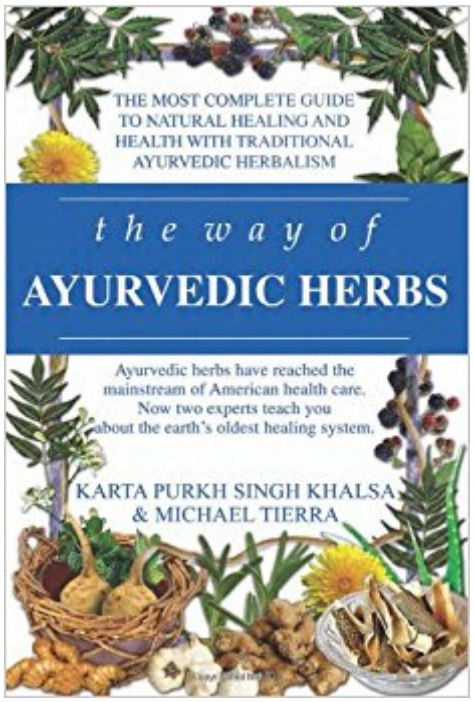
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The Way Of Ayurvedic Herbs: A Contemporary Introduction And Useful Manual For The World's Oldest Healing System



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Synopsis

Ayurvedic herbs have reached the mainstream of health care - now two experts teach you about the earth’s oldest healing system.

Book Information

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Customer Reviews

Good book. I use it a lot.

Great resource for learning more about using Ayurveda medicine in holistic medicine.

A fabulous resource and a quick reference by both herb and by condition. A must have for the Ayurvedic Herbalist.

Very informative and user friendly. Includes everything we need to know in well organized manner.Highly recommend this book .

Informative and life changing book, would highly recommend to others.

This is a very good reference book to people interested in herbal healing. The Ayurvedic healing principles can be applied here in the west including diet , herbs and using the spirit, mind and body concept. The healing practice was fine tuned by eaters of the mystic Soma (Amanita Muscaria,

Psilocybin mushrooms , opium and marijuana . Healing plants by their own nature. The ancients only had plants and diet to work with in the past to heal. This is a good discovery of a healing system with good credentials. Must add to all herbal libraries.

Good reference book.

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