

# Ayurveda



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Ayurveda Secrets of Healing is the most complete offering of the original cleansing and rejuvenative therapies of Pancha Karma, first taught and practiced by the ancient Vedic seers. In this definitive work, Maya Tiwari is the first author to reveal this sophisticated and timeless healing process in a way which is both comprehensive and readily adaptable to modern western culture. This book ..".will be of immense value to health professionals as well as those who are interested in healing themselves," says Dr. Deepak Chopra, M.D.

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