



Introduction

Ayurveda: Ancient Science in Modern Times

Ayurveda has existed for more than 5,000 years. Often called the science of life, it has its roots in India, and it has been used around the world to cultivate healing and balance. In 2007, I began exploring this incredible practice of health, longevity, and living in harmony with nature. I was drawn to the promise of self-care, sustainable practices, and disease prevention that Ayurveda offered.

At the time, I was a forty-four-year-old bookstore clerk, working six or seven days a week, sometimes more than twelve hours a day. I lived alone and ran my shop mostly on my own, with the help of a few part-timers. Owning the bookstore was a dream and was truly fulfilling, but I was stressed, drained, and weary. I had about fifty more pounds on my body, and on my way home late at night I would be starved and exhausted and, once in a while, I would even stop at a fast-food drive-thru to get fries or a shake.

Guide To Ayurvedic Home Remedies

Wenbin Ji



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