



Discover your Dosha and follow an Ayurvedic path to radiant health that's tailored to your individual needs! Ayurveda (Sanskrit for the "science of life"), is the world's oldest health system, originating in ancient India over 5000 years ago. The sister science of yoga, Ayurveda provides us with the framework of how to care for our bodies for beauty, balance and longevity. Ayurveda's core belief is that we each have our own unique path to health, which Idiot's Guides: Ayurveda will help you reveal. Author Sahara Rose focuses on the mind-body connection and explains that our food and lifestyle choices are metabolized into molecules in our bodies, actively creating who we are. Sahara brings the age-old wisdom of Ayurveda into relatable terms and shows you how easy it is to integrate ancient Ayurvedic wisdom into your modern lifestyle so you can finally look, feel and eat exactly the way your entire being has been craving. The book includes: Discovering your unique Dosha (Ayurvedic Mind-Body Type) and how it shows up in your physiology, metabolism, digestion, thought patterns, personality and even dreams. Learning how your body's needs change according to the season, environment, time of day, lifestyle habits, stress, sleep and exercise levels and as you age. Easy-to-make plant-based recipes and yoga poses specifically for your Doshic constitution. Establishing an Ayurvedic morning and nighttime ritual, including oil-pulling, dry-brushing, tongue-scraping and self-oil massage for optimal balance and beauty. Home remedies to heal digestion, candida overgrowth, intestinal parasites, skin problems, headaches, PMS, hormonal imbalance, colds, flu and other ailments. How to incorporate Ayurvedic practices into your lifestyle, no matter how little time you have or experience in the kitchen. Author Bio: Sahara Rose is an expert in the mind-body connection. She's a Certified Ayurvedic Practitioner, Holistic Health Coach, Sports Nutritionist and Plant-Based Chef infusing ancient Ayurvedic wisdom with modern nutritional science and plant-based recipes. She's the founder of EatFeelFresh.com, a one-stop-shop for all things holistic wellness and offers a 12-Week Eat Right For Your Mind-Body Type Program, teaching you step-by-step how to include Ayurvedic practices into your lifestyle and heal your relationship with food once and for all. Sahara leads workshops and retreats across the world sharing her love of natural food, beauty and health. She had the honor of being the featured Nutrition speaker for Michelle Obama's Let's Move Campaign Event at Harvard Medical School and has been published on Yoga Journal, Mind Body Green, Elephant Journal, LA Yoga Magazine, Yogi Approved and India.com. Sahara is Certified in Ayurvedic Nutrition and Cooking from the Sri Kaya Kalp Ayurvedic Hospital and Institute in India, Plant-Based Cuisine from Matthew Kenney Culinary, Sports Nutrition from the International Sports Science Association, Holistic Health Coaching through the Institute of Integrative Nutrition and has her BA from Boston University. She is a board member of the California Association of Ayurvedic Medicine (CAAM) and the American Association of Drugless Practitioners (AADP). Discover your Ayurvedic Mind-Body Type on Sahara's free interactive quiz at www.eatfeelfresh.com and delve into her humorous holistic health and beauty articles, informative Ayurvedic guides and colorful Earth-inspired recipes. Sahara is all about bringing the sacred to social media. For wellness inspiration and a rainbow of recipes delivered fresh daily to your newsfeed, follow her on Instagram and Facebook @EatFeelFresh.

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