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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.

A comprehensive resource by one of the world's most respected Ayurveda experts Ayurveda is the art of good life and gentle healing. It is a holistic system of medicine that includes prevention, psychology, diet, and treatment. Join Hans H. Rhyner, a leading authority on Ayurveda, as he explores the principles, therapies, and collected knowledge of this powerful approach to health and wellbeing, including: Anatomical Aspects (Rachana Sharira) Evolutionary Physiology (Kriya Sharira) Constitution (Prakruti) Pathology (Samprapti) Diagnostics (Nidana) Pharmacology (Dravya Guna) Treatment Strategies (Chikitsa) Nutritional Sciences (Annajijnana) Preventative Medicine (Swasthavritta) Quintet of Therapeutics (Panchakarma) Clinical Applications Filled with natural treatment suggestions and herbal remedies for dozens of conditions, Llewellyn's Complete Book of Ayurveda provides detailed explanations of the most important topics in the field, such

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For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text throughly explains history & philosophy, basic principles, diagnostic techniques, treatment, diet, medicinal usage of kitchen herbs & spices, first aid, food aid, food antidotes and much more.

Forced by cancer to reexamine and redirect her life Maya Tiwari left a highly successful New York design career and returned to her native India to study Ayurvedic medicine. Her book a profound but practical testament to the healing power of balanced living shows how Ayurveda`s ancient principles of health can help you achieve the highest levels of physical emotional and spiritual well being. The traditional form of medicine in India for more than five thousand years Ayurveda relies primarily on the proper use of foods and herbs to maintain or restore the body`s natural state of balance. While Ayurvedic healing has in recent years become increasingly well known in the west Maya Tiwari is the first author to provide us with a comprehensive working guide to ayurveda as a way of life.

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Presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer.

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.

Balance mind, body, and spirit with your own essential Ayurvedic self-care toolkit. New science has revealed the effectiveness of Ayurveda as a 360-degree approach to physical and mental wellness, tailored to the individual. This ebook directly delivers practical Ayurvedic advice according to your specific needs - as though you were having an Ayurvedic consultation. Sonja Shah-Williams has curated a collection of tried and tested Ayurvedic practices and remedies including foods, oils, yoga, and meditation, that you can apply to your need or situation - to aid sleep, increase energy, boost immunity, relieve digestive problems, improve relationships, and much more.

Discover Hundreds of Holistic Remedies and Wellness Tips
Llewellyn's Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional techniques using common, everyday ingredients. Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps,

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these outstanding remedies will support your healing process as you live your best possible life.

Popular medicine.

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

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