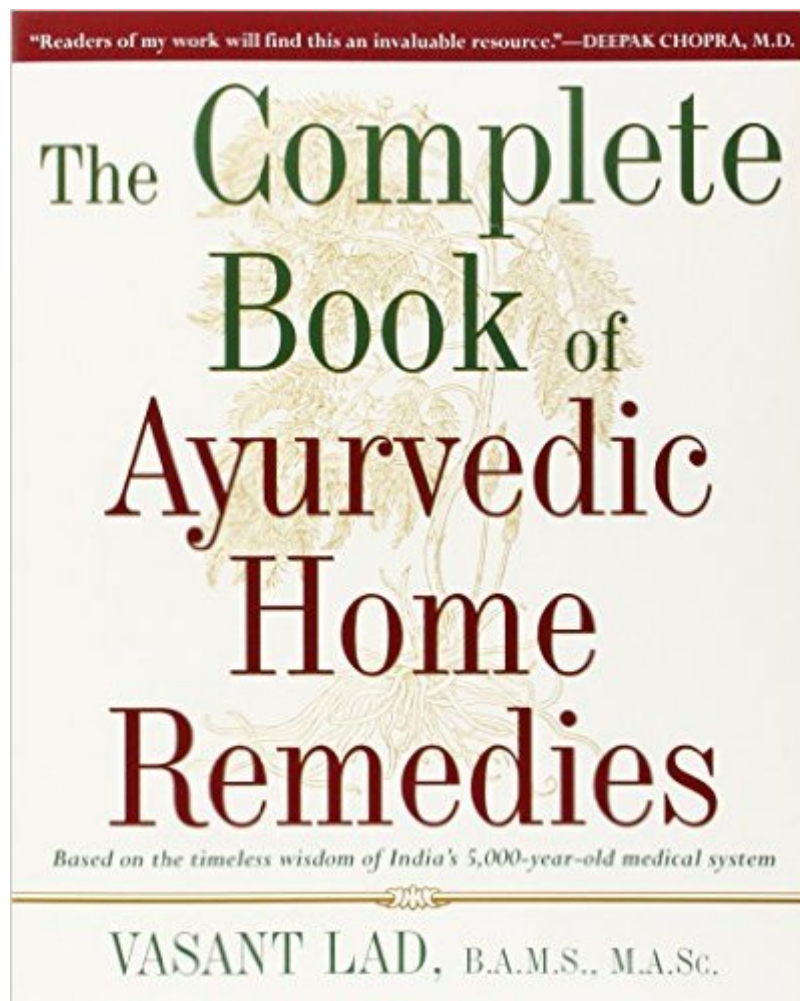


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# The Complete Book Of Ayurvedic Home Remedies: Based On The Timeless Wisdom Of India's 5,000-Year-Old Medical System



## Synopsis

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. A leading authority in this field, Dr. Vasant 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. The Complete Book of Ayurvedic Home Remedies is an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. 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.

## Book Information

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## Customer Reviews

This book is the first one I've read on Ayurveda which makes immediate sense. Written in a practical straight forward way, It is obvious the author genuinely cares about his readers. I have tried several cures listed in the book, they have provided better and faster relief than any drugs. There is one for sinus headache (pg 250) that worked in less than 10 min. And the best story of all, is one he lists for food allergies which has allowed me to eat dairy and wheat again. This book has changed my life. I have been independently studying holistic medicine for the past 9 years, and this book is a fast leap forward in my awareness of the field of alternative treatments. I only hope to be able to meet Dr. Lad some day and offer my gratitude. Sincerely Eric Lloyd

I have been buying books on Ayurveda for several years. I usually read a little and then put them on the shelf. Not so with Dr. Lad's The Complete Book of Ayurvedic Home Remedies. I immediately adopted his simple morning routine, and it has helped me physically and mentally. I recommend this book to anyone interested in making a profound, positive change. It's practical and easy to follow.

This book is incredibly useful, and full of home remedies for a very wide variety of problems. I've tried many of them myself - for sinus troubles, insect bites, ordinary fatigue, and simple stomach complaints. It also has guidance on more serious issues, to be used in concert with a physician's medical advice. As a physician, I have over 20 "home medical guides" in my house, and I usually turn to this one first. I highly recommend it for any household.

I would absolutely recommend this book to anyone who is actively involved in attaining a good health or someone with health issues who is looking for a natural way to fix it. I have read this and many other books by Dr. Lad and also been to a 3 day health convention where he personally discussed the Ayurvedic ways of achieving perfect health. I cannot say enough about Ayurveda in general and the way Dr. Lad puts forth the information and it all makes so much sense. I have personally used his remedies discussed in this book for severe respiratory allergies, sciatica and common colds etc and it works!!!! However, any user has to understand that these remedies are not like western medicine but they work as a life style change in terms of following a daily routine of life, watching your food combinations and knowing and eating according to your body type. I have recommended this book to many of my friends. In fact, I own 3 copies and keep lending two to friends

and still have one for myself to consult.

For common ailments like sore throat, constipation, headaches.. ayurveda works wonderfully. Why spend \$20 co-pay to your physician for these ailments when you can get the cure in your kitchen (e.g. honey, pepper, milk.. ). Its worth it!!

This is probably the best book on ayurveda available today. It is clear, doesn't go into excessive detail, and gives you a wonderful sense of self-understanding. Dr. Lad has written other books as well, but this one is the most approachable.

Don't buy it on Kindle. You will not be able to see and use the most important information in the tables and links don't take you to places

Who would have thought that mixing a mashed banana with two very common kitchen ingredients would help with a little girl's cough? Or, that a tea containing cinnamon combined with two other tasty kitchen spices would reduce a little boy's fever? Dr. Ladd's book is full of simple, home remedies that are wonderful for children and perfect for parents who are interested in natural home medicines for their children. Our family has used the recipes in this book extensively for both children and adults over the years with great success. If you are looking for a replacement for the standard over the counter drugs for kids, this is the book for you.

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