

# Paul Dugliss, M.D.

Paul Dugliss, M.D. practices Ayurvedic Medicine, Ayurvedic Counseling and Internal Medicine. He also is an acupuncturist and practitioner of Traditional Chinese Medicine. He is the former director of Oakwood Healthcare System's Complementary & Alternative Medicine Center in Westland, MI. He also directed the Maharishi Vedic Medical Center in Lexington, KY and the Center for Enlightened Medicine in Ann Arbor, MI. He began studying Ayurvedic Medicine in the mid-1980s and has trained both in this country at Maharishi International University and in Europe at Maharishi Vedic University, Valkenberg, Holland. He has been a member of the Board of Directors of the National Ayurvedic Medical Association. He is currently on the Board of Directors of the Association of Ayurvedic Professionals of North America (AAPNA). He is the author of several books including *Ayurveda – The Power to Heal*, *Enlightened Nutrition*, *Capturing the Bliss: Ayurveda and the Yoga of Emotions*, *The Myth of Cholesterol*, and *Yoga & Ayurveda*. Dr. Dugliss is the Director and Academic Dean of New World Ayurveda, an organization providing training in this comprehensive system of natural medicine ([www.NewWorldAyurveda.com](http://www.NewWorldAyurveda.com)). He has a master's degree in Clinical and Counseling Psychology and is currently focusing his practice of medicine on Ayurvedic Counseling.

Dr. Dugliss began his own study and practice of meditation at the age of 18 and credits meditation with his being able to do medical school and residency in his late thirties and forties. In 2007, with the aid of several experienced meditation practitioners, he worked to develop what is now called Heart-based Meditation – a practice to meet the needs of his patients for an easy method of countering stress and maximizing personal growth. He has trained teachers of Heart-based Meditation since 2010.