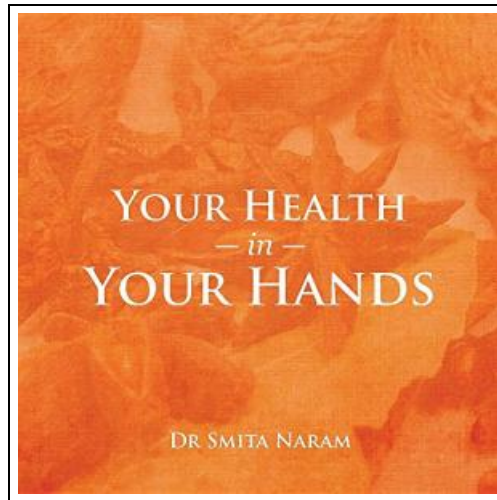


Your Health in Your Hands (Paperback)



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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Ms. Ora Buckridge)

YOUR HEALTH IN YOUR HANDS (PAPERBACK)



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Ayushakti Bv, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Your Health in Your Hands is a clear guide to using Ayurveda to restore and maintain good health, written by Dr Smita Naram, a leading Ayurvedic doctor with a wealth of experience to share with all of us. She begins by telling the stories of patients who have used Ayurveda to restore balanced health to themselves, to give us a clear understanding of how this effective and profound, ancient Indian system of medicine and life works to restore health and well-being. This understanding leads to the core of Your Health in Your Hands, a manual of practical and proven ways in which we ourselves can make a real difference to our health. It focuses on 11 groups of common health issues which are often seen in Ayushakti clinics; Joint Pain; Skin Disorders and Skin Care; Stress and Depression; Sleep Disorders; Reducing Weight; Diabetes; Reducing High Cholesterol; Balancing High Blood Pressure; Coughs and Colds; Hair Loss and Hair Care; and Common Digestive Disorders. This is followed by Dr Smita Naram's valuable insights into Diet, Health and the Stages of Life, so we can be clear about how our diets need to change according to the stage of life we are living, and shows us how our health is truly in our own hands.



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