



The Ayurvedic Diet: The Ancient Way to Health, Rejuvenation and Weight Control

By Dennis Thompson

New Age Books/Motilal Banarsi Dass Publishers Pvt. Ltd, New Delhi, India, 2001. Paperback. Book Condition: New. Dust Jacket Condition: New. The Ayurvedic Diet combines the ancient wisdom of Ayurveda for health and healing with modern scientific approach to body physiology. This book offers practical solutions for everything from chronic health problems and weight control to the proper exercise and life style management. It is essential reading for all who want to lose weight, stay young and be healthy. The book is a unique blend of Ayurvedic and Western thought. It has taken a person with a true healing consciousness combined with a modern education to bring the two methodologies together for the benefit of the patients. Printed Pages: 191.

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