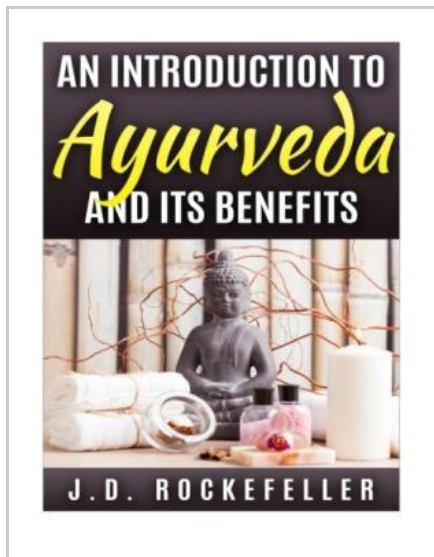



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An Introduction to Ayurveda and Its Benefits (Paperback)

By J D Rockefeller

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*****. Modern medicine has always been successful in treating various deadly diseases, such as cancer, diabetes, and heart disease. Although its contribution to our health and our longevity cannot be denied, more and more people are shifting allegiance towards alternative medicinal approaches. People are moving towards Chinese herbal medicine, acupuncture, acupressure and various others alternative modes of treatment. The reason is simple. These alternative treatment methods are usually free of the uncomfortable side-effects that come along with modern allopathic medicines. One of the alternative methods of treatment that is increasingly become popular in the West is the Indian traditional medicinal approach of Ayurveda. Considered to be one of the oldest healing sciences, Ayurveda is often free from major side-effects. Besides this, it also uses a holistic approach towards health which ensures that people adopt a healthy and balanced lifestyle as well. This guide is designed to give you an idea of the core principles of Ayurveda and how it can help you lead a healthier, longer and more balanced life.



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