



## Ayurvedic Remedies : For the Whole Family

By Light Miller

Motilal Banarsidass. Paperback. Book Condition: New. Contents: Foreword. Introduction. 1. What is Ayurveda and why should I use it? 2. Aromatherapy. 3. Pregnancy. 4. Children's health and childhood illnesses. 5. Young adulthood. 6. Maturity and the aging process. 7. Causes of illness. 8. Healthy eating. 9. Why do I need vitamins and minerals. 10. Herbs and their uses. 11. Alternative therapies. 12. Self care. 13. 75 Health conditions and their treatments. 14. Discovering your Ayurvedic type. Resources. Bibliography. Index. "Ayurvedic Remedies for the Whole Family is a resource book of universal value for anyone on the journey to self-healing. Light Miller presents enlightened approaches for each stage in the span of human life: pregnancy, birth, childhood, teen years, young adulthood, and the maturing years. All have their challenges and natural solutions. Light details a variety of common sense, natural, and alternative therapies easily available to everyone. A special section details seventy-five common illnesses with a complete list of specific diets, herbs, vitamins, minerals, homeo-pathics, and essential oils as well as therapies for each condition's healing. "Additionally, Light brings to the reader the timeless body-mind techniques of meditation, forgiveness, and discovery of one's purpose as the bedrock of all healing." No. 24678...



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