

Ayurveda Science Of Self Healing Vasant Dattatray Lad

Healing the Thyroid with AyurvedaAYURVEDA. LA CIENCIA DE CURARSE UNO MISMO PRINCIPIOS Y TÉCNICAS DE UNA DE LAS PRÁCTICAS MÉDICAS MÁS ANTIGUAS UTILIZADAS HOY DÍAGods, Sags and KingsThe Complete Illustrated Encyclopedia of Magical Plants, RevisedApplied Marma Therapy CardsAyurvedic Cooking for Self-healingAyurvedaDosha for LifeAyurvedic HealingThe Self-healing RevolutionAyurvedaThe Ayurvedic Self-Care HandbookMarma Points of AyurvedaSecrets of the PulseYoga and AyurvedaThe 25-Day Ayurveda CleanseHealing Your LifeAyurvedic Cooking for WesternersBalance Your Hormones, Balance Your LifeAyurvedic AstrologyAyuryogaThe Ayurvedic Guide to FertilityTextbook of AyurvedaThe Ayurveda BibleAyurvedic Perspectives on Selected PathologiesEat-taste-healThe Four Sacred GiftsThe Book of AyurvedaAyurvedic Cooking for Self-healingPrakriti Your Ayurvedic ConstitutionEveryday AyurvedaAyurveda Beginner's GuideThe Wheel of Healing with AyurvedaAyurveda for WomenAyurveda Lifestyle WisdomYoga of HerbsThe Complete Book of Ayurvedic Home RemediesAyurvedaAyurveda and Marma TherapyTantric Yoga and the Wisdom Goddesses

Healing the Thyroid with Ayurveda

Presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer.

AYURVEDA. LA CIENCIA DE CURARSE UNO MISMO PRINCIPIOS Y TÉCNICAS DE UNA DE LAS PRÁCTICAS MÉDICAS MÁS ANTIGUAS UTILIZADAS HOY DÍA

Marma points are an important element of Ayurveda's healing power. Developed in India centuries ago, these energy points profoundly affect the body, mind and spirit and facilitate the deepest levels of healing. Prana is the current of energy that infuses every cell within the body. Stimulating marmani (energy points) directly taps into this reservoir of energy and promotes health. This work is the first of its kind to systematically present all 117 marmani according to their individual energetics and to compare them with the Chinese system of acupuncture points. Detailed commentaries for each marma shed light on their diagnostic and therapeutic scope. Marma therapy integrates vital knowledge of the energy points with specific techniques of Ayurvedic massage, detoxification, acupressure, aromatherapy, yoga practices, meditation and more. This book is a valuable resource for Ayurvedic practitioners and acupuncturists as well as medical doctors, massage therapists and yoga therapists. It also serves as a foundation to develop tools for one's own self-healing and for students of various medical systems who are seeking a holistic approach to health.

Gods, Sags and Kings

The term yoga has many traditional meanings. In Ayurveda, the medical science of India, yoga refers to the right usage and right combination of herbs. A special combination of substances designed to bring about a specific effect upon the body or mind is thus called yoga. This coordinated or integrated usage of herbs is based upon the ancient Ayurvedic science of herbal energetics. This is a system for determining the qualities and powers of herbs according to the laws of nature, so that herbs can be used objectively and specifically according to individual condition. A yogic usage of herbs implies such an harmonic application of the potencies of herbs. In this book, for the first time, this Ayurvedic herbal science is applied to western herbs, as well as to a few major oriental herbs, both Indian and Chinese. It is the purpose of this book not to present Ayurveda in the distance, as some-thing foreign or anci-ent, but to make it a practically applied syst-em of herbalism. This book is just a presenti-onal Ayurvedic know-ledge. It attempts to show living Ayurveda, its creative and practical application to changing conditions. It is meant as a bridge between east and west. In this regard, it has been a collaboration of an easterner with profound knowledge of the west and a westerner with profound knowledge of the east.

The Complete Illustrated Encyclopedia of Magical Plants, Revised

A comprehensive guide to addressing the growing epidemic of thyroid disease from the perspective of the Ayurvedic tradition • Details the author's successful treatment protocols for Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism developed over more than 30 years of Ayurvedic practice • Explores the underlying causes of thyroid malfunction, the thyroid's connections to the liver and gall bladder, and the importance of early detection • Also includes treatments for common symptoms of thyroid disease, such as insomnia, depression, fatigue, and osteoporosis, as well as for weight loss and hair growth In this comprehensive guide for practitioners and those concerned with thyroid health, Marianne Teitelbaum, D.C., integrates the ancient medicine of Ayurveda with modern scientific findings to address the growing epidemic of thyroid disease. Revealing how the thyroid is the victim of many factors that conspire to create ill health--and how many cases of thyroid disease go undiagnosed--Teitelbaum focuses not only on treating thyroid problems and symptoms but also on diagnosing them at their earliest, most reversible stages. She outlines the basic principles of Ayurveda, including pulse diagnosis, a key tool for early detection, and explains the successful treatment protocols she has developed over more than 30 years of Ayurvedic practice. She details the underlying reasons for thyroid malfunction, such as inflammation, malnutrition, and toxins, and how the thyroid is connected with the health of the rest of body, including the liver and gall bladder. She explores the Ayurvedic treatment of thyroid-related conditions, such as Hashimoto's thyroiditis, hypothyroidism, and hyperthyroidism, offering guidance on the targeted use of herbs, specific dietary recommendations, proper detoxification, and Ayurvedic recipes. She also includes treatments and remedies for common

symptoms of thyroid disease, including insomnia, depression, fatigue, and osteoporosis, as well as for luxurious hair growth and weight loss. Based on the treatment of thousands of patients, this book also shares success stories of thyroid healing and the scientific studies that support the author's Ayurvedic thyroid protocols. Offering an easy-to-follow yet comprehensive guide, Teitelbaum shows that optimum thyroid health as well as overall health are within everyone's reach.

Applied Marma Therapy Cards

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

Ayurvedic Cooking for Self-healing

Yoga and Ayurveda together form a complete approach for optimal health, vitality and higher awareness. YOGA AND AYURVEDA reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly, it unfolds transformational methods to work on them through diet, herbs, asana, pranayama and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it.

Ayurveda

With 55 in-depth chapters on common medical conditions that range from diabetes and chronic fatigue syndrome to headaches and fevers, Vasant Lad presents the perspective of Ayurvedic medicine in healing. These articles talk about classic remedies such as herbal therapies, yoga postures, diet, and panchakarma therapies. Learn natural ways to support other therapies and improve your overall health and well-being. This unique compendium is a testament to the relevance of

Ayurveda in our modern world. Applying time-honored insights from this ancient science, it establishes an approach to disease management that is free from unwanted side effects. This book has arisen from Vasant Lads decades of clinical and classroom experience. By elucidating the fundamental imbalances behind a range of diseases, these articles guide practitioners towards addressing causes, alleviating symptoms and eliminating the conditions that allow a disease to recur. They will inspire valuable insights in the hearts of those wishing to manage the diseases that are so prevalent in our current age.

Dosha for Life

'An excellent masterpiece that brings the ancient timeless wisdom of Ayurveda, in a very simple and practical way, to our modern day-to-day life' - Dr Vasant Lad, Director of The Ayurvedic Institute Ayurveda is a 5000-year-old system of medicine that takes a much needed holistic approach to life and wellbeing. Through balancing the three energy forces in the body known as 'doshas', Ayurveda goes beyond the boundaries of conventional practice to reveal your unique physical, emotional and mental needs. Expert practitioner Geeta Vara BSc and PGDip in Ayurvedic Medicine, gives simple, daily applicable rituals and wisdom that can be personalised to suit you, including guidance on food as medicine, detoxification, movement and meditation. By teaching us to reconnect with our natural bio-circadian rhythms, Ayurveda will lead you out of the doctor's surgery and on a journey towards self-healing. WITH THIS BOOK, YOU CAN: · Discover your mind/body type · Better understand the epicentre of your health - the gut · Learn to identify early signs of imbalance · Transform your diet through taste and mindful eating · Be empowered to take a preventative approach to healthcare · Tackle personal health problems including: stress and fatigue, immune system issues, gastro-intestinal problems, disturbed sleep, migraines, weight management and more

Ayurvedic Healing

For the first time a book is available that clearly explains the principles and practical applications of Ayurveda.

The Self-healing Revolution

In The Four Sacred Gifts, visionary international business consultant Anita Sanchez, PhD, reveals the timely prophecy entrusted to her by a global collective of indigenous elders—four guiding gifts that “will allow you to set yourself free to live your most successful life...learn how to forgive, to heal, to unite with all life, and to revitalize hope” (Jack Canfield, co-author of Chicken Soup for the Soul). As we ride the powerful waves of change occurring in our economic, social, political, and physical environment, indigenous wisdom is needed—now more than ever—to guide us to inhabit the fullest and healthiest

lives possible. The Four Sacred Gifts opens your mind and heart to an indigenous worldview that will ultimately free you from fear and empower you to find peace even in the conflicts of our tumultuous world. Based on a prophecy that is now coming true, this book reveals how our world depends on each of us discovering a interconnectedness to people, earth, and animals, in the awareness that we are “all one relation.” Within these pages, you will find deep wisdom of elders from all continents as they come together to give you four sacred gifts: the power to forgive the unforgivable, the power of unity, the power of healing, and the power of hope. These gifts will guide you to transformation, and support your journey to wholeness. By following the powerful principles, lessons, and tools found in this book, you will experience personal breakthroughs, become a force for conscious, societal evolution, and learn to live in deeper harmony with all of humanity.

Ayurveda

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 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.

The Ayurvedic Self-Care Handbook

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

Marma Points of Ayurveda

Ayurveda is founded on the belief that true health is everyone's birthright—and that each of us is a self-healing entity who can use nature's abundance to restore and renew ourselves. Ayurveda Lifestyle Wisdom is a breakthrough book for yoga practitioners, spiritual seekers, and anyone ready to learn a “doable” approach to this time-tested art and science of health and well-being. Internationally renowned for her ability to make Ayurveda accessible and practical for Western audiences, Acharya Shunya presents a narrative-based guidebook that meticulously covers the how-to's of morning and evening self-

care, daily contemplations, self-massage and skin care, cooking (including recipes), beauty rituals, and more. “To rid ourselves of the suffering that afflicts the body, mind, and soul, what we need is an affirmative knowledge of life and how to live it in alignment with nature,” writes Acharya Shunya. Ayurveda Lifestyle Wisdom opens the gates to this profound knowledge.

Secrets of the Pulse

Healing is a personal journey. Ayurveda provides a foundation for self understanding and a clear road map for how to live life in a manner that will support your healing process. This book is about unlocking your healing potential. In this book, Dr. Marc Halpern shares his own personal journey of healing himself from a crippling autoimmune disorder and seven years of subsequent chronic fatigue. Along the way he reveals the Lessons On The Path. Lessons that anyone can use to support their own healing journey the lessons of Ayurveda

Yoga and Ayurveda

This is the first book on marma therapy published in the West. It clearly describes the 107 main marma points in location, properties and usage. It explains in detail how to treat them with many methods including massage, aromas, herbs and yoga practices. Ayurveda and Marma Therapy is an essential reference guide for all students of Yoga, Ayurveda, massage or natural healing.

The 25-Day Ayurveda Cleanse

Combines both eastern and western wellness strategies for balancing key hormones in one's body, with the ultimate goal of good health, in a book that also includes diet tips, stress-management techniques and natural sleep secrets. Original. 15,000 first printing.

Healing Your Life

Ancient self-care for modern life Feeling burned-out, unmotivated, or stuck? The Ayurvedic Self-Care Handbook is here to help. This authoritative guide to ancient healing offers more than 100 daily and seasonal Ayurvedic rituals—each taking 10 minutes or less—to reconnect you with nature’s rhythms, and to unlock better health, as you: Boost and stabilize your energy with yogic breathing Overcome transitions with grounding meditations Undo physical and emotional stress with personalized yoga postures Prevent and treat disease with nourishing tonics and teas Pause and reflect with daily and

weekly journaling prompts. Get back in sync with nature—and rediscover your potential to feel good.

Ayurvedic Cooking for Westerners

Discover Ayurveda & How It Can Improve Your Quality of Life In today's reality, we have a wide mixed bag of alternatives to browse, be it garments or design. At the same time, concerning our wellbeing we are limited to not very many. There is either restorative treatment or common and home grown one. Ayurveda falls in the classification of the regular restorative strategies. Ayurveda looks into all the needs of a man while medicines are just constrained to particular needs. This book, 'Ayurveda: A Complete Guide to Self-Healing, Vibrant Health & Understanding The Science Behind Ayurveda' will let you know exactly how Ayurveda is a definitive accomplishment to your recuperating, wellbeing and health. The premise of Ayurveda is a comprehensive tackle on your wellbeing in which the physical and the mental measurements emphatically interweave with individual identity so as to advance prosperity. In this manner, specialists of Ayurveda constantly consider all variables included in a man's condition and attempt to treat disease by investigating the wellbeing of every side of one's presence. These specialists construct their speculations in light of the conviction that brain and vitality very much impact each other and in this way any wellbeing issue ought to be drawn closer comprehensively, if mending is to be guaranteed. Here's Just a Small Taste of What You'll Discover Inside Understanding what Ayurveda really is and where it originates from. What are Doshas? How your Dosha can affect your Prakriti? How Ayurveda can affect your health? How Ayurveda can help your body look and feel better? Ayurvedic recipes and many more tips. Find out what Ayurveda can do for you. Grab your copy today! Thank you and good luck!

Balance Your Hormones, Balance Your Life

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

Ayurvedic Astrology

In his Ayurvedic Studies Program, Vasant Lad teaches Ayurveda as a science of moment-to-moment living. Each lecture that he gives flows from his own heart in a river of healing wisdom. This textbook conveys the philosophical and fundamental principles of Ayurveda in a dynamic and inspirational way, providing a detailed foundation upon which to pursue deeper knowledge.

Ayuryoga

Learn how to improve your life using the spiritual properties all around you in nature. This revised and expanded guide includes the magical properties and uses for nearly 300 plants. Entries describe how to use spells or rituals and potions that solve ev

The Ayurvedic Guide to Fertility

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 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

Textbook of Ayurveda

This book is based on Ayurveda, the ancient healing science of India, by a Westerner first ever to obtain a degree in Ayurveda. It is meant to reintroduce modern man to Walking With Naked Feet through life to come back into contact with Nature. Although centuries old the concept of individual constitution is a new concept for the modern mind, a new way for all of us to understand out `relationship` with nature.

The Ayurveda Bible

Time is scarce and precious in today's world and we seek solutions that are quick. While allopathic medicine tends to focus on the management of disease, the ancient study of Ayurveda provides us with holistic knowledge for preventing disease and eliminating its root cause. Dr Bhaswati Bhattacharya takes you through a day in the life of Ayurvedic living.

Ayurvedic Perspectives on Selected Pathologies

Includes 200 recipes for healthful living, prepared from ingredients easily available in the West.

Eat-taste-heal

Ayurveda, the ancient healing art of India, teaches that food plays an essential part in one's health and sense of well-being. Here is an authentic guide of the Ayurvedic approach to food and tasty vegetarian cooking. The recipes are formulated using herbs and spices to help balance constitution of each person. The effects of the foods on individual constitution are included with every recipe together with the medicinal properties of many of the foods. This is a cookbook and much more. The Chapters included in this book are on the principles of Ayurveda and individual constitution; maintaining one's health, digestion and constitutional balance; the importance of proper food combining for optimal well-being; setting up an Ayurvedic kitchen and planning menus inclusive of every member of your family; and more than 100 recipes of delicious Ayurvedic cuisine. Three more important sections are included-nearly three hundred simple remedies for everything from the common cold and skin problems to stabilizing blood sugar in diabetics, all using familiar household herbs, fruits and vegetables; a chart for determining your individual constitution; comprehensive food guide lines; and a listing of the qualities of foods and their effects on the doshas.

The Four Sacred Gifts

A Practical Introduction to the Life-Changing Power of AYURVEDA Transform yourself and kick unhealthy habits to the curb once and for all with a cleanse based on the ancient wisdom of Ayurveda. Using food as medicine, certified Ayurveda practitioner Kerry Harling will help you get to the root causes of ill health and bring your body, mind and spirit into balance. Ayurveda works because it's not a diet; it's a holistic approach to living that's tailored to your "dosha," or unique metabolic type. Kerry's 25-day cleanse is perfect for those new to Ayurveda because it is broken down into three distinct, easy-to-follow phases with more than 60 delicious recipes. The first phase clears out your digestion, ridding your body of toxins that lead to illness and lethargy. In the second phase, healing foods and daily practices ignite your digestive fire, transforming your physical and emotional health. In the third phase, you'll reintroduce foods based on your individual needs and learn how to maintain this new lifestyle. Each phase has a day-by-day schedule, an illustrated yoga sequence, a guided meditation, pranayama (breathwork) and journal prompts to support your journey. Rather than counting calories or determining ratios of macronutrients in a one-size- fits-all approach, you'll receive guidance with the freedom to customize the plan that feels right to you. You'll also learn to prepare nourishing and delicious meals with beautifully photographed recipes, such as Pumpkin Saffron Soup, Cooling Coconut Curry Soup and Sesame Ginger Salmon Salad. With Kerry guiding the way, you can achieve long-lasting wellness that brings your body, mind and spirit into complete harmony within 25 days. You'll emerge on the other side rejuvenated, glowing with vitality from the inside out.

The Book of Ayurveda

Build Optimal Energy and Health in Body, Mind, and Spirit Ever wondered why you're feeling out of balance, stressed-out, sick, and exhausted but still can't sleep? Western medicine often ignores the underlying issues that can lead to fatigue, illness, and disease, but there is a way to revitalize your body and mind without drugs or dangerous side effects. Ayurveda, the "science of life," is a complete wellness system that includes all that we associate with medical care — prevention of disease, observation, diagnosis, and treatment — as well as self-care practices that are generally absent from Western medicine. This truly holistic approach considers not just diet, exercise, and genetics but also relationships, life purpose, finances, environment, and past experiences. In this thorough and practical book, Michelle Fondin guides you gently through self-assessment questions designed to zero in on your needs and the best practices for addressing them, such as eating plans, addiction treatment, detoxification, and techniques for improving relationships. She outlines easy steps you can take, with minimal cost, to heal common ailments such as high blood pressure, heart disease, diabetes, excess weight, anxiety, and depression. These time-tested methods for body, mind, and spirit wellness offer benefits to anyone at any age.

Ayurvedic Cooking for Self-healing

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. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. 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. 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. From the Trade Paperback edition.

Prakriti Your Ayurvedic Constitution

Based on Dr Lad's 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars. Each full colour flash card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study. Contents: 23 anatomical cards with marma points; Healing through Energy Points; Emotions, the Organs, and Marma Points; Chakra Breathing and Sounds; Meditation for Self-Healing: So Hum; Empty Bowl Meditation; Guidelines for Touch and Pressure; Applying Essential Oils & Oil Selection. According to Dosha Included in the set are two meditations that Vasant Lad highly recommends. Additionally, instructions on sound therapy that balances the marma points according to the chakras is provided. Marma points useful for emotional healing are outlined as well as the proper essential oils for healing the doshas-vata, pitta, kapha-through marma point therapy. Flash cards are printed on a 16 point cardstock and coated with a UV protective coating, making them quite durable.

Everyday Ayurveda

Including 40 recipes, The Self-healing Revolution shows how to transform your life with Ayurveda and teaches you the art of intuitive living through nutrition, lifestyle practices and self-care. If you are looking to ditch the yo-yo dieting and are ready to create a lifestyle of health and happiness, sprinkled with rituals and natural remedies to enhance radiance, energy and deeper vitality and feel like 'yourself' in your own body, then The Self-healing Revolution is for you. This book will be your guide to learn the ancient tools of Ayurveda, a 5,000-year old medicine system, with a modern twist to fit your everyday life. Learn how to find your unique mind-body type (dosha) and then discover how to tailor-make a lifestyle and diet that fits with it, including 40 recipes for meals and herbal tonics, daily yoga and movement guides, how to make natural face masks and simple self-love rituals to reconnect to your body and ease life's stresses. With compassionate and thoughtful advice on how to heal your life, own the innate power you already have and nurture your body back to balance, The Self-healing Revolution is an essential read for everyone.

Ayurveda Beginner's Guide

The Wheel of Healing with Ayurveda

This comprehensive guide explores the Indian healing system of ayurveda, from its origins in ancient Vedic scriptures to ayurveda as practised today. Learn how to work towards optimum health through diet, lifestyle, exercise and spiritual practices, according to your dosha or constitution type. Also included are detailed recommendations for the holistic treatment of common ailments, with herbs, food, massage and meditation.

Ayurveda for Women

Ayurveda Lifestyle Wisdom

This book provides an excellent introduction to the essence of Hindu Tantrism, discussing all the major concepts and correcting many existing misconceptions.

Yoga of Herbs

The only book that deals with the practical realities of daily living using Ayurveda as the primary system of health care.

The Complete Book of Ayurvedic Home Remedies

Thousands of years ago Ayurveda described multiple levels of the radial pulse that could be used to interpret the status of the organs and systems of the body as well as the mental and physical constitutions of the individual. For the first time in the west this book presents this ancient art and provides a method by which anyone can learn to read his or her own pulse.

Ayurveda

"Gods, Sages and Kings presents a remarkable accumulation of evidence pointing to the existence of a common spiritual culture in the ancient world from which present civilization may be more of a decline than an advance. The book is based upon new interpretation of the ancient Vedic teachings of India, and brings out many new insights from this unique source often neglected and misinterpreted in the West. In addition, it discusses recent archaeological discoveries in India whose implications are now only beginning to emerge."--Publisher.

Ayurveda and Marma Therapy

In his latest book, Dr. David Frawley unlocks ancient astrological understandings of the human body's inherent weaknesses based on positions of the planets and stars at birth. In so doing, he guides us to avert sickness by applying detailed traditional Vedic remedial measures and then helps us understand the karma behind illnesses when they do manifest.

Tantric Yoga and the Wisdom Goddesses

Combines the science of healthy living known as Ayurveda and Western medicine to create an eating program that will help people lose weight and feel great, with quizzes and assessments to help people determine their personal dietary needs and presents delicious, easy-to-prepare recipes.

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