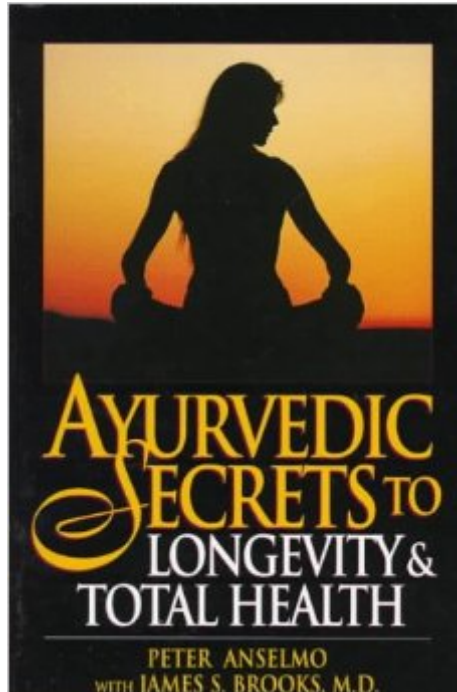


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# Ayurvedic Secrets To Longevity And Total Health



## Synopsis

Ayurvedic is a simple, natural system of medicine that employs the healing power of common oils, aromas, herbs, natural foods, breathing exercises and massage to promote health and long life. This book examines this 5000-year-old system of healing.

## Book Information

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

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## Customer Reviews

While I'm not an outright skeptic, I've had my doubts about books like this for years. No more. After finishing reading this book I immediately put into many of its practices and see (as well as feel) immediate results. I wish there was more on those of us with a mix of constitutions, but I can overlook that in favor of excellent writing, clear instructions, terrific insight, and practical tips. I'd recommend this to anyone new to the field or still with questions about its merit.

As someone completely new to Ayurveda and/or the Ayurvedic approach, I found this book informative, interesting and worth the money. It was explained in a simple, linear fashion that I understood and can now incorporate. As for Ayurveda itself, I particularly appreciate the preventative approach behind the medicine, and the emphasis not only on the correct foods to eat, but the setting and manner in which we eat them. If you want to learn more, and know nothing now, I recommend the book. However, if you're Deepak and seeking to enhance your extensive Ayurvedic base of knowledge, keep looking, because this one is for beginners. Peace in the valley.

this book was very informative and was packed with all sorts of information... i loved it!

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