

# **Ayurveda, the Science of Self-healing: A Practical Guide**

**Lad, Vasant**

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# Ayurveda The Science Of Self Healing A Practical Guide

**Jianjun Gao**

## **Ayurveda The Science Of Self Healing A Practical Guide:**

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Maya Tiwari,2005 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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Jacqueline Sinnige,2003-10-15 **ABOUT THE BOOK** People are beginning to recognize the link between inner beauty and outer beauty This book provides an introduction to the possibilities of enhancing your natural radiance through integration of practices for inner peace calm and joy

*The Hormone Decision* Linda Laucella,2002-09 The recent findings on hormone replacement

therapy HRT have left millions of women feeling angry worried and full of questions This book cuts through the confusion to provide the true facts about what HRT can and can t do what the true risks are and the vital reliable information needed to make the best most informed choice for one s needs and lifestyle

[Indian Books in Print](http://www.indianbooksinprint.com) ,2003

**Medical and Health**

**Care Books and Serials in Print** ,1997

**Indian Review of Books** ,1994

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notable health care trend the use of alternative approaches to enhance wellness and overcome disease It also discusses their roles in delivering various alternative methods and offers a knowledge base that is open minded yet upholds the standards of professional nursing *An Introduction to Complementary and Alternative Therapies* Georgia M. Decker,1999 With this practical reference guide readers will get concise descriptions of a variety of complementary and alternative therapies and their associated nursing considerations Nurses will learn about herbal medicine mind body interventions bioelectromagnetic therapies manual healing pharmacologic and biologic therapies diet nutrition and lifestyle The growing use of these nontraditional therapies makes this book a necessity for your nursing library

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