

Paragon Special 2019
May 1st – December 20th
 No single use surcharge and
 book our garden rooms for less!

Ayurveda Paragon Newsletter

Ayurvedic Sweeteners

... sweeten your life in a healthy way

Although sugar started off as a luxury product, nowadays it seems to be an indispensable part of food. It gives meals and beverages the required sweetness and simply ensures a favorable taste. But the fact that sugar can be unhealthy is undisputed and requires therefore other alternatives. The human body produces the so-called "Ama", when digesting sugar. "Ama" is the presence of undigested food residues that has accumulated in the body. It is like an endotoxin and is considered as the cause of many diseases.

Sugar also weakens our "Agni" – the digestive fire. The effects of which are: indigestions, weight gain, gastric disorders, mental exhaustion, and lack of energy. Furthermore, the risk of heart disease and diabetes is increased through a high consumption of sugar. Although it is important from an Ayurvedic perspective that all six tastes: Pungent, astringent, bitter, salty, sour and sweet are represented in your daily diet, the sweet taste is said to be important for ones emotional well-being.

In consuming sugar, we recommend that you use untreated, natural sweeteners to sweeten your dishes and drinks, like honey or palm sugar (Jaggery). In Ayurveda, we differentiate between sweetener and food that is qualified as sweet. Some food-products that may not necessarily taste sweet or contain a lot of sugar are nevertheless considered as sweet in terms of their Ayurvedic qualities, due to the way these foods are digested. Considered as sweet are: herbs like cinnamon, vanilla, cardamom, clove, nutmeg or vegetables like carrots, pumpkin, beetroot, many kinds of nuts and almonds as well as almost all kinds of fruits.

All sweeteners should be consumed moderately. Especially people with a Kapha-constitution are vulnerable to the effects of overindulgence of sugar and are more susceptible to weight gain than the other two dosha types.

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Honey – *the liquid gold*



Honey, often used as an alternative sweetener is used within Ayurveda for health reasons. Bees' honey is a natural sweetener, which has a positive effect on the inner equilibrium and the metabolism, the so-called Agni.

Honey is one of the finest sources of heat and energy. Energy is generated mainly by the carbohydrate foods, and honey is one of the most easily digested forms of carbohydrates. It enters directly into the bloodstream because of its dextrin content, and this provides almost instantaneous energy.

It is important to note that: Honey should not be heated more than 40 °C because it becomes toxic otherwise. Valuable enzymes will be lost and the body will produce "Ama" (metabolic slugs). This is the reason why tea should cool down to room temperature, if you want to sweeten it with honey. Within Ayurveda medicine, honey has a special use.

»Honey is suited as a carrier substance for medical remedies by increasing the effect of the herbs.«

The darker the color and more intense the taste of the honey, the more digestible is its impact. Dark honey is used to regulate Kapha. Good digestion is promoted and as such this helps with weight reduction.

Light colored and mellow in taste honey helps harmonize and balance Vata and Pitta. It is fair to say that honey has a soothing effect on all three Doshas. Honey is remarkable in building hemoglobin in the body, which is largely due to the iron, copper and manganese contained in it. The ancient texts declare it beneficial in the treatment of anemia, as it helps maintain the right balance of hemoglobin and red blood corpuscles.





Jaggery is a palm sugar and an additional alternative to refined sugar. This natural sweetener from Sri Lanka is produced from the Kithul palm tree.

Palm sugar »Jaggery« – a specialty from Sri Lanka

The sugar specialty is elaborately handcrafted by making small cuts in the flowers of the Kithul palm tree before collecting the substance exuded by the flowers in a clay pot and boiling it without further ingredients to a brown mass. During this process the characteristic caramel flavor arises and a nutritious molasses occurs. Unlike in the refining process of sugar the molasses is not removed. That is the reason why Jaggery has more minerals, which makes it a healthier version of sugar, relatively speaking.

The palm sugar is filtered when still warm and then filled into bowls made from coconut tree leaves. As soon as the molasses has hardened it is ready to be served.

Generally it is cut into bite-sized-pieces and used to sweeten teas, used for baking or for the preparation of desserts. Within Ayurveda findings, Jaggery is highly valued. It is used to treat throat infections and pneumonia. In addition to this, it strengthens the heart, has a balancing effect and helps to lower the Doshas Vata and Pitta. Having said this we must bear in mind, that palm sugar despite its natural energetic properties is sugar, and should therefore be used sparingly.





Multiple Sclerosis (MS) and an effective Ayurveda Cure

In October of 2018, Mr. Vlatko Stojanov took part in a 4-week cure at the Ayurveda Paragon. He is 42 years of age and has been diagnosed with MS over 10 years ago.

Multiple Sclerosis is an incurable chronic inflammation of the nervous system with the symptoms occurring in attacks. The aim of any therapy is to delay disabilities and slow down the progression of symptoms, to maintain the independence of the concerned and the quality of life.

Mr. Stojanov's first symptom was a motorial problem in his left leg which he didn't pay much attention to as he thought it was due to "back problems". But the diagnosis of MS was confirmed after an MRI (magnetic resonance imaging). The symptoms of the disease were progressive and soon he had to stop working and give in his very actively pursued love of playing basketball.

He started therapy with moderate or short-lived success but the drugs to slow down the progression of the symptoms made him feel worse. An intensive Vitamin-Therapy was successful at first but strained his body and failed. Since 2014 Mr. Stojanov has been relying on a wheelchair to get about but he could get up from the wheelchair and take a few steps on his own. In May of 2018, he had a severe epileptic episode that worsened his condition making it so that he could no longer sit straight. Aside from this, he is battling motorial and sensorial complications in both hands. Mr. Stojanov was starting to lose hope in finding a therapy that would aid his condition.



But then a family friend, who was a guest at the Ayurveda Paragon, suggested an Ayurveda Therapy. Mr. Stojanov had already heard about Ayurveda but questioned whether it would help him. Nevertheless, Mrs. Stojanov organized the journey and a cure of 4 weeks at the Paragon.

After the anamnesis of the patient by Dr. Saman Wijayarathne, an experienced Ayurveda physician, an individualized therapy for Mr. Stojanov was composed. The therapy was based on different pillars. A very important one, was to change the attitude of the patient. Mr. Stojanov was in low-spirit. We wanted him to start thinking positively, listen to music and laugh ... it is said that the face has over 40 muscles and laughing has a positive input on the circulation and the brain cells. Further arrangements were daily Ayurvedic treatments, massages with stimulating oils and water exercises added to the Ayurvedic medicine and special diet.

After one week, Mr. Stojanov was starting to see the first changes; the sensorial and motorial of his hands and legs improved. He felt overall stronger and could sit straight again. After the second week of treatment, he was able to lift from his wheelchair and with some support walk a few steps, this was a profound moment for Mr. Stojanov. He became mentally stronger and his facial expressions changed positively. He is thankful for his attending physician who accompanied him daily with his exercises, supported and motivated him over and over again and said again: "There is no maybe or we will see, no but – only you can."



»The Ayurveda Paragon felt like family.«

Mr. Stojanov aforementioned that his therapists also contributed to his great experience at Ayurveda Paragon by always being friendly and compassionate during treatment. "The Ayurveda Paragon felt like family after staying here for 4 weeks together with my wife" – Mr. Stojanov.

His wife added that the success of the Ayurveda Therapy means a big change in their daily life. She will get a little bit more support from her husband regarding their domestic life and she hopes that having more responsibilities in the household will improve his confidence and self-esteem. She plans to cook Ayurvedic meals, adapted to the local products and maintain an Ayurvedic diet. The relationship built between Mr. Stojanov and the Ayurveda Paragon has not come to an end with the departure, as Dr. Wijayarathne stays in contact with him and will keep motivating him, because a positive attitude will have a positive input, as Ayurveda is a therapy for body, mind and soul.

When asked what advice they would give to other MS patients Mr. and Mrs. Stojanov replied: **"Be brave and try different therapies even if multiple sclerosis is incurable. Don't give up!"**



We introduce our employees

Dr. Sandamali Kaduruwanage Iresha



Since November of 2017 Dr. Sandamali complements the Ayurveda Paragon Team of Ayurvedic physicians. She was born and raised in Galle and she decided to become an Ayurvedic doctor at the age of 20. She studied Ayurvedic medicine for 5 years at the University of Colombo followed by an one-year internship at the government Ayurvedic hospitals in Galle.

She gained her professional experience in the medical tourism area in an Ayurveda hotel in Hambantota. Her greatest joy in her job is a satisfied patient who she treats effectively. During her spare-time she prefers to be with her family and she passionately loves to play badminton.



We are offering our
popular Ayurvedic
cooking class again!

Cooking & cure in November 2019

From November 1st to 30th 2019 you can attend an Ayurvedic cooking class during your cure with our chef Mr. Prasanna free of charge.

- Visit to a local vegetable market
- Communal cooking of Ayurvedic meals
- Talks and discussions regarding the food topic

More information under +94 91 2283 103/104/105
or via info@paragonsrilanka.com



Our prices

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Spring Offer (01.03.–30.04.2019)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

Price cut
01.05.–31.07.2019

Summer Special (01.05.–31.07.2019)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.658,30 EUR	1.819,30 EUR	2.109,10 EUR
21 Nights	2.366,70 EUR	2.608,20 EUR	3.042,90 EUR
28 Nights	2.994,60 EUR	3.316,60 EUR	3.896,20 EUR

Summer Offer (01.08.–31.10.2019)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	1.915,90 EUR	2.076,90 EUR	2.366,70 EUR
21 Nights	2.753,10 EUR	2.994,60 EUR	3.429,30 EUR
28 Nights	3.509,80 EUR	3.831,80 EUR	4.411,40 EUR

Winter Offer (01.11.–20.12.2019)

Duration of Stay	Garden Room p.P.	Standard with Balcony p.P.	Roof Terrace Room p.P.
14 Nights	2.447,20 EUR	2.608,20 EUR	2.898,00 EUR
21 Nights	3.501,75 EUR	3.743,25 EUR	4.177,95 EUR
28 Nights	4.540,20 EUR	4.862,20 EUR	5.441,80 EUR

Winter Peak Season (21.12.2019–29.02.2020)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.704,80 EUR	2.946,30 EUR	2.994,60 EUR	3.236,10 EUR
21 Nights	3.864,00 EUR	4.226,25 EUR	4.298,70 EUR	4.660,95 EUR
28 Nights	5.023,20 EUR	5.506,20 EUR	5.602,80 EUR	6.085,80 EUR

Spring Offer (01.03.–31.03.2020)

Duration of Stay	Basic Price* p.P.	Single Occupancy	Roof Terrace Double p.P.	Roof Terrace Single
14 Nights	2.608,20 EUR	2.849,70 EUR	2.898,00 EUR	3.139,50 EUR
21 Nights	3.743,25 EUR	4.105,50 EUR	4.177,95 EUR	4.540,20 EUR
28 Nights	4.862,20 EUR	5.345,20 EUR	5.441,80 EUR	5.924,80 EUR

Repeaters Discount

Visits are counted from 1996 onwards. Discounts are not applicable to single room or roof terrace surcharges or for bookings made through a travel agency.

Discounts are calculated on the basic price:	2 nd – 5 th Visit	6 th – 10 th Visit	from 11 th Visit
	5%	10%	15%

Previous price lists are no longer valid. Subject to changes.

*The basic price is equal to the price in a standard room per person. Our standard rooms are on the ground floor, 1st and 2nd floor.

Contact us

Call us any time. We will be happy to be of service to you! You can reach our reservations office seven days a week. If you are unable to reach us during the times indicated below, please leave a message and we will return your call promptly.

Monday – Friday:	08.00 to 18.30 hrs CET
Saturday:	08.00 to 16.00 hrs CET



Our telephone numbers:

From Germany, Austria and Switzerland:
Our free call No. is 00800 466 46678

From the U.S.: our toll free No. is 1-(888)-233-1156.

From all other countries you can reach us at +94 91 2283 103/-104/-105.

We will be happy to answer any questions and provide you with a price quote for your visit. You can also calculate the price of your stay at our website **www.paragonsrilanka.com** under "Prices and Reservations".

Paragon Friends

If you have already been a guest at Ayurveda Paragon and enjoyed your stay, we welcome your comments in our guest book at **www.paragonsrilanka.com**.

Guest Referrals: When referring a guest to Ayurveda Paragon, you will receive a **voucher of 50 Euros** for each new booking based on your referral (booking should be a minimum of 14 nights). This voucher can either be applied towards the cost of your next cure at Ayurveda Paragon or it can be gifted to a friend. This offer is only valid for direct bookings made with Ayurveda Paragon.

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»Let go and everything falls
into place.«