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Actress and author "Ayurveda: A Life of Balance is a very complete and authoritative manual on the Vedic principles of health and nutrition, written by a well-respected expert in the field. It will be of great benefit to the layman

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easily defend against disease.

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balanced living and shows how
Ayurveda's ancient principles of health

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Cancer survivor Maya Tiwari provides a thorough profile of the seven body types and the foods best suited to each. Her book is the first to include a complete discussion of the personality or psychospiritual attributes of the Ayurvedic body types, as well as food

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Ayurveda in Sanskrit translates to the
internal meaning of “knowledge of life”.
Ayurveda is the principle of the ancient

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the maintenance of health through close attention to balance in one's life, right thinking, diet, lifestyle, and the use of herbs. Ayurveda Day. The potential role of Ayurveda in the management of the COVID-19 pandemic is the main focus of this year's 'Ayurveda Day'.

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Balance. In this section of the series,
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**Ayurveda for Millennials: How to
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from Vermont, sums it up brilliantly in
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