



An integrative approach to support your health and well-being While Western medicine often relies on a one-size-size-fits-all approach to treating depression, Ayurveda offers an individualized, holistic model that draws upon five thousand years of scientific knowledge and practice to address depression systemically--restoring balance and nourishing mind, body, and spirit. The Ayurvedic anti-depression protocols outlined in this book can work alone or in concert with conventional therapies to help you develop a tailored plan that meets your unique needs. You'll the root causes of your condition. This book will empower you to create daily and seasonal routines using dietary adjustments, mind-body training, and herbal remedies to reawaken your body and cultivate the wisdom needed to heal from depression.

Dr. Manisha Kshirsagar brings her vast knowledge of Ayurvedic medicine together with her expertise as an esthetician to give us the foundation for beauty that radiates from the inside out. A life long guide to inner and outer beauty. - Deepak Chopra, MD Enchanting Beauty by Dr. Manisha Kshirsagar is an excellent Ayurvedic guidebook for promoting inner and outer beauty, happiness and health for women of all ages. It is an important addition to the existing Ayurvedic literature and adds much new information and insight in an easy accessible form. - David Fr

"Ayurveda Cooking for Beginners makes it such a joy to create delicious, healing meals that one's relationship with food is forever transformed."--Melania Fiorella, MD, Associate Clinician Professor of Integrative Health at UC San Diego, visiting staff member of the Chopra Center's Mind-Body Medical Group Modern medicine treats most ailments with prescription drugs. However, for those who want a natural approach to wellness, Ayurveda is a powerful, effective means of holistic healing. Ayurveda Cooking for Beginners takes a nature-based approach to welln she shows you how to practice the principles of Ayurveda in the kitchen with Ayurvedic cooking techniques for health and wellbeing. Ayurveda Cooking for Beginners is your complete guide to adopting the ancient science of Ayurveda with: An overview of Ayurveda from its history to present day More than 100 easy, satisfying recipes for every body type. or dosha, based on the fundamentals of Ayurveda A 5-step guide to Ayurvedic eating grounded in your body's unique requirements and determined by a simple dosha quiz 4 seasonal, 7-day Ayurveda meal plan radiant health. Ayurveda Cooking for Beginners should be on everyone's bookshelf because understanding the principals of Ayurveda is essential to health and wellness."--Melissa Ambrosini, bestselling author & speaker "Absolutely delicious book! Ayurveda Cooking for Beginners is a beautiful guidebook that brings awareness to healthy foods and fosters a love for cooking."--Dr. Manisha Kshirsagar, BAMS, Ayurveda teacher (India)

Boost Your Vitality With Ayurveda

Ayurveda And Panchakarma The Science Of Healing And Rejuvenation

Ayurveda and Marma Therapy

Teach Yourself

Nourishing Body and Mind through Seasonal Recipes, Rituals, and Yoga

Ayurveda for Beginners

Ancient Secrets to Inner, Outer & Lasting Beauty

***A user-friendly guide to the principles and properties behind an ancient Indian tradition and how it can be used to improve physical and spiritual wellbeing today.***

***Discover the best way to care for yourself--day by day and season by season. Embrace the ancient principles of Ayurveda to become a more integrated, whole, and healthy version of yourself. This detailed guide walks you through the steps of foundational Ayurvedic practices that can be easily integrated into your existing self-care routine--from self-massage, oil pulling, and tongue scraping to breathing practices, meditation exercises, and eating with intention--to uplift your physical health and state of mind. In The Everyday Ayurveda Guide to Self-Care, you will: • Get acquainted with the tradition of Ayurveda and better understand your doshas (metabolic tendencies) and basic Ayurvedic anatomy. • Discover the art of self-care by exploring daily routines and seasonal practices to prevent imbalances in the body and mind. • Find out what foods, spices, and herbs carry medicinal qualities that support cleansing, rejuvenation, and management of common ailments.***

***A hands-on holistic guide to self-care based on the ancient wisdom of Ayurveda--learn how to build a daily personal practice using food, breath, movement, and meditation to stay balanced and nourished through the seasons. Nourishment comes in many forms--it's the food you eat, how you breathe and move your body, and the way you establish your daily routine. Living Ayurveda weaves together the ancient wisdom of Ayurveda and Yoga in a modern, accessible way to provide a season-by-season guide for living a vibrantly rich year. Part cookbook, part lifestyle manual, each chapter includes simple vegetarian recipes, seasonal rituals, and self-care practices to cultivate your inner wisdom and feed your body, mind, and spirit. In this book, you'll find: • 80+ delicious vegetarian recipes to balance the body and strengthen digestion through the seasons • Illustrated menu guides and cooking tips that demystify the process of building a balanced meal • Yoga sequences and breathing techniques to help align with the energy of each season • Seasonal rituals based on moon cycles to strengthen your intuition and develop a personal routine at home Learn from ancient wisdom to know yourself intimately, be open to new discoveries, and see where this path takes you to allow a deeper wisdom to blossom in your life.***

***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.***

***Bundle 4 Books in 1: The Ultimate Guide to Learning Self-Healing and Ayurvedic Principles to Achieve Physical, Mental and Spiritual Well-Being***

***Rhythms, Routines, and Home Remedies for Natural Healing***

***The Science of Self-healing : a Practical Guide***

***A Practical Guide to Understanding & Nourishing Your Body***

***Ayurveda Lifestyle Wisdom***

***Energy Points in Yogic Healing***

***The Ultimate Guide to Learning Ayurvedic Principles to Help Achieve Physical, Mental and Spiritual Well-Being - Extended Edition***

The book guides you to adopt a healthy lifestyle based on the ancient Indian Medical Science - Ayurveda. The book covers the following topics - setting up a healthy lifestyle, basics of Tridosha, Massage, benefits and side effects, Panchakarma and related procedures, Mental and physical exercises, How to adopt Pranayama in your routine, Health advice based on seasons, Diet advice, Fasting tips, Tastes and their qualities Abstinence, Sexual health, Sleep and related aspects, Dairy products, Spices, Oils, simple and effective home remedies and more.

Authentic yet easy-to-follow, this is the most accessible, effective and simple guide available to using the complex ancient wisdom of Ayurveda in a modern lifestyle "Brings Ayurveda, and all of its healing power, into the 21st century" Ravinder Bhogal, writer, chef & TV presenter Health journalist and sceptic Eminé Rushton was converted to an Ayurvedic approach during pregnancy, when she discovered how eating and living according to the ancient Indian principles of Ayurveda rebalances the body for the better. Ayurveda teaches that we each have a dosha - a basic body type that defines our personality and physical wellbeing, from the foods we crave to those that spark intolerances and increase weight gain. This book decodes this 5,000-year-old science of wellbeing specifically for busy, modern lives. It shows just how simple and practical a body-balancing seasonal lifestyle can be, helping you beat stress, lose excess weight and feel energized and positive every day. Ayurveda for Modern Life guides you through the process of determining your dosha type, and teaches how to eat for your own dosha and make your body feel light, vital, energized and well again. It offers a simple 3-day nutrition plan, as well as 20 delicious, seasonal recipes that can be made using ordinary supermarket ingredients. This ultimate guide to living the Ayurveda way also includes expert advice from leading nutritional therapist Eve Kalinik, TCM practitioner Annee de Mamiel and the founder of The Organic Pharmacy, Margo Marrone.

Two renowned neuroscientists and pioneers in documenting the benefits of Transcendental Meditation give parents a guided tour of their children's brains through contemporary science and ancient Ayurvedic typology (parents can "type" their kids and themselves) for a wealth of methods and insights to maximize your child's learning and behavioral style. Dharma Parenting offers a uniquely individual approach to raising a happy and successful child. The word "dharma" means a way of living that upholds the path of evolution, maintains balance, and supports both prosperity and spiritual freedom. For the first time, we can understand why one child learns quickly and forgets quickly while another learns slowly and forgets slowly; why one child is hyperactive and another slow moving; or why one falls asleep quickly but wakes in the night while another takes hours to fall asleep. Leading brain researchers Robert Keith Wallace and Frederick Travis combine knowledge from modern science, ancient Ayurveda, and their personal experience to show how to unfold the full potential of a child's brain, as well as how to nurture his or her inherent brilliance and goodness. The first tool of Dharma Parenting is to determine your child's--and your own--brain/body type through a simple quiz. The Eastern system of natural medicine called Ayurveda has used three distinct mind/body types (and combinations of these types) for thousands of years. Scientific studies suggest that there is a specific set of genetic, biochemical, and physiological characteristics that underlie each of the three main Ayurveda mind/body types. Coupling old and new wisdom, Dharma Parenting offers unique insight into why a child is the way he or she is and reveals how to bring each child into a state of balance. Its language is readily comprehensible by parents of any cultural background, with real-life stories to illustrate areas of universal parental concern--such as emotions, behavior, language, learning styles, habits, diet, health issues, and, most importantly, the parent-child relationship.

Writing for both yoga teachers and students of yoga, Siva Mohan explains the principles of Ayurveda and how it can be used as the framework from which to learn how to live a yogic life. As she says in her first chapter, 'One of my gifts is to show you how to fit Ayurveda into the container of your modern urban life. And then, use it to change the container entirely.' This book teaches the basics in an accessible way, while always including the psychospiritual component. Siva offers guidance on how to apply the teachings of Ayurveda in a variety of settings and how to incorporate them into an integrative approach to health.

A Life of Balance : the Complete Guide to Ayurvedic Nutrition and Body Types with Recipes

Your Ayurvedic Constitution

Ayurvedic Nutrition

A Comprehensive Guide