

THE COMPLETE ILLUSTRATED GUIDE TO **AYURVEDA**

Written by experts, this is a comprehensive and practical guide to the powerful Indian system of mind/body medicine which has been popularised in recent years through the work of Deepak Chopra.

Lavishly illustrated throughout, *The Complete Illustrated Guide to Ayurveda* is indispensable to anyone concerned with their well-being. It explains:

- ◆ Ayurveda, the science of life
- ◆ how the ancient system of mind/body medicine works and its current applications
- ◆ the five elements and the Tridosha theory
- ◆ how to take the Ayurveda body-type test
 - ◆ eating for perfect balance
- ◆ the process of disease, its diagnosis, treatment, and prevention
 - ◆ meditation and yoga
- ◆ Ayurveda in the Western world



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