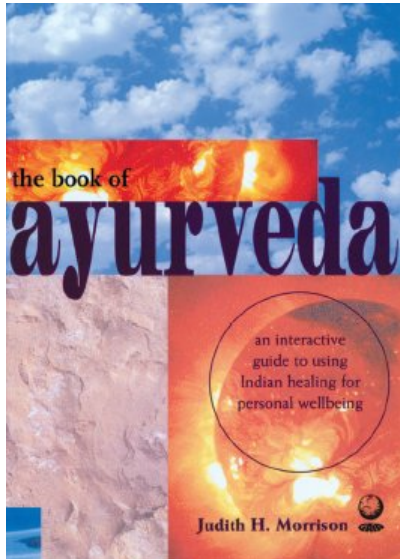


The Book of Ayurveda: A guide to personal wellbeing

by

Judith H Morrison

(1995 Gaia)



The Book of Ayurveda is a practical, modern guide to using this ancient healing system of India for personal health and vitality. Ayurveda defines your likely patterns of health and ill-health by assessing your body type. The book presents a lifestyle guide tailored to the individual, based on the three fundamental energies – vata, pitta and kapha. It encourages you to know who you are, why you stay healthy and why you become sick. The book advises how to change your diet and daily life to suit your constitution and maximise your enjoyment of living.