

Have you ever wondered what Ayurveda healing is and how to use it? Well here in this book you will find everything you wanted to know about the ancient practices of Ayurveda and more. From diets, herbs, spices and lifestyle practices, there are a lot of components to Ayurveda, but they are not as complicated as you may think! Simple changes can bring about a life that is healthy, happy and well balanced. Isn't that what we all want? Going back to nature and the wonderful medicinal values in the herbs and spices we tend to take for granted is very appealing to many people, as they move away from preservatives, chemicals and return to organics and fresh foods. According to Ayurveda, your health and wellbeing is controlled by your digestive system. It's not just about eating too much food either "it's knowing what to eat, how to eat it and when to eat that's important. And what's even better, is that each of us has a predominant "dosha" that which determines the functions in our body, and because we are all different, so are the dietary requirements. Should you be eating raw foods? Depends on your dosha. Should you be eating sweet foods? Again, depends on your dosha. Explore the traditional beliefs and treatments of Ayurveda through the chapters of this book. You have everything to gain and nothing to lose! Chapters include: Ayurveda Concept of Healing Aromatherapy Herbs for Digestion Dietary Recommendations Ayurveda for Heart Health Chapters on The Three Doshas

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