

# Ayurvedic Healing



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Ayurvedic Healing presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as an aid to disease treatment and for disease prevention. This extraordinary book is a complete manual of Ayurvedic health care that offers the wisdom of this ancient system of mind-body medicine to the modern reader relative to our special health concerns today. The present edition is an expanded version of the original 1989 edition, covering additional diseases and adding new treatments.

作者介绍:

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