

COPD (Chronic Obstructive Pulmonary Disease) was a health problem that Dr. Hubbard grappled with for 27 years. The allopathic process of treatment forced her into a cyclical pattern that made the symptoms progressively worse.

When she discovered Ayurveda, an ancient system of healing developed and refined in India, she was introduced to the concept of healing a dis-ease (lack of ease in the body) by using a series



of Ayurvedic techniques to identify and remove the root cause. After 27 years of struggling with debilitating coughing sessions, extreme mental fatigue and body aches, she experienced what seemed to be a miraculous healing. In just three months of practicing Ayurveda, her cough stopped and her journey with COPD came to an end.



Dr. Hubbard was awe-struck by the sudden healing of her body and began to apply these approaches to all aspects of life. In her formal studies of Root Cause Analysis in

the business and science worlds, she noticed that their problem solving approaches were inconsistent, monolithic and focused on the symptoms instead of removing the root cause.