Ayurveda Made Simple: An Easy-to-follow Guide to the Ancient Indian System of Health and Diet by Body Type, with Over 150 Photographs

By Sally Morningstar

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Ayurveda Made Simple: An Easy-to-follow Guide to the Ancient Indian System of Health and Diet by Body Type, with Over 150 Photographs, Sally Morningstar, This is an easy-to-follow guide to the ancient Indian system of health and diet by body type, with over 150 photographs. You can learn how to understand and use the ancient Indian healing system to promote spiritual harmony and physical health. You can discover your body type - Vata, Pitta or Kapha - and how to maintain complete well-being through diet, massage, herbs, crystals and exercise. It includes step-by-step sequences for crystal infusions, massage techniques, and tonics recommended to restore the body's balance. It is a fascinating introduction covers the origins of Ayurveda, its influence and the different branches of Ayurvedic medicine. It offers advice on Ayurvedic self-help in the home with treatments for common ailments, such as insomnia, headaches, colds and skin problems. The traditional healing system of India, Ayurveda is increasingly popular throughout the world. Literally translated, it means 'life knowing' or 'science of life', and is one of the oldest recorded health practices still used today. It is a complete health system for mind, body...

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