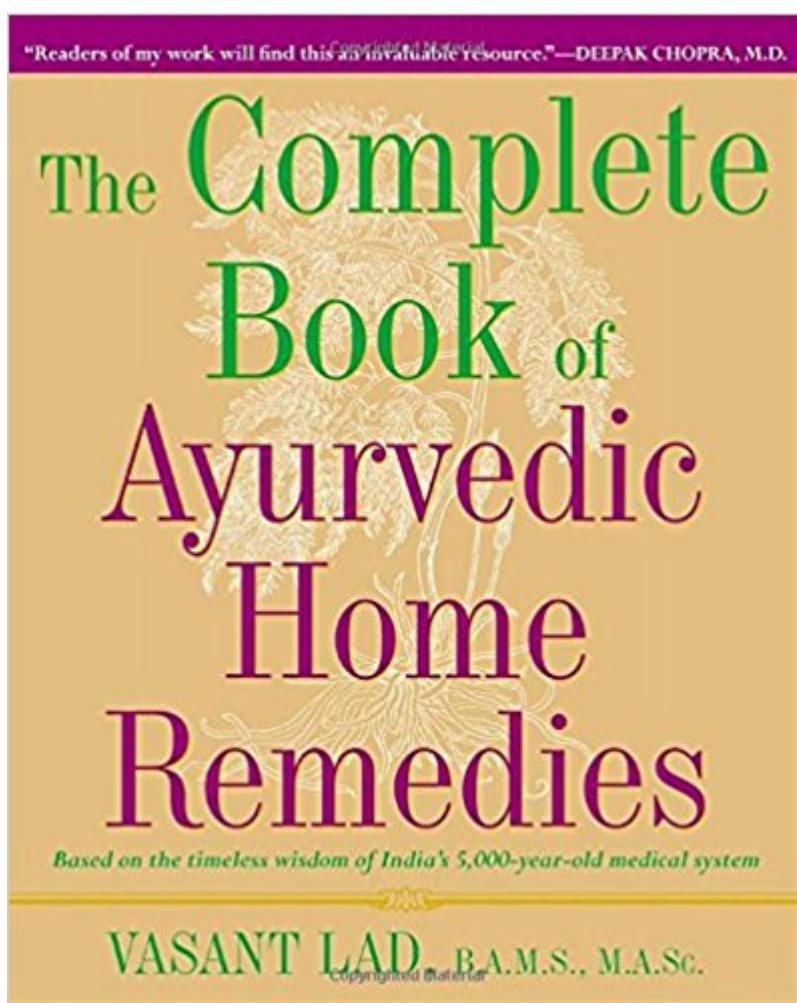




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The Complete Book Of Ayurvedic Home Remedies: Based On The Timeless Wisdom Of India's 5,000-Year-Old Medical System



Synopsis

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. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. 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 you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

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Customer Reviews

Lad, a leading expert in the field and founder of the Ayurvedic Institute (Albuquerque, NM), demystifies this ancient healing tradition from India. He provides handy self-analysis charts to determine one's constitutional type and describes down-to-earth Ayurvedic home remedies and routines for over 120 health conditions. A helpful resource list and glossary increase his book's value. (LJ 3/1/98) Copyright 1999 Reed Business Information, Inc.

Lad, director of an Ayurvedic educational institute in Albuquerque, New Mexico, refers to Ayurveda as "the art of daily living in harmony with the laws of nature." This comprehensive and easy-to-use guide can be considered the Ayurvedic counterpart to a conventional home medical handbook. Parts 1 and 2 present the philosophy, principles, and therapies of this 5,000-year-old Indian medical system. The therapies include diet, herbs, exercise and yoga, oil massage, breathing techniques, meditation, and such adjuncts as sound, color, and aromatherapy. Part 3, fully one-half of the guide, is an encyclopedia of remedies organized in an AZ format by symptom or condition; see references provide adequate access to the more than 100 common ailments. Numerous sidebars throughout the text provide additional information or precautions. The guide closes with line drawings of yoga postures, a glossary, resources, and further reading. Penny Spokes --This text refers to an out of print or unavailable edition of this title.

I have been practicing Ayurveda for over 10 years and have cured arthritis, asthma, and my hypothyroidism is well under control. I have recommended this book to many friends who follow it religiously, all reporting great results.

The book is complete in that it talks about most common ailments and diseases and offers remedies for them. It does not go into much depth.

Excellent read indeed ... Vasant Lad is a well known author and this book is well written and detailed.

A must have for anyone who is interested in healthy eating and preventative medicine.

This book was very informative and extremely interesting. Learning about what body type you are, how to appease the doshas and what to eat and how to live in order to be in balance. I haven't had the chance to try out many of the get well remedies yet due to the fact that I haven't been ill, but I am trying to follow his advice on other things. Next I will get the ayurvedic cookbook that Dr Lad wrote with his wife.

I was looking for exactly what the title says it is, and it is exactly what the title says it is, a pretty complete book of ayurvedic home remedies. Great index. It is great for beginners and a reference for any level of ayurvedic student. Vasant Lad's writing style is very appealing to me. It is laid-back, but informative. I feel like I am reading a book written TO ME by an old friend or relative. This is good writing. I also feel there is terrific information here. I have put into place several of the recommendations for my dosha, pitta, and am already getting great results. Overall, what I am most impressed with is Mr. Lad's writing style, so comfortable and easy to read. Mr. Lad shares the ayurvedic traditions with an air of authority whilst also managing to sound like he is letting you in on an ancient secret passed down from his family. Never, never, do I feel like I am stupid, reading this. Only that there is "this" to learn, take it or leave it, or use the information as it works best for YOU personally. This book is great and I see he has written other books, MANY other books, and I cannot wait to read them! Namaste to Mr. Lad, and to for having this book in their library.

I have read most of Dr. Lad's books, and this is one of my favorites. I have given away to friends more copies than I can remember. It has a very clear and thorough introductory section on the fundamental principles of Ayurveda, followed by an exceptionally helpful guide to common ailments and health issues. The guiding principle of Dr. Lad's book is getting us back to our natural constitutional balance and allowing the body to heal itself--something that Western medicine seems determined NOT to do. For more advanced students of Ayurveda: The Ayurveda Encyclopedia by Swami Sada Shiva Tirtha.

Very pleased. Highly recommend. Prompt shipment. Would buy from again! A++++++

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