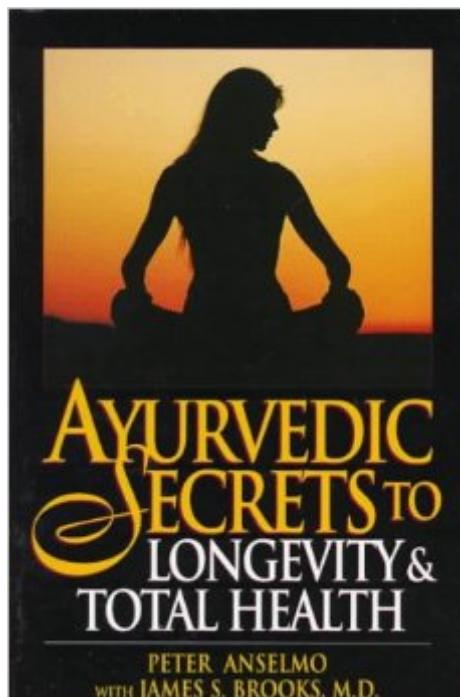


The book was found

Ayurvedic Secrets To Longevity And Total Health



Synopsis

Ayurvedic is a simple, natural system of medicine that employs the healing power of common oils, aromas, herbs, natural foods, breathing exercises and massage to promote health and long life. This book examines this 5000-year-old system of healing.

Book Information

Paperback: 312 pages

Publisher: Prentice Hall Press (June 26, 1996)

Language: English

ISBN-10: 013156465X

ISBN-13: 978-0131564657

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.3 out of 5 starsÂ [See all reviewsÂ \(3 customer reviews\)](#)

Best Sellers Rank: #1,850,790 in Books (See Top 100 in Books) #269 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda #1246 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy #11113 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

While I'm not an outright skeptic, I've had my doubts about books like this for years. No more. After finishing reading this book I immediately put into many of its practices and see (as well as feel) immediate results. I wish there was more on those of us with a mix of constitutions, but I can overlook that in favor of excellent writing, clear instructions, terrific insight, and practical tips. I'd recommend this to anyone new to the field or still with questions about its merit.

As someone completely new to Ayurveda and/or the Ayurvedic approach, I found this book informative, interesting and worth the money. It was explained in a simple, linear fashion that I understood and can now incorporate. As for Ayurveda itself, I particularly appreciate the preventative approach behind the medicine, and the emphasis not only on the correct foods to eat, but the setting and manner in which we eat them. If you want to learn more, and know nothing now, I recommend the book. However, if you're Deepak and seeking to enhance your extensive Ayurvedic base of knowledge, keep looking, because this one is for beginners. Peace in the valley.

this book was very informative and was packed with all sorts of information... i loved it!

[Download to continue reading...](#)

Ayurvedic: Cookbook For Beginners: Easy-to-Follow Recipes for Building Better Holistic Health (Ayurvedic cookbook, Ayurvedic home remedies, Ayurveda, Ayurvedic ... Ayurvedic self healing, Ayurvedic 1) Ayurvedic Secrets To Longevity and Total Health Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) Ayurvedic Cooking for Westerners: Familiar Western Food Prepared with Ayurvedic Principles Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation Qi Gong for Total Wellness: Increase Your Energy, Vitality, and Longevity with the Ancient 9 Palaces System from the White Cloud Monastery Dr. Perricone's 7 Secrets to Beauty, Health, and Longevity: The Miracle of Cellular Rejuvenation The Root of Chinese Qigong: Secrets of Health, Longevity, & Enlightenment Super Joints: Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility & Flexible Strength Secrets of Longevity: Hundreds of Ways to Live to Be 100 The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention & Longevity Chilton Total Car Care Chrysler PT Cruiser, 2001-2010 Repair Manual (Chilton's Total Car Care Repair Manuals) Fundamentos de prostodoncia total / Fundamentals of total prosthodontics (Spanish Edition) Prostodoncia total/ Total Prosthodontics (Spanish Edition) La TransformaciÃƒÂn Total de su Dinero [The Total Money Makeover]: Un plan efectivo para alcanzar bienestar econÃƒÂmico [An effective plan to achieve economic welfare] Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity Essential Oils For Beginners: Essential Oils For Beginners: How To Use The Essential Oils To Maximize Your Health And Longevity (Essential Oils And Aromatherapy) (Volume 1) The Healing Cuisine of China: 300 Recipes for Vibrant Health and Longevity The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity

[Dmca](#)