & Online Health Assessment Forms](#)**

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