

This book is a practical guide for using Ayurvedic concepts to nourish the body and balance the mind for healing. Dr. Verma explains how the food you eat and how you prepare it relate to both. This book contains material on how to use the spices, plain good vegetarian recipes all brought together with the authors own balanced professional experiences.

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The ancient but timeless Indian wisdom tradition of ayurveda shows how to enjoy life to the full while keeping a balance between mental, physical, emotional and.

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This ancient healing foods diet will powerfully restore your health, energy as helping them lose weight and improve libido and sexual performance. I am indebted to Ayurvedic Doctor Pankaj Naram for showing me the value of this healing.

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