

Ayurveda The Science of Self Healing A Practical Guide

By Vasant Lad

Lotus Press. Paperback. Book Condition: New. Paperback. 176 pages. Dimensions: 8.4in. x 5.3in. x 0.4in.For the first time a book is available which clearly explains the principles and practical applications of Ayurveda, the oldest healing system in the world. This beautifully illustrated text thoroughly explains the following: history and philosophy basic principles, diagnostic techniques treatment diet medicinal usage of kitchen herbs and spices first aid first aid food antidotes and much more More than 50 concise charts, diagrams and tables are included, as well as a glossary and index in order to further clarify the text. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE [5.23 MB]



Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



Harts Desire Book 2.5 La Fleur de

Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.lts late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy to her parents, shes whisked off against...



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living

_arge

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



DK Readers Invaders From Outer Space Level 3 Reading

Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for



Viking Ships At Sunrise Magic Tree House, No.

15

Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in. Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade seriesthe Magic Tree House! Beware of Vikings!warns...



Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and

Values

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



Molly on the Shore, BFMS 1 Study

score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in.Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...