



Ayurveda: A Concise Guide to Using the Ancient Indian System of Holistic Healing, Shown in Over 140 Photographs

By Raje Airey

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Ayurveda: A Concise Guide to Using the Ancient Indian System of Holistic Healing, Shown in Over 140 Photographs, Raje Airey, This title is a concise guide to using the ancient Indian system of holistic healing, shown in over 140 photographs. Learn to be 'at one' with the natural rhythm of your body and live in harmony with the environment and seasons following the ancient Ayurvedic teachings. Identify your dosha type - Vata, Pitta or Kapha - and choose the correct diet and lifestyle for your dosha. Incorporate beneficial foods and exercise into your routine, and use yoga and meditation to improve your health, happiness and longevity. It deals with step-by-step yoga, massage and meditation routines. Originating in India and increasingly popular as a holistic system of healthcare in the Western world, Ayurveda gives clear instructions on how we can achieve physical and spiritual wellbeing. Through the discovery of our constitutional type, known as our dosha, Avurveda shows how we can prevent and treat disease by paying attention to diet and lifestyle. This book helps the reader to identify their dosha type, and provides information on how to strengthen and heal the body....



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-- Dr. Breana O'Kon

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