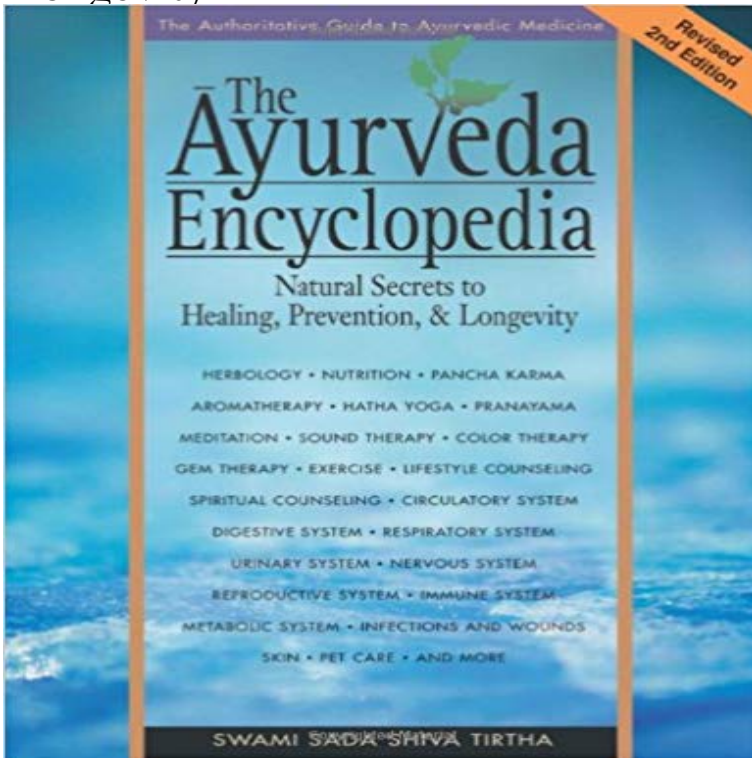


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The theories and practices of Ayurvedic medicine including the therapeutic benefits of aromas, foods, herbs, meditation, yoga, and more are featured in this comprehensive handbook. With a section dedicated to health disorders, this guide clarifies the simplicity of healing naturally and offers counsel towards an improved sense of well-being, reduced stress, and mental peace. Photographs of more than 80 herbs and yoga postures round out this home reference and teaching tool.

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