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The Complete Book Of Ayurvedic Home Remedies: A comprehensive guide to the ancient healing of India (Paperback)

By Vasant Lad

Little, Brown Book Group, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book. Readers of my work will find this book an invaluable resource . The Complete Book of Ayurvedic Home Remedies is a comprehensive encyclopedia of self-healing. Based on an ancient healing tradition from India that dates back thousands of years, it is the definitive guide to safe, effective alternatives to Western medical treatments. Dr Lad, the world s leading expert in Ayurvedic medicine, explains the principles behind the science of Ayurveda. Discover how to determine your Ayurvedic type , and learn how to treat common ailments and chronic conditions such as cold and flu symptoms, sore throats and acne, arthritis, high cholesterol and anxiety. Discover the health benefits of yoga postures, meditation, breathing exercises, cleansing and rejuvenating programmes, diet and nutrition, herbs and essential oils that can be found in almost any health food store. Complete with an extensive resource list of Ayurvedic herbs and suppliers, this authoritative guide tells you all you need to know about achieving physical and spiritual healing.



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