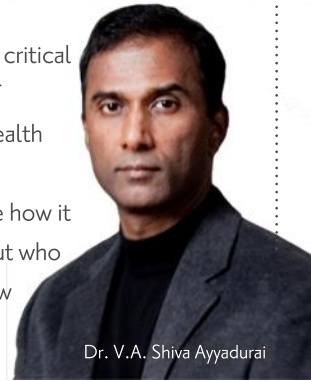


A Message from Shiva

Every human being needs Truth, Freedom and Health. At one time in human history, a revolutionary slogan was “Land, Bread and Peace.” Today, we have Bread but no Health, we have Land but no Freedom, Peace but no Truth. What is needed is a revolution to effect real change. Educating leaders through the Systems Health® program aims to be the catalyst for such change.

Understanding the world as an interconnected system of systems is critical to such leadership education. In order to introduce the principle of systems theory in the most grounded and practical way, Systems Health will show how the human body - your body - is a system. Once you understand the dynamics of a system in your physical self, you'll see how it occurs everywhere. When you gain a revolutionary perspective about who and what you are as an interconnected system of systems that follow fundamental principles, you'll be able to apply that revolutionary perspective to your life and the world as a whole.

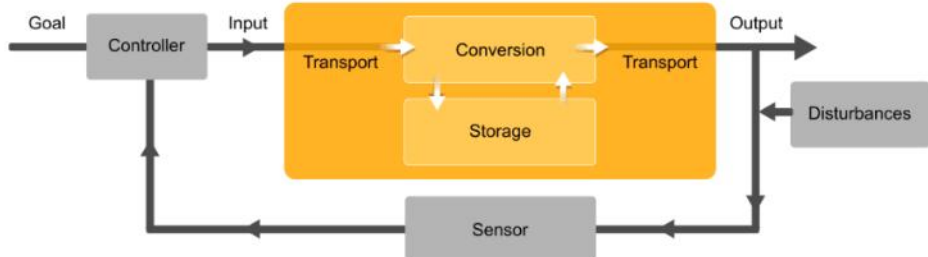


Dr. V.A. Shiva Ayyadurai

About Systems Health®

Systems Health educational programs involve both live workshops as well as comprehensive online education. The core of the Systems Health curriculum is intended to teach you, from a grounded engineering perspective, that revolution is essential to systemic change, be it in your body, your community or the world around you. It's about clearly seeing the current situation, setting goals for positive change, and taking action in that direction. It's not a matter of saying everything is perfect now or everything will be because that's just another way of talking ourselves out of taking action. Systems Health provides powerful tools and training to understand these principles so you can lead and effect change in your body, in your local communities, and the world around you.

Principles of Intelligent Systems



What People are Saying about Systems Health®

“It was invigorating to hear, see, and read some of the core Ayurvedic principles integrated with systems of biomedical medicine. This is such terrific work.”
 –N.B., Medical Doctor and US Army Colonel

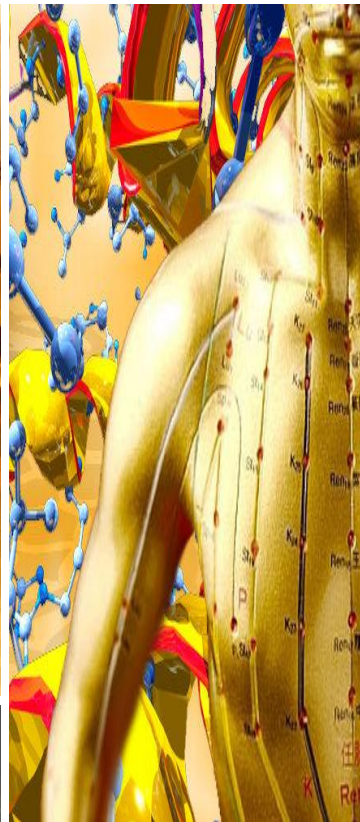
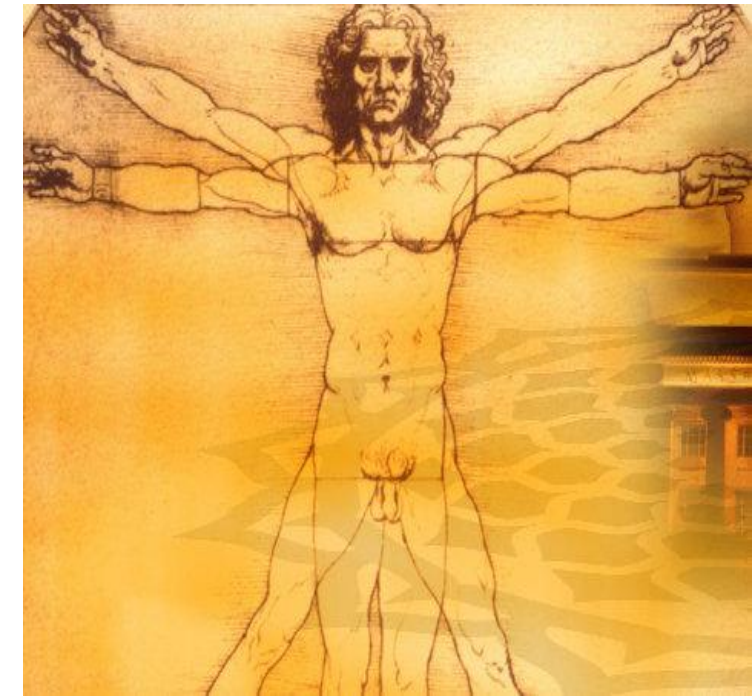
“This is excellent! These sessions are cross-disciplinary and encourage perspectives from social, historical, cultural, clinical, and basic sciences.”
 –A.A., M.D., Ph.D. and Harvard Medical Researcher

“Dr. Shiva’s courses are revolutionary. He has bridged the worlds of East and West making it easy for anyone to understand scientifically the basis of both Siddha and Ayurveda, as well as Traditional Chinese Medicine.”
 –S.S., Neuroscientist, MIT and Tsinghua University

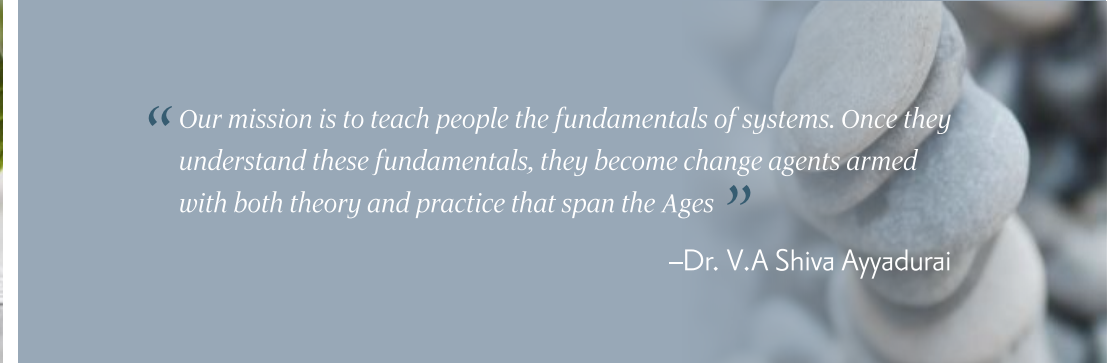
“Shiva’s ability to simplify powerful concepts and make it understandable has really allowed me to educate my students on the scientific basis of Yoga that I knew intuitively.”
 –J.G., Yoga Teacher

“Enlightening and stimulating, to say the least. The quality of the lectures was impressive. Dr. VA Shiva’s course demonstrated how scientifically investigating, digitizing, and analyzing ancient Indian and Chinese medical knowledge could help elucidate the complex systems linkages.”
 –N.W., Medical Student, Dartmouth

“Truth, Freedom and Health is what we all seek. Only a global Systems Revolution can fulfil that desire. Systems Health provides the foundational tools to educate Systems Revolutionaries to be catalysts for such change personally, locally and globally.”
 –Dr. V.A. Shiva Ayyadurai



Educating Leaders to Ignite
 a Systems Revolution for
 Truth, Freedom & Health



“ Our mission is to teach people the fundamentals of systems. Once they understand these fundamentals, they become change agents armed with both theory and practice that span the Ages ”

–Dr. V.A Shiva Ayyadurai

The International Center for Integrative Systems Presents Systems Health

Founded in 2007 by MIT-trained systems scientist and the inventor of email, Dr. V.A. Shiva Ayyadurai, the International Center for Integrative Systems is dedicated to research and education based on the power of systems thinking. A critical part of our Center’s activities is to educate future leaders. We recognize an integrative systems approach is the key to real health and health cannot be achieved without freedom and freedom demands truth. Truth, Freedom and Health are themselves an interconnected system of systems. Our Center is pleased to offer live workshops, hosted by Dr. V.A. Shiva Ayyadurai at our Cambridge facility. Through a special arrangement, our Center is able to provide FULL scholarships to eligible individuals to attend these workshops. Systems Health is also offered online as a comprehensive training program. This online educational program is founded on the tenets of modern systems science, systems biology, and the systems theoretic foundations of traditional systems such as Siddha, Ayurveda and TCM.

What is Systems Health?

Systems Health is an educational program created to use the body as a system to educate future leaders and change agents on the nature of ALL systems. The program provides a strong foundation in systems theory as well as foundational principles that can be applied to any system. Instruction is provided in workshops as well as video based online learning. Theory is also supported with “laboratory” work through the use of the Your Body, Your System® software application.



Systems Health 2-Day Workshop

The Systems Health 2-day workshop is an immersive workshop taught directly by Dr. Shiva Ayyadurai and the typical agenda is as follows:

DAY 1

Morning

1. The Three Elements of All Systems
2. Open Systems & Feedback Control Systems
3. Self Organizing Systems

Break

4. Phase Transition and Systems Revolution

Lunch

Afternoon

5. Your Body as a System
6. Introduction to Your Body, Your System Software

Dinner

DAY 2

Morning

1. The Natural Systems State: Calculating Yours
2. Disturbances to Your System
3. Beyond “Perfection”: Commitment to the Goal

Break

4. Group Analysis of Natural Systems States

Lunch

Afternoon

5. The Revolution is YOU: Making Adjustments to Your System
6. The Dynamics of Local and Global Revolution
7. The Manifesto of Truth, Health and Freedom

Dinner

The Systems Health Online Educators Program

Become a systems revolutionary and educate others on the power of systems thinking. All courses are available online, enabling convenient access any time, from any location in the world. Each course consists of professionally produced videos and online reading assignments, along with an online final exam – the passing of which provides you with an advanced training certificate from Systems Health to become a certified Systems Health Educator.

The Benefits of Systems Health

By completing the Systems Health educational program, you will learn the following:

- What “systems” are and how they pervade everything in nature, including the body.
- The core scientific principles that unite modern and ancient systems.
- The origin of systems in Ayurveda, Siddha, and Traditional Chinese Medicine.
- The history of and modern developments in the field of Systems Biology.
- Training in the use of Your Body, Your System application.
- Access to the Systems Health portal allowing you to start your own Systems Health educational business.

Free Access to Your Body, Your System®

When you register for a Systems Health course, you will also receive access to Your Body, Your System – a powerful diagnostic tool that integrates principles from systems theory and Siddha/Ayurveda for understanding the nature of all systems, starting with your body.

Visit systemshealth.com and yourbodyyoursystem.com

