

Ayurveda And Marma Therapy Energy Points In Yogic Healing

Based on Dr Lad's 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full colour flash card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. Contents: 23 anatomical cards with marma points; Healing through Energy Points; Emotions, the Organs, and Marma Points; Chakra Breathing and Sounds; Meditation for Self-Healing: So Hum; Empty Bowl Meditation; Guidelines for Touch and Pressure; Applying Essential Oils & Oil Selection. According to Dosha Included in the set are two meditations that Vasant Lad highly recommends. Additionally, instructions on sound therapy that balances the marma points according to the chakras is provided. Marma points useful for emotional healing are outlined as well as the proper essential oils for healing the doshas-vata, pitta, kapha-through marma point therapy. Flash cards are printed on a 16 point cardstock and coated with a UV protective coating, making them quite durable.

An excellent introduction and overview of the profound, ancient Indian healing system known as Ayurveda.

For the first time a book is available that clearly explains the principles and practical applications of Ayurveda.

The area of Ayurveda known as Panchakarma is a comprehensive system of knowledge and practices to purify the body of toxins and restore it to balance with natural law. This book reflects the way the original text of Ayurveda, the Charak Samhita, first presented this knowledge. The first section explores in detail the principles which define Ayurveda as a science of life and health. The second section delves more deeply into the Ayurvedic understanding and how to treat it. This section begins with an elaboration of six stages of disease formation and then systematically unfolds the knowledge of Panchakarma, the science of rejuvenation.

Lessons on the Path of Ayurveda

The Healing Power of Ayurvedic Vital Point Massage

Marma Treatment

Marma Chikitsa

The Earth Essential Guide to Ancient Wisdom and Modern Healing

Life, Health and Longevity

Ayurveda

Cringly Cat is a children's book that helps parents and kids understand the basic principles of Ayurveda. This silly and fun story illustrates three types of "cringy" and what they feel like physically and mentally. Meema helps the child figure out what why she feels the way she does. Together they discover what nutrition and lifestyle imbalances caused the "cringe". With bright

pictures and catchy rhymes, this is a perfect family time story about loving each other through time of emotional upheaval and getting down to the root causes. The author, Christie Smirl is a Doctorate of Ayurveda, Nurse Practitioner, Master of Science, Holistic Health Practitioner, Educator, Yoga Teacher and Mom, dedicated to public education.

Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. Complementary and Alternative Medicine in the United States identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards. Helps you diagnose your metabolic type and apply healing modalities.

Morningstar explores how you can personally use these two vitally rejuvenative systems for your own self-healing.

The Ancient Art of Ayurvedic Pulse Diagnosis

The Hidden Secret of Ayurveda

East by West

Yoga for Your Type

Energy Points in Yogic Healing

The Encyclopedia of Ayurvedic Massage

Applied Marma Therapy Cards

Contains a full description of Ayurveda on all levels from diet and herbs to yoga and meditation, explaining both Ayurvedic diagnostic and treatment methods.

It is possibly the most complete and crucial restoration system, going to the roots of our being, or wellbeing, on physical, psychological, and non-secular ranges and our connections with the larger universe of recognition in all these areas. This historical clinical device has developed the science of MARMAS, crucial factors in the physique and NADIS, channels of necessary force. This critical pressure in Ayurveda is referred to as PRANA. In Sanskrit this ability primal electricity or existence pressure energy. Understanding the thought of PRANA is crucial in the critical comprehension of Ayurveda. There is nothing greater refined in the physique than this energy. It empowers the body/mind and it is intently linked to the soul. Prana is channeled via the Nadis or meridians. We can say that it corresponds to CHI, in the Chinese scientific system. Health, in Ayurveda, is delivered via the proper use, or understanding of Prana in food, herbs, water, and lifestyles themselves. get all you need to know in this book.

Based on Dr. Lads more than 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full color card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. Contents 23 anatomical cards with marma points Healing through Energy Points Emotions, the Organs, and Marma Points Chakra Breathing and Sounds Meditation for Self-Healing: SoHum Empty Bowl Meditation Guidelines for Touch and Pressure Applying Essential Oils & Oil Selection According to Dosha.

Five thousand years old, Ayurvedic massage has been shown to still the mind and body by lowering metabolic rates and inspiring feelings of peace and calm. Often administered as a part of a three-, five-, or seven-day program, these treatments are an integral part of deep cleansing, rejuvenation, and life-extension Ayurvedic programs called panchakarma or kya kalpa. This book by a noted practitioner features more than 15 of these treatments, each described in step-by-step detail and some synchronized with two therapists for up to two hours in length. It provides the reader with all the tools necessary to begin Ayurvedic treatments as a part of a spa menu or massage therapy program.

A Revolutionary New Approach to ADD/ADHD Featuring Cutting-edge Research and Strategies

Understand Ayurveda and Marma Therapy

The Absolute Guide on All You Must Know about Ayurveda and Marma Therapy to Improve Your Health Condition

Your Health in Your Hands

Ayuryoga

Thirty-Day Guide to Inner Growth

Simple Recipes for Ultimate Mind-Body Balance

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for

many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti," the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

This is the first book that details how to choose Yoga asanas (Yoga poses) most appropriate for your unique body type according to the five thousand year old system of Ayurvedic medicine. These two systems of healing and energy management have long been regarded as effective methods of relieving stress, creating personal balance, eliminating ailments, and relieving chronic pain. Yoga for Your Type presents a fundamental understanding of both Yoga and Ayurveda and provides the information needed for you to balance your energy and feel healthy.

Most popular general introduction to Ayurveda, the alternate health science of India.

Often viewed as the first system of medicine ever established, Ayurveda is a 5,000-year-old Indian system of care that holistically addresses the mind, body, and spirit. It emphasizes eating right to bring yourself back into balance, exercising, breathing fully, reducing stress, sleeping well, and other basic concepts to keep your body whole, balanced, and healthy. In Ayurveda, food is medicine. When a person eats in a manner that is best for their unique needs, they can improve their health, live longer, and protect themselves from disease. Other Ayurvedic practices further support a strong mind-body constitution. While all of the Ayurvedic practices help you maintain good health, if you do get sick, the thought is that you can heal faster because your body is in better balance. Knowledge of Ayurveda comes from the Vedas, which originated in India, and are some of the oldest written texts in the world. This system of medicine was taught to students who visited the great teachers of India (the rishis) to learn from them. The science of life, which Ayurveda is often called, was originally an oral tradition transmitted through concepts and poetic phrases (sutras, literally meaning "thread") that were used to pass knowledge from one generation to the next. Even today, an Ayurvedic doctor may sing a sutra to explain a treatment or impart wisdom. Many forms of medicine have roots in Ayurveda. For instance, herbal medicine, energy medicine, traditional Chinese medicine (TCM), polarity therapy, marma therapy, acupuncture, acupressure, and even Reiki and healing touch are either used in Ayurveda or share something in common with this system. That is one reason Ayurveda is so accepting of integrative medicine. It recognizes that there is wisdom to be found in many traditions.

Ayurvedic Healing Methods

The Ayurvedic Guide to Polarity Therapy - Hands-On Healing

Self-Healing and Self-Realization

Online Library Ayurveda And Marma Therapy Energy Points In Yogic Healing

A Primer for Clinicians

Marma Therapy

Ayurvedic Beauty Care

Yoga of Herbs

Ayurveda, The Universal Healing Art. More Than A Medical System. Developed From The Vedas, India's Ancient Books Of Wisdom, Ayurveda Combines Physical, Psychological And Spiritual Therapies In An Approach To Health That Is As Relevant To The Modern World As It Was To The Ancient World When It First Became Part Of India's Collective Consciousness. Here Is A Definitive Handbook Of A Health Care Both Sensible And Sublime, That Is Still Alive And Well Itself—The Author Is The First Westerner To Graduate From An Indian Ayurvedic College. Utilizing Herbs And Minerals, Proper Nutrition And Purification And, Above All, Affirmative Ways Of Living, Ayurveda Treats Not Just The Ailment But The Whole Person And Emphasizes Prevention Of Disease To Avoid The Need For Cure. Its Ancient Message Has Helped Spread The New Holistic Thinking In The West, Encouraging Us To Become 'Stewards Of Life' In Order, Now, To Give Civilization Itself A Chance To Heal.

This is a thirty-day workbook to make practical the teachings in Think with the Heart / Love with the Mind.

The term yoga has many traditional meanings. In Ayurveda, the medical science of India, yoga refers to the right usage and right combination of herbs. A special combination of substances designed to bring about a specific effect upon the body or mind is thus called yoga. This coordinated or integrated usage of herbs is based upon the ancient Ayurvedic science of herbal energetics. This is a system for determining the qualities and powers of herbs according to the laws of nature, so that herbs can be used objectively and specifically according to individual condition. A yogic usage of herbs implies such an harmonic application of the potencies of herbs. In this book, for the first time, this Ayurvedic herbal science is applied to western herbs, as well as to a few major oriental herbs, both Indian and Chinese. It is the purpose of this book not to present Ayurveda in the distance, as some-thing foreign or ancient, but to make it a practically applied system of herbalism. This book is just a presentation of traditional Ayurvedic knowledge. It attempts to show living Ayurveda, its creative and practical application to changing conditions. It is meant as a bridge between east and west. In this regard, it has been a collaboration of an easterner with profound knowledge of the west and a westerner with profound knowledge of the east.

While medical professionals continue to practice traditional allopathic medicine, the public has turned toward nutritional and integrative medical therapies, especially for addressing the proliferation of chronic diseases. Written by leaders in the academic and scientific world, Nutrition and Integrative Medicine: A Primer for Clinicians presents various modalities to help restore health. This book provides

users with a guide to evaluating and recommending nutritional and integrative therapies. The book offers insights on the microbiome of the human body, examines the relationship of human health to the microbiome of the food we ingest, and introduces the concept of "food as information." It provides enlightenment on anti-aging and healing modalities, mind-body medicine, and an investigation of psychological trauma as related to disease causation. Integrative therapies, including water, light, and sound therapy, are explored, and information on healing chronic disease through nutrition, the tooth-body connection, the role of toxins in disease causation, and electromagnetic field hypersensitivity, as well as its management, is presented.

Ayurveda Made Easy

Get The Practical Knowledge On The Reason, Tools, Types, Uses, Effects, Benefits And Much More

Ayurveda And Panchakarma The Science Of Healing And Rejuvenation

Integrative Neurology

Essentials of Medical Astrology

AYURVEDA FOR BEGINNERS 2021

The Complete Book of Ayurvedic Home Remedies

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constitutions of the individual. For the first time in the west this book presents this ancient art and provides a method by which anyone can learn to read his or her own pulse. Imbalances and potential disease states can be detected in their early stages, giving one the opportunity to correct them before they affect the quality of life. With practice and guidance, one can acquire the proficiency to use this knowledge to heal self and others. This book will give guidelines to think about various ways of feeling, reading and gathering information through the pulse. It is quite difficult to put subjective experience into words. It is an attempt to express these simple ways of feeling the pulse.

Dementia, Parkinson's Disease, headache, and neuropathy are all conditions for which narrowly focused medical interventions all too often fall short. The first book in its field, Integrative Neurology synthesizes complementary modalities with state-of-the-art medical treatment to offer a new vision for neurological care. The authors begin by looking inward at the crisis of stress and burnout that confronts all of medicine, but neurology in particular. It goes on to provide a selective yet in-depth review of important topics in neurological practice from the perspective of integrative medicine. Taking an evidence based approach throughout, chapters cover chronic diseases such as Multiple Sclerosis, Dementia, and Parkinson's Disease. The volume also address clinical issues such as

headache, traumatic brain injury, navigating the endocannabinoid system and aging, nutrition and stroke, neuropathy, toxins and neurodevelopment, as well as the modalities of Ayurvedic Medicine and acupuncture. Integrative medicine is defined as a healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. Series editor Andrew Weil, MD is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the US, and its stated goal is "to combine the best ideas and practice of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically." A "made easy" guide to Ayurveda with a series of exercises and remedies for achieving health, energy, mindfulness, and balance.

The effective yet gentle 'Sukshma' technique, for working with the Marma points at the emotional as well as on the physical level, is fully described in this book. Marma Therapy - the art of treating specific vital points on the human body - is one of the greatest healing secrets of Ayurveda. It can be used to detoxify, strengthen and revitalize the body, for rejuvenation and relaxation or to release blocked energy. The authors explain the theoretical basis of Marma Therapy, and then provide a detailed, fully illustrated guide to its use. For each Marma point, the authors provide information about its significance, the Ayurvedic element it relates to, the most appropriate oils to use, and what it can be used to treat. Clear step-by-step instructions and photographs illustrate the techniques, and advice is also included for self-treatment. The authors explain how to strengthen the Marmas through yoga and use mudras to support and complement Marma treatment. Finally, they describe how to treat common physical and emotional conditions, from headache and back pain, to exam nerves and insomnia.

Massage Therapy for Diseases of Vital Areas

Ayurveda for Children

VPK Basics

Ageless Techniques to Invoke Natural Beauty

Marma Points of Ayurveda

Healing Your Life

An Ayurvedic Approach to Your Asana Practice

Your Health in Your Hands is a clear guide to using Ayurveda to restore and maintain good health, written by Dr Smita Naram, a

leading Ayurvedic doctor with a wealth of experience to share with all of us. She begins by telling the stories of patients who have used Ayurveda to restore balanced health to themselves, to give us a clear understanding of how this effective and profound, ancient Indian system of medicine and life works to restore health and well-being. This understanding leads to the core of *Your Health in Your Hands*, a manual of practical and proven ways in which we ourselves can make a real difference to our health. It focuses on 11 groups of common health issues which are often seen in Ayushakti clinics; Joint Pain; Skin Disorders and Skin Care; Stress and Depression; Sleep Disorders; Reducing Weight; Diabetes; Reducing High Cholesterol; Balancing High Blood Pressure; Coughs and Colds; Hair Loss and Hair Care; and Common Digestive Disorders. This is followed by Dr Smita Naram's valuable insights into Diet, Health and the Stages of Life, so we can be clear about how our diets need to change according to the stage of life we are living, and shows us how our health is truly in our own hands.

Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the *Lessons On The Path*. Lessons that anyone can use to support their own healing journey... the lessons of Ayurveda

This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

"Presents healing energetics of Ayurvedic marma points and compares them with Chinese system of acupuncture. Based on traditional medicine system from India, provides commentaries of diagnostic and therapeutic scope for each marma point including techniques for massage, detoxification, acupressure, aromatherapy, yoga and meditation"

Yoga and Ayurveda

Ayurveda & Aromatherapy

Think with the Heart / Love with the Mind Workbook

Prakriti

Nutrition and Integrative Medicine

The Science of Self-healing : a Practical Guide

Ayurvedic Beauty Care presents both ancient and modern Ayurvedic secrets for beauty-care. The aim of this book is to elevate our Western understanding of beauty to new levels with the deeper Ayurvedic insights. These insights hold

powerful health promoting and enhancing methods and luxurious beauty techniques such that all levels of beauty (outer, inner, secret) can be realized in our increasingly fast paced and chaotic world. There are two audiences that are addressed in this volume. First and foremost, every person should be able to find what brings out their true beauty. In this light, the book is intended to be a self-care manual. At the same time, those interested in or practising as beauty therapists or aestheticians should receive the benefits of the deep insights and marvelous results Ayurveda can offer their clients.

While a number of authors have written on "ayurvedic massage", most of them have not truly integrated the massage techniques into the science of ayurveda with the background and depth of knowledge of the authors in this volume. Dr. Ranade, one of the foremost authorities in the field of ayurveda, along with his co-author Dr. Rawat, himself an ayurvedic educator have integrated the principles of ayurveda at a level that can make the use of massage a serious therapeutic tool for the ayurvedic doctor or health practitioner. Ayurvedic massage has many unique features and advantages compared to many other types of massage therapy. Dramatic results can be obtained when the practitioner has the ability to adapt the massage technique according to body type, age, stage of the disorder or disease, as well as the general health of the digestion and the imbalances present in the client or patient. Most ayurvedic massage texts content themselves with differentiating the technique based on constitutional type of the body alone; while Drs. Ranade and Rawat, with their long-training and experience as professors and educators in the field, are able to provide insight and integration to the diverse aspects of this field to make it truly effective at a deeper level. In addition, they explain the different types of oils or other substances that can be used, as well as the circumstances and manner of determining which one is appropriate in a particular case. They describe how modifications to the stroke and direction of the stroke used can be applied based on the underlying circumstances unique to each client. The readers of this text will gain a background in ayurvedic theory, as well as applied therapy. Ayurvedic massage can be seen as a therapeutic tool in its own right as well as a predecessor to panchakarma treatment. For the first time the important concept of "marma massage" has been explained and described. This technique is extremely valuable and is becoming quite popular among practitioners of ayurveda both in India and abroad. A chapter on "Massage for Specific Diseases" highlights some important disease conditions for which the massage techniques can be very useful.

Ayurveda and Marma Therapy Energy Points in Yogic Healing Lotus Press

The neti pot is one of the most popular new methods of personal hygiene and health improvement ... This simple tool for nasal irrigation, coming from the ancient tradition of Yoga and Ayurveda, is a great way to counter nasal congestion, sinus allergies, headaches, and many other health problems ... -- P. [4] of cover.

50 Exercises for Finding Health, Mindfulness, and Balance

Based on the Timeless Wisdom of India's 5,000-Year-Old Medical System

Secrets of the Pulse

A Self-Care Guide

Healing Secrets of Yoga and Ayurveda

The Energy Pathways for Healing Body, Mind and Consciousness with a Comparison to Traditional Chinese Medicine Beyond the Mind

In Ayurveda Marmas Are Mentioned. Susruta Samhita Deals With Marmas Elaborately. Those Who Practise Ayurvedic Massage Should Have The General Knowledge About Marmas. Now A Days The Acharyas Of Kalari Payattu (Martial Art) Know The Marmas And The Marma Treatment. In The Olden Days The Ayurvedic Doctors Had The Knowledge Of Some Marma Points Where They Used To Press And The Patient Became Unconscious And The Surgery Was Done. After The Operation Another Marma Point Was Pressed And The Patient Regained This Consciousness. If Any Marma Is Damaged The Body Gets Some Trouble. If Marmas Are Well Activated Some Diseases Can Be Cured. It Is Well Mentioned In This Book.

Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. YOGA AND AYURVEDA reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

Winner of the 2018 Hearst Big Books Award (Women's Health and Wellbeing) East by West is the first solo cookbook from bestselling author, cook and TV presenter Jasmine Hemsley, co-founder of Hemsley + Hemsley. Featuring 140 delicious recipes from around the world, East by West champions the ancient Ayurvedic philosophy of eating to nourish, sustain and repair for ultimate mind-body balance. Jasmine continues her passion for balancing body, mind and spirit amidst the challenges of our fast-paced day-to-day lives, through real food and tasty home cooking. With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, East by West is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste (bringing to life store cupboard basics to create dishes) from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Packed with beautiful colour photography and inspired by Jasmine's personal journey with food and healthy living, East by West represents a delicious evolution of the ideas explored in Hemsley + Hemsley bestsellers Good + Simple and The Art of Eating Well.

Online Library Ayurveda And Marma Therapy Energy Points In Yogic Healing

Ayurvedic medication proposes marma focuses treatment as a technique for changing or working on your natural chemistry. It's accepted to deliver stale energy and invigorate your inside organs, chemicals, and different synthetic compounds to assist with addressing the necessities of your body. Marma focuses treatment is finished by delicately animating the marma focuses around your body through rub treatment. By and large, this is performed by a prepared back rub advisor who has insight with Ayurvedic medication. These back rub specialists have broad information on the areas and elements of the different marma focuses.

Ayurveda, Nature's Medicine

Complementary and Alternative Medicine in the United States

Ayurvedic Massage Therapy

Your Ayurvedic Constitution

Cringy Cat

Neti

Ayurveda and Marma Therapy

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 medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to

natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.