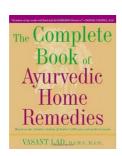
THE COMPLETE BOOK OF AYURVEDIC HOME REMEDIES

Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. A leading authority in this field, Dr. Vasant Lad first explains the principles behind the science of Ayurveda, exploring the physical and psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types...



READ/SAVE PDF EBOOK

The Complete Book of Ayurvedic Home Remedies

Author	Vasant Dattatray Lad
Original Book Format	Paperback
Number of Pages	336 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	8.20 MB

Click the button below to save or get access and read the book The Complete Book of Ayurvedic Home Remedies online.



Reader's Opinions

One of my all time favorite books! So helpful and interesting. It's like my bible.

If I could give a book more than 5 stars, this would be the one. If there is one book on holistic healing that you are going to buy that is so simple yet so comprehensive and profound, pick this one up.