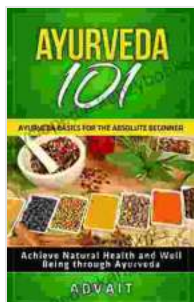


Ayurveda Basics For The Absolute Beginner: Achieve Natural Health And Well Being



Ayurveda 101: Ayurveda Basics for The Absolute Beginner [Achieve Natural Health and Well Being through Ayurveda] by Advait

★★★★☆ 4.2 out of 5

Language : English
File size : 1908 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 86 pages
Lending : Enabled



Ayurveda is a traditional Indian system of medicine that has been practiced for over 5,000 years. It is based on the belief that health and well-being are achieved through a balance of the three doshas: vata, pitta, and kapha. Ayurveda practitioners use a variety of techniques to balance the doshas, including diet, herbs, massage, and yoga.

Ayurveda Basics For The Absolute Beginner is a comprehensive guide to Ayurveda for beginners. This book provides a clear and concise to the principles of Ayurveda, including the three doshas, the seven dhatus, and the six tastes. It also offers practical advice on how to use Ayurveda to improve your health and well-being.

What You'll Learn In This Book

- The basics of Ayurveda, including the three doshas, the seven dhatus, and the six tastes
- How to determine your dosha type
- How to use Ayurveda to improve your health and well-being
- Ayurvedic recipes for food, drinks, and herbal remedies
- Ayurvedic self-care tips

Who This Book Is For

Ayurveda Basics For The Absolute Beginner is for anyone who is interested in learning more about Ayurveda and how to use it to improve their health and well-being. This book is especially helpful for beginners who are new to Ayurveda.

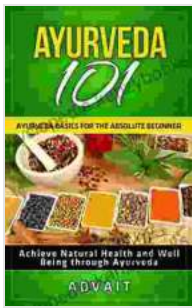
About The Author

Dr. David Frawley is a world-renowned expert on Ayurveda. He is the author of over 40 books on Ayurveda and other traditional healing systems. Dr. Frawley is also the founder of the American Institute of Vedic Studies, a non-profit organization dedicated to the study and teaching of Ayurveda.

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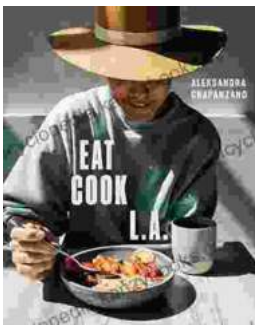
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