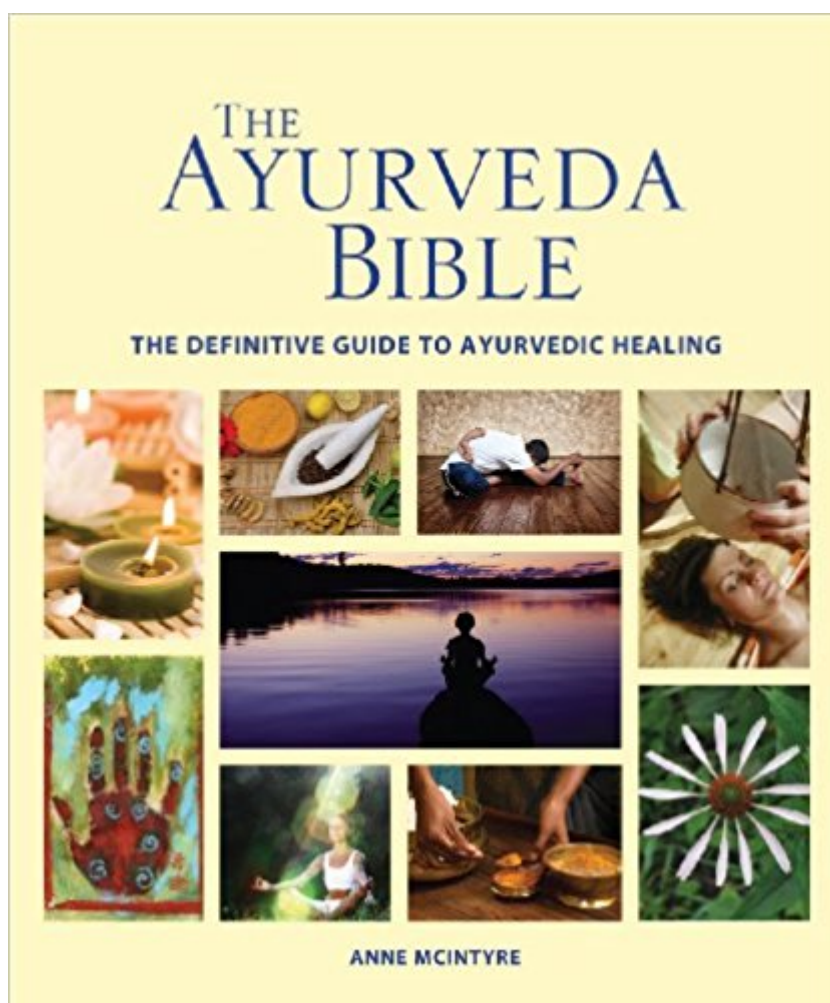


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# The Ayurveda Bible: The Definitive Guide To Ayurvedic Healing (Subject Bible)



## Synopsis

Once available only in India, the country in which it originated, Ayurveda is a healing method that is rapidly growing in popularity in North America. Training is available across the United States and treatments and lifestyle counseling are offered in spas everywhere. The Ayurveda Bible is a comprehensive guide that explores the Indian healing system of Ayurveda, from its origins in ancient Vedic scriptures to Ayurveda as practiced today. The book covers the three prime qualities of Ayurveda and how to assess a person's Ayurvedic constitution -- doshas and dhatus. It describes the relationship between food and a person's constitution and the role of preventative health in Ayurveda. A full chapter is dedicated to Ayurvedic diagnosis and treatment. It covers the causes and stages of disease, the principles of Ayurvedic treatment, detoxification, treatment of the doshas and dhatus, and Ayurveda and the mind. The Ayurveda Bible also contains a comprehensive and practical directory of Ayurvedic herbs, traditional preparations and formulas. Indispensable for the practitioner and ideal for the novice, The Ayurveda Bible is a valuable addition to the library of anyone interested in the ancient healing practice.

## Book Information

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## Customer Reviews

User-friendly... highly practical for both newcomers to ayurvedic healing, who require a detailed introduction, as well as veteran practitioners, who will find it a useful quick reference... A wonderful, functional guide for holistic and natural healing collections. (Library Journal 2012-07-01) If you've ever thought about rethinking the way you approach your whole lifestyle then this book is a real gem

for your bookcase... The Ayurveda Bible is the definitive guide to Ayurvedic healing. With easy-to-follow chapters offering advice about the best ways to keep ourselves healthy through diet, lifestyle and exercise, the fundamental principles of Ayurveda and treatments for common ailments are available in simple chapter form for easy reading. Helpful images break up text, and separate chapters focus on teaching the looks and properties of different herbs or help overall health and mind satisfaction... This guide is a great way to introduce yourself to a new way of living and fresh thinking on how to swap pills for herbs. After thousands of years of everyday practice, Ayurveda must be doing something right to have stood the test of time. (Wahanda Book Club 2012-05-24)

Anne McIntyre is a Fellow of the National Institute of Medical Herbalists and has been practicing herbal medicine for over 25 years. She has studied Ayurveda for over 20 years and has incorporated its wisdom into her herbal practice. She teaches extensively on herbal medicine and Ayurveda in the United States, the U.K. and Europe. Her other titles include The Top 100 Herbal Remedies and The Complete Woman's Herbal.

Very useful information if you are a beginner. It is written in a very clear format and easy to understand.

This is my first book on Ayurveda and the description on was right on for a beginner like me. I am familiar with Ayurveda but wanted to delve deeper. It's a great well rounded book on a expansive subject, but the writer does a stand up job describing the many facets of this ancient practice.

I've nearly worn this book out, after only a few months of having it. The most concise and important information about Ayurveda for anyone who might be newly discovering its potent healing processes. An especially wonderful tool for my Ayurvedic herbal class. Thank you!

Love, Love this book. So much info but not overwhelming that the average person cannot understand.

I ordered this book because I don't know much about Ayurveda. I still have a lot more to learn but this is definitely the book If you are just starting out. It will give you all the information you need.

A wonderful resource for quick reference. A good overview.

Great paper and printing quality including lots of 4 color pictures. Informative, well laid out.

It's okay. Not holding my attention enough. Wasn't really what I was looking for.

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