



Ayurveda Wisdom (A Simple Wisdom Series)

Cybéle Tomlinson

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The latest in the *Simple Wisdom* series, *Ayurveda Wisdom* is an accessible guide to this ancient and increasingly popular healing system. Ayurveda, a 5,000-year-old Indian medical system, is a complete system of self-healing for the body, mind, and spirit. The goal is to create perfect health using natural means to maintain a balanced life. Cybele Tomlinson, the author of *Simple Yoga*, takes readers through the history of this tradition, describes the body types (the doshas of Vata, Pitta, and Kapha); balancing the doshas; the importance of food; Ayurvedic healing practices, meditation practices, and remedies for common ailments. Readers will be able to test themselves to determine their body types and learn the best ways to find balance through food choices, meditation, temperature regulation, and exercise.

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