


[DOWNLOAD](#)


Tibetan Ayurveda: Health Secrets from the Roof of the World

By Robert Sachs

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. First Edition. Tibetan medicine was probably the first truly integrated system of ancient healing science. Tibetan Ayurveda provides a comprehensive guide to the four levels of traditional Tibetan medicine with a wealth of traditional health practices and teachings. Much of the contemporary material on Tibetan medicine focuses solely on herbal medicine and acupuncture; Tibetan Ayurveda goes beyond these to look at other important forms of treatment such as Pancha Karma for detoxification and rejuvenation and Kum Nye for integrating mind and body. Using the source text of the Gyud-Zhi, "The Ambrosial Heart Tantra," Robert Sachs looks at the powerful regenerative therapies that underpin this ancient healing science. He provides clear explanations of their principles and methods and supplies guidelines on nutrition, exercise, relaxation, rejuvenation, detoxification, as well as on meditation and other spiritual practices. A self-profile test is included to allow readers to determine their own health needs and embark on the path toward realizing their full potential for health and well-being. Printed Pages: 256.



READ ONLINE
[5.06 MB]

Reviews

This ebook will be worth buying. It is among the most amazing pdf i have read through. Your way of life period will likely be enhance the instant you complete reading this ebook.

-- **Vita Ebert**

This type of book is every little thing and taught me to seeking in advance plus more. it absolutely was writtern quite completely and beneficial. Its been designed in an remarkably simple way in fact it is merely after i finished reading this book where basically changed me, modify the way i really believe.

-- **Dr. Retta Medhurst I**

See Also



[TJ new concept of the Preschool Quality Education Engineering: new happy learning young children \(3-5 years old\) daily learning book Intermediate \(2\) \(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



[Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback](#)

Book Condition: Brand New. Book Condition: Brand New.



[Environments for Outdoor Play: A Practical Guide to Making Space for Children \(New edition\)](#)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



[Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications .](#)

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



[Water From The Well: Sarah, Rebekah, Rachel, and Leah](#)

HarperOne. Hardcover. Book Condition: New. 0060737964 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! * I...



[The Country of the Pointed Firs and Other Stories \(Hardscrabble Books-Fiction of New England\)](#)

New Hampshire. PAPERBACK. Book Condition: New. 0874518261 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! * I am a...