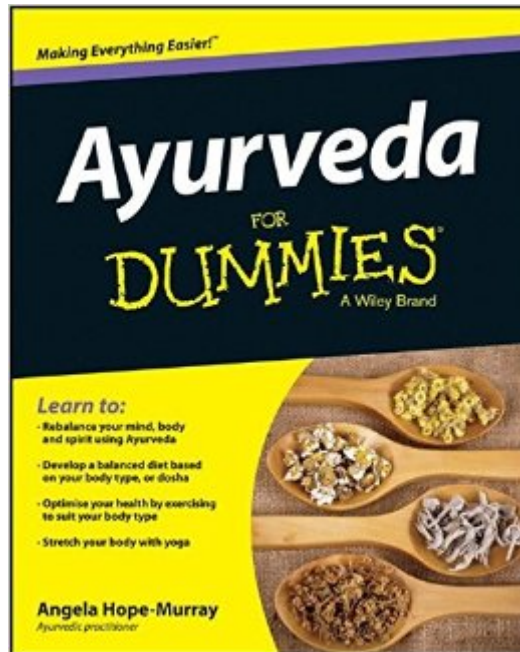


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# Ayurveda For Dummies



## Synopsis

Rebalance your mind, body and spiritâ ”the natural way! Ayurveda is an ancient system of prevention and treatment of illness by maintaining balance in the body, mind, and spirit according to your individual body type. Ayurveda For Dummies provides you with a comprehensive introduction to this area of complementary medicine, considering the origins and history of Ayurveda as well as practical guidance on utilizing the correct balance of nutrition and exercise, herbal remedies, yoga, and Ayurvedic massage to treat ailments and maintain a healthy, happy lifestyle. Helps you develop a diet based on your body type Advises you on ways to optimize your health by exercising to suit your body type Gives you trusted info on stretching your body with Yoga This hands-on, friendly guide helps you understand your body type and restore balance to your life using the principles of Ayurveda.

## Book Information

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## Customer Reviews

Ayurveda for Dummies is a basic approach to what Ayurveda holistic medicine is, its origins, principles, practices, beliefs, ways to incorporate it into your life, and traditional remedies. I didn't know much about Ayurveda, beyond Ayurveda beauty and relaxing treatments, so it is great putting things into perspective to understand how a whole continent and culture approaches health, wellness, disease and healing. Put it simply, Ayurveda is an alternative and millenarian medicine system born and widely practised in India, but with many devotees and practitioners all over the world. Many of the practices are common-sense ways of taking care of your body mixed with traditional herbology and Eastern philosophy and beliefs. The originality of Aryurveda resides in its integrative philosophy, in which body, mind, soul and energy are all interrelated and presented in

your body; a system in which your lifestyle, diet, exercise, and spiritual practices are extremely important and clearly related. Yoga is an integral part of the system as well as herbal remedies. Also characteristic of Ayurveda is the classification of human beings into three basic doshas or types (these doshas have common traits regarding their physical constitution, temperament, psychology, levels of energy and ways in which the body reacts to food and healing). Ayurveda considers sickness an expression of lack of balance in the body. Ayurveda, as Western Medicine, has different branches and specialities. Ayurveda reminds me immensely of pre-modern Western Medicine, the one in which body and soul, mind and body were tightly linked, a Medicine based in the four temperaments-humours-elements minus the Yoga and the chakras. It also reminds me of Western holistic medicine.

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