

The Book of Ayurveda, 1995, 192 pages, Judith Morrison, 0684800179, 9780684800172, Simon and Schuster, 1995

Beautifully repackaged and completely redesigned, this practical guide to the ancient Indian healing system of Ayurveda has been a popular reference since its 1995 publication. Ayurveda offers personalized ways to achieve and maintain long-term wellness based on your unique combination of fundamental energies. In an accessible, practical format, The Book of Ayurveda unlocks the secrets of health and longevity by exploring the influence of these vital energies on your physical and emotional wellbeing and offers a lifestyle guide designed to maximize health, longevity, and enjoyment of living. According to Ayurveda, it is the imbalance of your vital energies that leads to the development of disease. The Book of Ayurveda offers suggestions on how to tailor your diet and daily routine to balance your energies and achieve physical equilibrium and harmony. Included is a chart indicating foods that can pacify or aggravate your constitution, conditions and diseases to which you are specifically prone, and holistic techniques such as meditation, herbology, and massage that can soothe and balance.

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Living Foods for Optimum Health Staying Healthy in an Unhealthy World, Brian R. Clement, 1998, Family & Relationships, 278 pages. Explains why living foods are important to good health and offers a plan for making the switch to a living foods diet, with lifestyle suggestions and over one hundred recipes.

Conscious Eating , Gabriel Cousens, 2000, Cooking, 850 pages. Offering readers basic guidelines on how to develop a diet that is tailored to their specific needs, Cousens introduces the art of live-food cuisine and recipes designed to.

Ayurvedic Tongue Diagnosis , Walter 'shantree' Kacera, Jan 1, 2007, , 480 pages. In addition to offering a comprehensive understanding of the art of tongue diagnosis, this book includes ancient and modern healing practices based on Healing Tastes, Herbal.

Ayurvedic Remedies For the Whole Family, Light Miller, Jan 1, 2002, , 470 pages. This book provides universal value for anyone on the journey to self-healing and enlightened approaches for each stage in the span of human life: pregnancy, birth, childhood.

The Complete Book of Ayurvedic Home Remedies , Vasant Lad, M.A.Sc., Feb 22, 2012, Health & Fitness, 336 pages. Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional.

Diabetes Fight It with the Blood Type Diet®, Peter J. D'Adamo, Catherine Whitney, Jan 1, 2005, Health & Fitness, 235 pages. Creating a personalized, innovative approach to preventing and treating both Type I and Type II diabetes, the naturopathic physician and author of Eat Right 4 (for) Your Type.

Foods That Heal A Guide to Understanding and Using the Healing Powers of Natural Foods, Bernard Jensen, 1993, Cooking, 330 pages. Describes the nutritional and therapeutic benefits of various fruits and vegetables, offers advice on diet and nutrition, and suggests healthful recipes.

Essential Ayurveda , Shubhra Krishan, Jan 1, 2009, Medical, 267 pages. Ayurveda is perhaps one of the most popular "holistic" health practices in the United States. Based on 5,000 years of practice and observation and popularized in part in the.

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Healing with Ayurveda , Raje Airey, 2002, Health & Fitness, 64 pages. An intrpductory guide to this complex subject, this book shows you how to work out what your basic body type is and what foods you should eat for your type that will improve.

Eat Right For Your Baby The Individulized Guide to Fertility and Maximum Health During Pregnancy, Peter J. D'Adamo, Catherine Whitney, Jul 6, 2004, Health & Fitness, 448 pages. Dr. Peter J. D'Adamo applies his bestselling blood type diet plan to expectant parents and infants. This one-of-a-kind guide offers methods of maximizing health from fertility.

Thai Yoga Therapy for Your Body Type An Ayurvedic Tradition, Kam Thye Chow, Emily Moody, Jun 15, 2006, Health & Fitness, 240 pages. A form of Thai Yoga Massage that focuses on the three Ayurvedic body types Explains how to determine a person's Ayurvedic body type and provides hands-on techniques for.

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