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Ayurvedic medicine ("Ayurveda" for short) is one of the world's oldest holistic ("whole-body") healing systems. It was developed more than 3,000 years ago in India. It's based on the belief that...



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Previously published by David & Charles Publishers of the UK in 1999.

Ayurveda is an ancient and universal system of health and healing that can be used beneficially in any culture, in any era, by anyone. The book outlines the basic principles of Ayurveda, making readers understand their own physiological and psychological make-up and the qualities in their own environment which promote a state of good or ill health. Focusing on the modern woman's need to heal and empower

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her body, mind and spirit in a fast moving world, this book explains the principles of a system of complementary medicine that is rapidly gaining in popularity, and offers advice to women of all ages on applying those principles in everyday life. It aims to help women fulfill their potential through living healthy and happy lives, and deliver an image that Ayurveda was created to mirror the drama, the trees and the forest, in short everything that is suitable or unsuitable for promoting health and happiness in an individual human life.

Ayurveda - the science of life - is a system of health and healing that has been practiced in India for over

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5000 years. In this book, Robert Svoboda aims to provide women with an understanding of how ayurveda can work to heal and empower the female body, mind and spirit.

Eat to heal! This accessible Ayurveda book for women taps into the ancient wisdom and power of food as medicine with recipes, menus, and culinary remedies for dosha imbalances and common ailments.

Practiced for over 5,000 years in India, Ayurveda is the health-care manual for balanced energy and finding relief from ailments that affect a woman's well-being. Certified Ayurveda practitioner Emily L. Glaser shares her knowledge of this holistic medicine in an

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accessible way—with guidance on how to integrate Ayurveda on the path toward healing and balanced living. The power of Ayurveda's timeless wisdom, writes Glaser, can be found in the kitchen and what you put in your body. Every meal is an opportunity to choose food as medicine, and when you do, Ayurvedic cooking can be a powerful approach to taking control of your health while supporting the demands of day-to-day life. This Ayurveda book includes:

- Ayurveda basics: Get an overview of the holistic principles, determine your unique constitution and any dosha imbalances, and discover the foods and recipes that are right for you.
- Encyclopedia + remedies
- cookbook: From hot flashes and menstrual cramps to

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depression and insomnia, learn how to find relief across a wide variety of health issues and restore imbalances with traditional Ayurveda recipes. □ Accessible everyday recipes: Find helpful menus and simple, seasonal recipes designed for your unique energetic balance.

Ancient Herbal Secrets for Self-Care, Healing, and Wholeness Designed specifically for women, this book will introduce the system of Ayurvedic medicine, one of the most ancient and holistic forms of medicine known in human history. Developed in India over 5,000 years ago, Ayurveda is a complete system for healing and rebalancing the body. This fascinating

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book features an A-Z of herbs with their description, history and uses, and easy-to-prepare home remedies. There is also an A-Z section of ailments that details symptoms and how to treat them using Ayurvedic remedies. Authoritative text, an easy-to-use format, and delightful original botanical illustrations will make this volume a pleasure to own and a useful home reference.

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

Whether you are experiencing digestive issues, anxiety, fear, insomnia, aches and pains, hormonal

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problems, menstrual difficulties, or fertility challenges, Ayurveda can help you achieve greater health by establishing simple routines and rhythms, realigning with your purpose and creative expression.

A PRACTICAL, INTENTIONAL GUIDE TO CREATING ENHANCED CONDITIONS FOR CONCEPTION Creating new life is a natural part of being a woman, but it doesn't always come as easily as we expect. With high-stress modern lives, many women's bodies are not prepared to nurture the growth of a child, and they may find it challenging to become pregnant. Heather Grzych discovered firsthand that the practice of Ayurveda, and its deep teachings on the Four

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Fertility Factors, could help her and other women create the optimal conditions for conception. She shares that understanding — which led to the birth of her son — in this comprehensive book. Ayurveda, the ancient "science of life," teaches rejuvenating mind-body-spirit practices and herbal remedies that will help you and your partner align with nature for a healthy conception. You can safely explore this holistic approach as you plan for your pregnancy. With Heather's guidance, you will discover and learn to enhance the factors that contribute to fertility and overall well-being, including the spiritual, emotional, and environmental dimensions of conception.



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When Susan Weis-Bohlen came across the Ayurvedic cleansing technique of panchakarma, she could not have imagined how the wisdom of Ayurveda would take shape in her life. What began as the release of damaging toxins and personal difficulties eventually grew into an impassioned vocation to guide others in their journeys towards a healthier state of mind, body, and spirit. Ayurveda Beginner's Guide offers newcomers a clear explanation of Ayurveda's holistic principles and gentle guidance for incorporating them into your daily life. Learn to keep your body healthy and whole with an accessible overview of Ayurvedic concepts, Introduce Ayurveda into your lifestyle gradually and practically with a 3-week plan for

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beginners, Identify your predominant mind-body types-vata, pitta, or kapha-and keep them balanced with step-by-step practices, recipes, and more, Choose from a wide range of Ayurvedic Techniques, Healing Recipes including kitcharis and soups, Lifestyle Practices like yoga and aromatherapy, Spiritual Rituals such as mindfulness and meditation, Seasonal Cleanses & Adjustments that restore and revitalize

A mini practical guide to ancient rituals and practices of Ayurveda, Vastu, mantras, meditation and creation of altars to invite healing and balance to a woman's life. Written by Monica B Groover, director of

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Narayana Ayurveda and Yoga Academy in Austin, Texas, who has been helping women as an Ayurveda Practitioner for over a decade.

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