



Ayurveda For Dummies

Angela Hope Murray

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Rebalance your mind, body and spirit—the natural way!

Ayurveda is an ancient system of prevention and treatment of illness by maintaining balance in the body, mind, and spirit according to your individual body type.

Ayurveda For Dummies provides you with a comprehensive introduction to this area of complementary medicine, considering the origins and history of Ayurveda as well as practical guidance on utilizing the correct balance of nutrition and exercise, herbal remedies, yoga, and Ayurvedic massage to treat ailments and maintain a healthy, happy lifestyle.

- Helps you develop a diet based on your body type
- Advises you on ways to optimize your health by exercising to suit your body type
- Gives you trusted info on stretching your body with Yoga

This hands-on, friendly guide helps you understand your body type and restore balance to your life using the principles of Ayurveda.

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