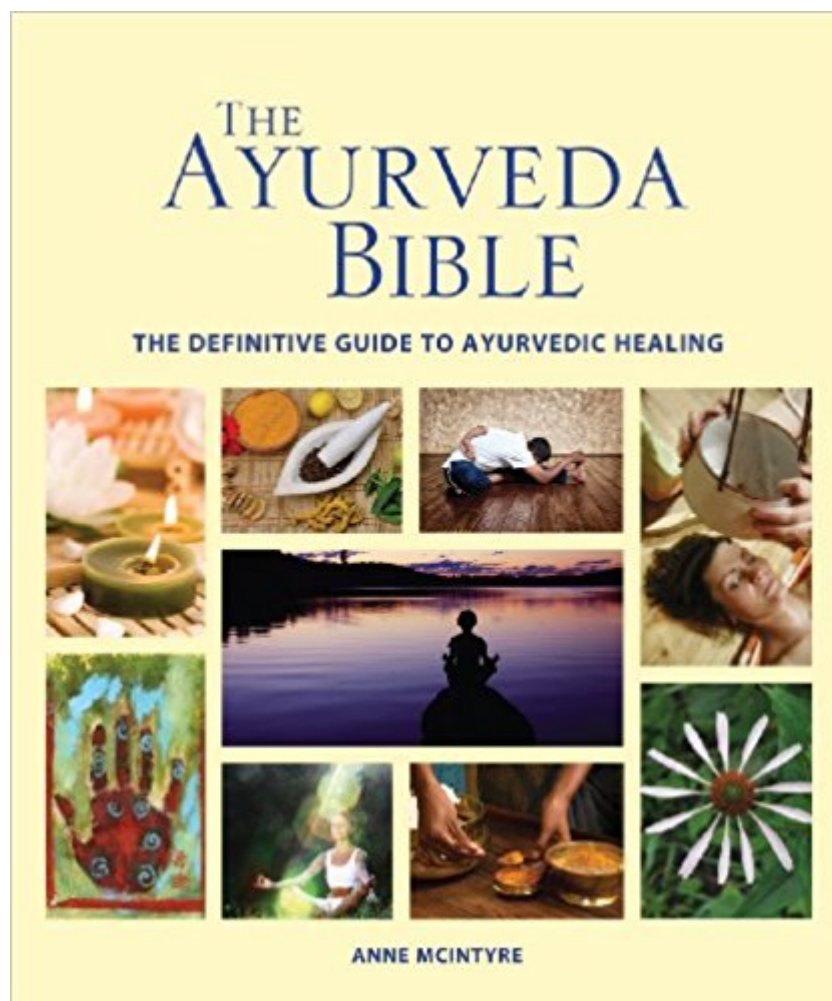




Ebook Directory
the best source of ebook

The book was found

The Ayurveda Bible: The Definitive Guide To Ayurvedic Healing (Subject Bible)



Synopsis

Once available only in India, the country in which it originated, Ayurveda is a healing method that is rapidly growing in popularity in North America. Training is available across the United States and treatments and lifestyle counseling are offered in spas everywhere. The Ayurveda Bible is a comprehensive guide that explores the Indian healing system of Ayurveda, from its origins in ancient Vedic scriptures to Ayurveda as practiced today. The book covers the three prime qualities of Ayurveda and how to assess a person's Ayurvedic constitution -- doshas and dhatus. It describes the relationship between food and a person's constitution and the role of preventative health in Ayurveda. A full chapter is dedicated to Ayurvedic diagnosis and treatment. It covers the causes and stages of disease, the principles of Ayurvedic treatment, detoxification, treatment of the doshas and dhatus, and Ayurveda and the mind. The Ayurveda Bible also contains a comprehensive and practical directory of Ayurvedic herbs, traditional preparations and formulas. Indispensable for the practitioner and ideal for the novice, The Ayurveda Bible is a valuable addition to the library of anyone interested in the ancient healing practice.

Book Information

Series: Subject Bible

Paperback: 400 pages

Publisher: Firefly Books (March 1, 2012)

Language: English

ISBN-10: 1770850449

ISBN-13: 978-1770850446

Product Dimensions: 5.5 x 1 x 6.5 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 23 customer reviews

Best Sellers Rank: #172,035 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Alternative Medicine > Ayurveda](#) #992 in [Books > Self-Help > Spiritual](#) #34799 in [Books > Religion & Spirituality](#)

Customer Reviews

User-friendly... highly practical for both newcomers to ayurvedic healing, who require a detailed introduction, as well as veteran practitioners, who will find it a useful quick reference... A wonderful, functional guide for holistic and natural healing collections. (Library Journal 2012-07-01) If you've ever thought about rethinking the way you approach your whole lifestyle then this book is a real gem

for your bookcase... The Ayurveda Bible is the definitive guide to Ayurvedic healing. With easy-to-follow chapters offering advice about the best ways to keep ourselves healthy through diet, lifestyle and exercise, the fundamental principles of Ayurveda and treatments for common ailments are available in simple chapter form for easy reading. Helpful images break up text, and separate chapters focus on teaching the looks and properties of different herbs or help overall health and mind satisfaction... This guide is a great way to introduce yourself to a new way of living and fresh thinking on how to swap pills for herbs. After thousands of years of everyday practice, Ayurveda must be doing something right to have stood the test of time. (Wahanda Book Club 2012-05-24)

Anne McIntyre is a Fellow of the National Institute of Medical Herbalists and has been practicing herbal medicine for over 25 years. She has studied Ayurveda for over 20 years and has incorporated its wisdom into her herbal practice. She teaches extensively on herbal medicine and Ayurveda in the United States, the U.K. and Europe. Her other titles include The Top 100 Herbal Remedies and The Complete Woman's Herbal.

Very useful information if you are a beginner. It is written in a very clear format and easy to understand.

This is my first book on Ayurveda and the description on was right on for a beginner like me. I am familiar with Ayurveda but wanted to delve deeper. It's a great well rounded book on a expansive subject, but the writer does a stand up job describing the many facets of this ancient practice.

I've nearly worn this book out, after only a few months of having it. The most concise and important information about Ayurveda for anyone who might be newly discovering its potent healing processes. An especially wonderful tool for my Ayurvedic herbal class. Thank you!

Love, Love this book. So much info but not overwhelming that the average person cannot understand.

I ordered this book because I don't know much about Ayurveda. I still have a lot more to learn but this is definitely the book If you are just starting out. It will give you all the information you need.

A wonderful resource for quick reference. A good overview.

Great paper and printing quality including lots of 4 color pictures. Informative, well laid out.

It's okay. Not holding my attention enough. Wasn't really what I was looking for.

[Download to continue reading...](#)

The Ayurveda Bible: The Definitive Guide to Ayurvedic Healing (Subject Bible) Ayurveda: Ayurvedic Essential Oils & Aromatherapy for Amazing Relaxation, Beautiful Skin & Tremendous Healing! (Ayurveda, Essential Oils, Natural Remedies, DIY Book 1) Ayurveda: ASHWAGANDHA: The Miraculous Herb!: Holistic Solutions & Proven Healing Recipes for Health, Beauty, Weight Loss & Hormone Balance (Ayurveda, Natural Remedies, Hormone Reset Book 1) Prakriti: Your Ayurvedic Constitution (Your Ayurvedic Constitution Revised Enlarged Second Edition) Ayurveda: A Life of Balance: The Complete Guide to Ayurvedic Nutrition & Body Types with Recipes The Easy Ayurveda Cookbook: An Ayurvedic Cookbook to Balance Your Body and Eat Well Dinacharya - The Ayurvedic Morning Routine: Using Ancient Ayurveda Lifestyle Wisdom to Set Up Your Day for Health and Happiness! Textbook of Ayurveda, Vol. 1: Fundamental Principles of Ayurveda Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) The Path of Practice: A Woman's Book of Ayurvedic Healing The Way of Ayurvedic Herbs: A Contemporary Introduction and Useful Manual for the World's Oldest Healing System Ayurvedic Cooking for Self Healing Ayurveda: The Science of Self Healing: A Practical Guide The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)