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## LIGHT YOUR FIRE The Ayurveda Diet for Weight Loss Boost Metabolism, Regain Health Lose Weight Forever. A unique and simple system based on the ancient science of Ayurveda.

By Elaine J. Keller

Brooklyn Indie Press. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.5in. x 5.5in. x 0.3in. Science has verified what Ayurveda has known since ancient times, that what we eat and how we eat, affects our health in drastic ways. Apply the principles of this ancient science to ignite your digestion, set fire to your metabolism, and burn off fat in a quick, healthy, and lasting way. Dietary plan, food lists, recipes, and extensive resources are provided. Topics include: Why Western diets fail The real cause of weight gain How to break the obesity cycle Why Ayurveda The Eastern approach Determining your Dosha Determine your bodys weaknesses and strengths Why excess Kapha turns to fat Lighting Agni, your digestive fire Eliminating Ama, or fat-creating toxins Diet and guidelines for Vata, Pitta, and Kapha imbalance Fat busting herbs like Triphala To cook or to supplement And much more. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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