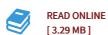




#### Vitality Fusion Second Edition: A Comparative, Interactive Survey of Western, Chinese and Ayurvedic Medicine

By Susan Shane

Shape by Shane. Paperback. Book Condition: New. Paperback. 212 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. Vitality Fusion Second Edition is a comparative, interactive survey of Western, Chinese and Ayurvedic medicine. The book not only covers the philosophies and practical approaches of these three disciplines, but also provides mix-and-match insights and activities to help fit the personal wellness needs of each reader. One example of this unique type of synthesis is Exaircise, a cross-cultural exercise program introduced by the author in the chapter that compares the three exercise philosophies and regimens. Vitality Fusions goal is to tap the rich knowledge of the Western, Chinese and Ayurvedic traditions to provide a simple, easy-to-use guide to increased health and longevity. Additional information is available at vitalityfusion. com. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



#### Reviews

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